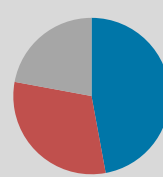
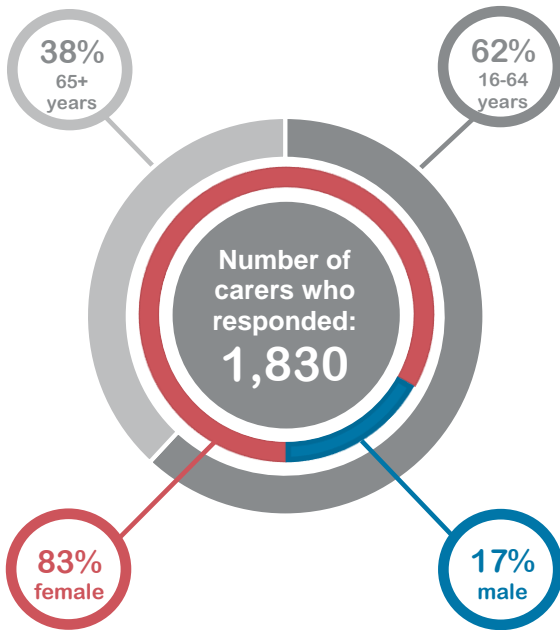


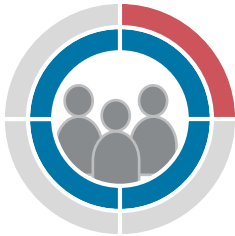
Carer health & wellbeing

Carers NSW 2018 Carer Survey

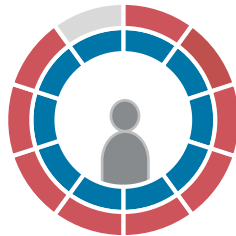


Relationship

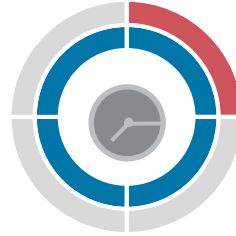
45% care for their son or daughter
30% care for their spouse or partner
21% care for their parent



1 in 4
care for multiple people



9 in 10
are the primary carer



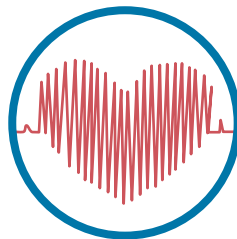
1 in 4
carers provide 24/7 care



3 in 4
live with their care recipient/s



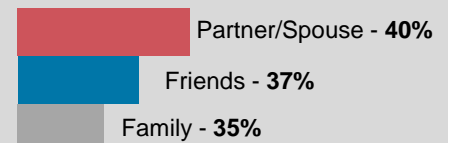
37%
of carers have a long-term illness or disability



49%
of carers report dissatisfaction with their own health

Sources of social support

Carers who feel supported by their...



44%
have high levels of psychological distress



40%
of carers find it difficult to meet living expenses

Overall wellbeing



Carers score **28%** lower on the wellbeing scale than the Australian average.