

2022 NATIONAL CARER SURVEY

Culturally and linguistically diverse (CALD) carers

Fact sheet 6, July 2023

The 2022 National Carer Survey heard from a total of 6,825 carers from across Australia, of whom 1,159 respondents (17%) were culturally and linguistically diverse (CALD). This means they did not speak English as their first language and/or identified with a non-English speaking cultural background. Cultural and linguistic diversity can influence a person's caring experiences, access to services and other outcomes. The majority of CALD respondents identified as female (80.9%) and the mean age was 56.9 years old. Only 54.2% of CALD respondents were born overseas.

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

CALD respondents were most commonly caring for their child (44.8%), followed by a parent (34.5%) or partner (28.3%). Most (67.4%) were caring for someone from a CALD background themselves. The majority of respondents were caring for someone living with disability (69.2%), someone frail due to age (32.5%), or someone living with a chronic health condition (31.2%). Approximately half (51.3%) of those receiving care from respondents were aged 65 years or older.

About the caring experience

The majority of CALD respondents (70.6%) cared for only one person. On average, they provided 98.6 hours of care per week, with 44% providing 24/7 care. Most commonly, CALD carers were the sole carer (52.4%) and the majority (82%) were living with the person they care for.



4 in 5

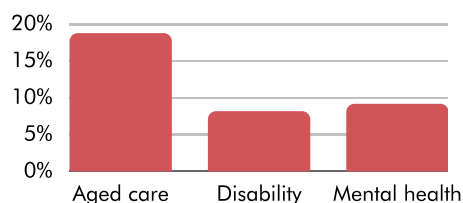
live with the person
they care for

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Experiences accessing services

CALD carers were more likely than other respondents to be caring for someone who was not receiving formal services of any kind, with 18.8% receiving no formal services. Some CALD respondents reported challenges accessing culturally appropriate services, with 14% having no culturally appropriate services available for the person they care for.

Culturally appropriate services were not available for...

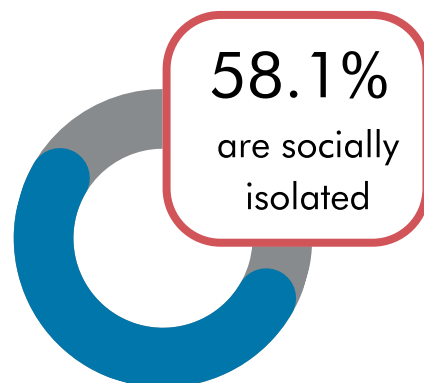


Nearly
1 in 5
are not
receiving any
formal services

CALD respondents were more likely to have accessed carer support services than other respondents, but were also more likely to report an unmet need for carer support services. CALD respondents caring for people accessing National Disability Insurance Scheme (NDIS), mental health and aged care services were less likely than other carers to be asked by service providers about their own needs.

Key challenges

Approximately 3 in 5 CALD respondents (58.9%) reported financial stress, with 15.9% experiencing financial distress. The majority (58.1%) reported being socially isolated and more than half (53.5%) experienced high or very high psychological distress. CALD carers also reported lower wellbeing than other carers.



Key points

- CALD carers responding to the 2022 National Carer Survey were more likely than other carers to be caring for someone from a CALD background
- They were more likely to be accessing carer support services than other carers, but also more likely to need more carer support
- CALD respondents experienced greater impacts of caring than other respondents, with poorer wellbeing and higher levels of psychological distress, social isolation and financial stress