

2022 NATIONAL CARER SURVEY

Young carers

Fact sheet 2, April 2023

The 2022 National Carer Survey heard from 6,825 carers across Australia. 92 of these respondents were carers aged 25 years and under, or young carers. The majority (69.6%) of these carers identified as female and just under 1 in 3 young carers (29%) identified as gender or sexuality diverse. Almost 1 in 5 (20.7%) were born overseas and a similar proportion (20.5%) spoke a language other than English at home. Nearly 1 in 10 (8.7%) identified as Aboriginal and/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

Most young carers who responded to the Survey were caring for their parent (65.1%) or sibling (34.9%), and the majority (80.9%) were caring for someone living with a disability, however almost half (46.1%) were caring for someone living with a mental illness and 41.6% for someone living with chronic illness. More than 2 in 3 (70%) people being cared for by young carers responding to the Survey were under the age of 65 years.



2 in 3

care for a parent

About the caring experience

Most young carers (65.6%) cared for one person, however they were more likely to be caring for more than one person than carers in other age groups. They spent an average of 63 hours per week caring, with 21.8% providing 24/7 care, and the majority (69.3%) had been caring for at least 5 years. Only 1 in 10 were not living with the person they care for.

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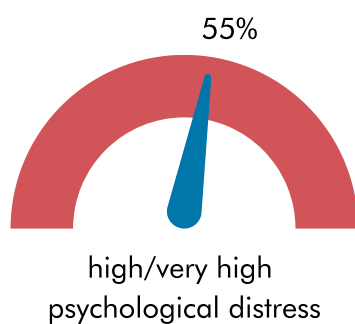
Experiences accessing services

The Survey asked carers about their experiences accessing services with or on behalf of the person they care for. Young carers who responded to the Survey were most commonly caring for someone accessing mental health services (56.7%) or disability services (52.2%). Just under 1 in 5 (18.9%) were caring for someone accessing aged care services.

Overall, more than half of the young carers who responded felt that they were involved in planning and decision making in service settings. However, they were less likely than other carers to be asked about their own needs. Despite this, young carers were slightly more likely to report that services for the person they care for met their own needs as a carer, gave them a break and enabled them to work.



The most frequently reported service issues were interruptions as a result of COVID-19, long wait times for assessments or to access services, service costs, difficulty finding information about services, and that it required too much time and energy to access support.



Key challenges

Approximately 4 in 5 young carers who responded to the Survey (82.1%) reported financial stress, with 1 in 4 (26.2%) experiencing financial distress. Almost 2 in 3 (63%) reported being socially isolated and more than half (55.1%) had high/very high psychological distress. While young carers reported higher wellbeing than other carers, they still reported lower wellbeing than the population average.

Key points

- Young carers responding to the 2022 National Carer Survey were more likely than other carers to be caring for a parent.
- They were more likely to be included in discussions with service providers than asked about their needs.
- Young carer respondents reported higher levels of psychological distress, social isolation and financial stress than other carers.