Aboriginal and Torres Strait Islander Carers
In NSW
What do we know about carers?

<table>
<thead>
<tr>
<th></th>
<th>Australia</th>
<th>NSW</th>
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<tbody>
<tr>
<td>Population</td>
<td>19.6 million</td>
<td>6.5 million</td>
</tr>
<tr>
<td>Carers</td>
<td>2.3 million</td>
<td>820,000</td>
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<tr>
<td>Indigenous Population</td>
<td>427,000</td>
<td>121,142</td>
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<tr>
<td>Indigenous Carers</td>
<td>51,600</td>
<td>14,537</td>
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</table>
Who are Carers?

- Carers look after relative or friend who has a disability, chronic illness, mental illness or are frail aged

- Carers are friends, neighbours, brothers, parents, partners, sister, grandparents, or young children
Who are Carers?

• Carers are both male and female

• Carers can be as young as 9 years and as old as 90 years
Why support Carers?

- 90% of all care recipients needs are provided by informal carers.
Carers need .......

- recognition and acknowledgment for the role
- culturally appropriate carer specific services
- emotional support
- meet and talk with other carers
- Information
- treated as equal partners in care
- referred to appropriate support
Effects on caring

85% feel their mental and physical health gets worse

Common effects:
- sad/depression
- anxious/worried
- emotional easily upset
- frustrated/bored
Effects on caring cont.

- exhausted/stressed
- social isolation/loneliness
- changes in the family relationships
- sense of loss or grief
Carers NSW

• The peak organisation representing informal carers
• We are non-government, charitable organisation
• We have been in existence since the mid 1970's
Supporting Indigenous Carers

- Set up ATSI Carer Program in 1995
- Employed Development Officer since 1995
- Set up Ngara Support Service in Penrith 1995
- High Needs Project in 1999
- Koori Yarning Project on 2000