

10 December 2012

RECORD NUMBER OF CARERS HAVE THEIR SAY IN THE CARERS NSW 2012 CARER SURVEY

Against the backdrop of the NDIS and the introduction of person centred approaches in NSW, nearly 2,000 carers across the state participated in the Carers NSW 2012 Carer Survey, more than double the response rate of the previous survey in 2010.

The survey asked respondents a range of questions on topics including carer recognition, health and wellbeing, person centred approaches and former carers.

Carers NSW CEO, Elena Katrakis said, "The response to this year's Carer Survey has been overwhelming. With the trial sites of the NDIS launching next year and the NSW Government implementing person centred approaches, it was great to see so many carers participating and voicing their opinions."

"The results showed that there has been progress in some areas including support of carers in the workplace, but that more work needs to be done in other areas including support services for carers and communication of key initiatives including individualised funding."

"Of the respondents who are currently in some form of paid employment, it was heartening to hear that 75 per cent felt supported by their employers in managing their working and caring roles."

"However, only 40 per cent of those surveyed were currently in paid employment. This raises the concern that carers who do not have a supportive work environment often have to leave the workforce so they can continue in their caring role."

"When asked about individualised funding, more than half of the respondents said that they would take the option of individualised funding if it was made available to them."

"While this is a positive sign for the NDIS rollout, the survey also found that there was some uncertainty as to what individualised funding and person centred approaches will mean for carers. This highlights the importance of ongoing communication and collaboration between carers, government and service providers."

Some of the key findings of the survey include:

- 45% of respondents felt that recognition of carers in NSW had improved over the past year
- 40% of respondents needed or need mental health services or support
- 75% of respondents have talked to family and friends as a coping strategy since becoming a carer
- 61% of respondents said that taking regular breaks from caring would most improve their mental health and wellbeing
- 40% of former carers did not receive the support they needed when their caring role ended

To download a copy of the report visit <http://www.carersnsw.org.au/research/current/>

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