

# 2022 NATIONAL CARER SURVEY

## Caring for a person living with disability

Fact sheet 3, May 2023

The 2022 National Carer Survey heard from a total of 6,825 carers from across Australia. The majority of respondents (4,405, or 64.5%) were caring for someone living with disability (including physical and intellectual disability, as well as Autism Spectrum Disorder, Acquired Brain Injury or Stroke and sensory impairment). Most respondents caring for someone living with disability (83.6%) identified as female. More than 1 in 5 were born overseas; more than 1 in 10 spoke a language other than English at home and 4.7% identified as Aboriginal or Torres Strait Islander.

The 2022 National Carer Survey was conducted from June to July 2022 by Carers NSW with the support of the State and Territory Carer Organisations and funding from the NSW Government. A carer is any individual who provides care and support to a family member or friend who lives with a disability, mental illness, alcohol or drug dependency, chronic condition, terminal illness or who is frail due to age.

### About the people they care for

The majority (57.9%) of people living with disability cared for by respondents identified as male (57.9%). Physical disability was the most commonly reported type of disability. Most respondents caring for someone living with disability were caring for their child (56.5%), including adult children, with 1 in 3 caring for their partner. Approximately 1 in 3 were caring for a child or young person with disability.



1 in 2  
provide 24/7 care

### About the caring experience

Respondents were most commonly the sole carer (54.4%) and the majority (86.8%) were living with the person they care for. The majority (57.4%) had been caring for the person for 10 years or more, and nearly 3 in 4 spent 40 hours or more per week caring, with 1 in 2 providing 24/7 care.

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## Experiences accessing services

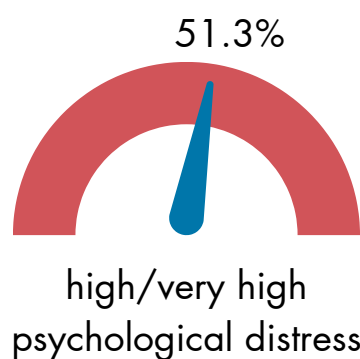
The Survey asked carers about their experience of disability and other services, and how included and supported they felt when accessing these services with or on behalf of the person they care for. Most respondents (59.1%) were caring for someone with a National Disability Insurance Scheme (NDIS) Plan, however, 6.3% were ineligible for the NDIS and more than 1 in 4 respondents were not accessing any disability services.

Around 3 in 4 carers reported that they were involved by disability service providers in planning and decision making, nearly 40% found that disability services enabled them to take a break from their caring role. However, only around 1 in 4 reported being asked by service providers about their needs as a carer, and 1 in 2 reported that disability services did not meet their needs as a carer.



**1 in 4**  
asked about their  
needs as a carer

The most frequently reported issues with NDIS and other disability services were interruptions and cancellations due to COVID-19 (67.2%), inadequate funding in the NDIS plan (49.6%), long wait times for services (48.2%), difficulty finding information about services (44.7%), and that it takes too much time and energy to organise these services (43.7%).



## Key challenges

Approximately 2 in 3 respondents caring for a person living with a disability reported financial stress, with more than 1 in 5 experiencing financial distress. More than 1 in 3 were highly socially isolated and more than 1 in 2 reported high or very high psychological distress. More than 1 in 2 did not feel that their caring role was recognised by government.

### Key points

- Respondents caring for people living with disability were most likely to be caring for their child (including adult children)
- Caring roles were generally long term and involved 40+ hours per week of care
- While carers are generally involved in planning and decision making, they do not tend to be asked about their own needs.