

Media Release



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Celebrating senior carers during NSW Seniors Week 2013

NSW Seniors Week 2013 is an opportunity to recognise the valuable contribution older Australians make to the community and with many older Australians providing care to a family member or friend, it is also important to acknowledge senior carers.

Carers NSW CEO, Elena Katrakis said, "Seniors Week is a wonderful opportunity for us to celebrate older Australians and the tremendous contribution they make to our community."

"It is also a time to acknowledge senior Australians who provide care to a family member or friend."

"We know that many senior Australians are carers and it is important for us to ensure that they are supported to live an active and fulfilling lifestyle while continuing in their caring role if that is what they would like to do," Ms Katrakis said.

Ms Katrakis added that there are supports that can help carers to balance their caring role with their other roles and responsibilities.

"The theme of this year's Seniors Week is "LIVE LIFE" and I think that is a very important message for senior carers. It's important for carers to remember that they can be a carer and still pursue their own interests, hobbies and other activities outside of their caring role."

Carers NSW Carer Representative, Nan Bosler OAM is one of twelve NSW Seniors Week 2013 ambassadors and Ms Katrakis said she perfectly embodied the "LIVE LIFE" theme.

"Nan Bosler is an inspiration to all of us. She is a fantastic advocate for carers and seniors and shows that we can achieve our goals at any age."

Carers NSW offers support and advice to senior carers and runs a program specifically tailored to older parent carers who are 60 years and over (or 45 years and over if Aboriginal) and are caring for a son or daughter with a disability or long-term illness.

The Older Parent Carer Program provides specialised advice and one-off funding packages that can help with emergency planning, long-term care planning and 'succession' planning.

Senior carers who would like information or advice can contact the Carer Line on 1800 242 636.

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A carer is any individual who provides unpaid care and support to a family member or friend who has a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who is frail.