

# Media Release

4 May 2021

## More respite needed for carers in NSW

Approximately 854,300 people in New South Wales (NSW) provide unpaid care and support to a family member or friend who needs assistance because of disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail. Without opportunities to take breaks from the caring role, often known as 'respite', many carers cannot continue caring sustainably.

The Carer Respite Alliance policy paper, *Repositioning respite in consumer directed service systems*, launched today, calls on all levels of government, as well as the private and community sectors, to explore opportunities to increase access to respite for carers across NSW.

The paper highlights how shifts to consumer directed care models in the aged care, disability and mental health sectors have eroded opportunities for carers in NSW to take regular, meaningful breaks from caring, potentially jeopardising carer wellbeing. It seeks to reposition the concept of carer respite within these changing service systems and provide an evidence base to support the ongoing provision of supports that enable carers to take a break.

*Repositioning respite in consumer directed service systems* provides clear guidance for future direction and opportunities, through 68 recommendations for tangible actions by governments and other stakeholders can take to improve access to respite for carers in NSW.

The policy paper, *Repositioning respite within consumer directed service systems*, can be downloaded from [http://bit.ly/respite\\_paper](http://bit.ly/respite_paper). A recording of the live launch webinar will also be made available.

### About the Carer Respite Alliance

The Carer Respite Alliance is a working group facilitated by Carers NSW, consisting of not-for-profit organisations, academics and a carer representative with an interest in evidence-based advocacy related to carer respite. It was formed in 2017 out of a shared concern among members that the value of carer respite was being overlooked in wide ranging sector reforms.

### About Carers NSW

Carers NSW is the peak non-government organisation for carers in NSW and is part of the National Carer Network and a member of Carers Australia. Our vision is an Australia that values and supports all carers.

For more information please phone 02 9280 4744 or visit our website [www.carersnsw.org.au](http://www.carersnsw.org.au)

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