

14 October 2014

Carers Week: Carers NSW Carer Survey 2014 Impacts of Caring Confirmed

New research launched for Carers Week by Carers NSW, indicates that those providing care to family members and friends strongly value their caring role, but are struggling to maintain their jobs, their health and their wellbeing.

Approximately 1,700 carers across NSW participated in the Carers NSW 2014 Carer Survey. The survey explored a range of topics including health and wellbeing, employment, service access and social support, person centred approaches and former carers.

Carers NSW CEO, Elena Katrakis said, "The response to this year's Carer Survey has been fantastic. This was the largest survey we have undertaken, and with so many carers voicing their opinions we have an incredibly rich and detailed story of carers' experiences in NSW."

"Many carers focused on the positive value of caring. Despite this, carers in this survey reported poor wellbeing compared to the general Australian population. Those with more intensive caring demands and those with long-term illnesses or disabilities themselves are struggling the most."

"The results suggest that some progress has been made in areas such as the recognition of carers in the workplace, but there is still significant room for improvement. Some carers have very supportive workplaces, but others have major difficulties balancing work and care. One in two unemployed carers stopped working as a direct result of their caring responsibilities. These carers reported worse wellbeing outcomes than those who stopped working for other reasons, emphasising the need to find ways for carers to effectively combine work and care."

"We will continue to analyse the data collected by this survey in greater detail in order to inform a range of advocacy and research work. Importantly, the Carer Survey makes a significant contribution to the evidence base regarding carers in NSW."

Some of the key findings of the survey include:

- More than one in four caring relationships required more than 70 hours of care per week
- 20% of carers had been caring for more than 20 years
- Carers with a long-term illness or disability reported lower wellbeing, less social support and reduced access to services than those without an illness or disability
- 88% of carers used their local doctor as a source of support
- Over 35% of former carers did not receive the support they needed when their caring role ended

To download a copy of the report, visit www.carersnsw.org.au/research/survey

Media Contact: Elena Katrakis, CEO Carers NSW, 0421 057 305

Carers NSW Carer Survey 2014



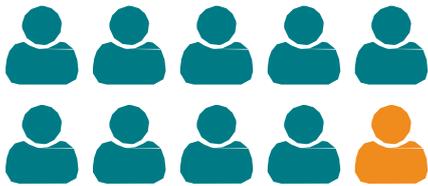
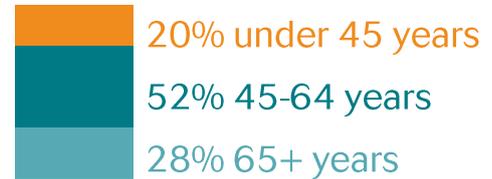
Number of carers who responded:

1,684

84%
female



15%
male

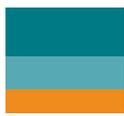


9 in 10
carers are
primary carers



1 in 4
care for
more than
one person

1 in 5 carers are
from a culturally &
linguistically diverse
background



48% care for their son or daughter
31% care for their spouse or partner
21% care for their parent/s

1 in 4 care
recipients require 70+
hours of care per week



7 in 10 care recipients
live with their carer



31% of carers have university qualifications
36% have TAFE qualifications
31% have completed high school or lower

43% of carers are employed:

- 34% would like to work less but can't afford to
- 28% want to work more but can't because of caring
- 23% are happy with how much they work
- 76% feel supported by their workplace to balance work & care



1 in 2 unemployed carers stopped
work because of caring



1 in 3 carers have a long-term
illness/disability – they experience lower
wellbeing, less service access & less social
support

2X as many carers agree that
caring is positive than
disagree

37% of carers report high/very high
levels of psychological distress



4 in 5 carers report below average wellbeing



64% of carers are
satisfied with their
relationships with
family/friends

56% are satisfied with services received by care recipients
55% are usually/always included by services
62% benefit from care recipients receiving services
64% provide some form of assistance to service providers