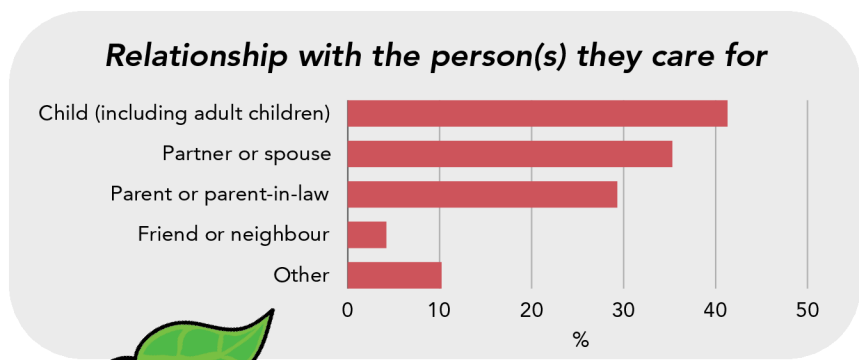
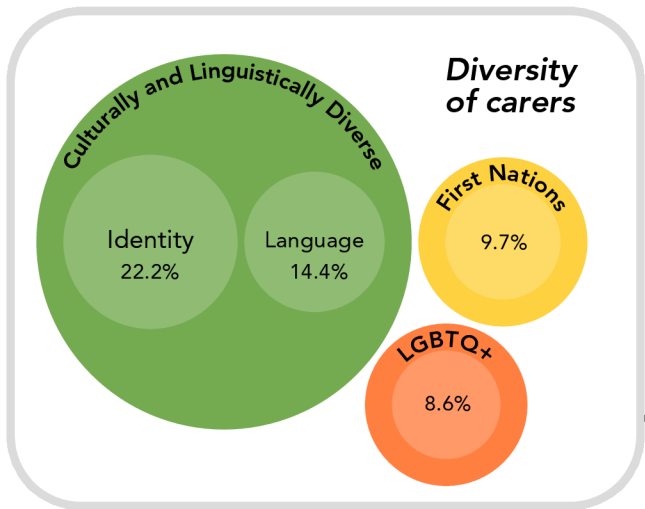
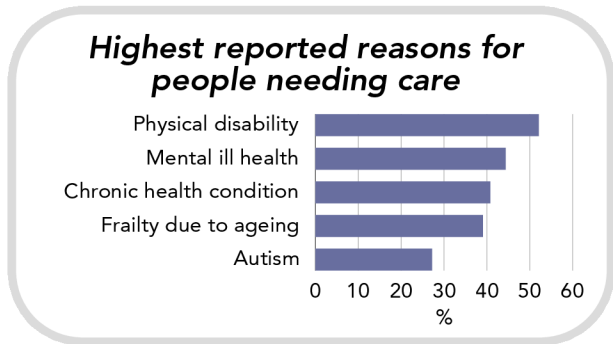
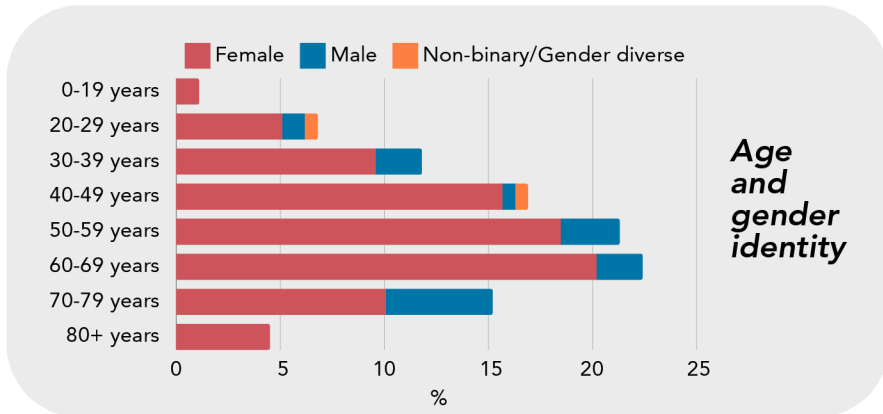


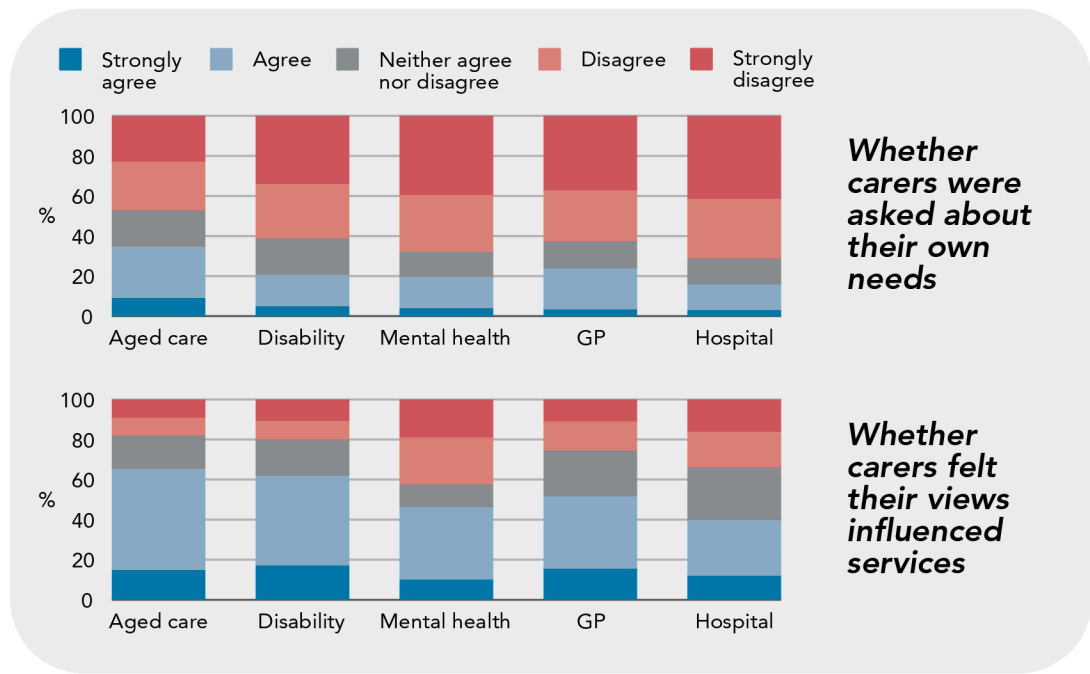


Australian Capital Territory Highlights

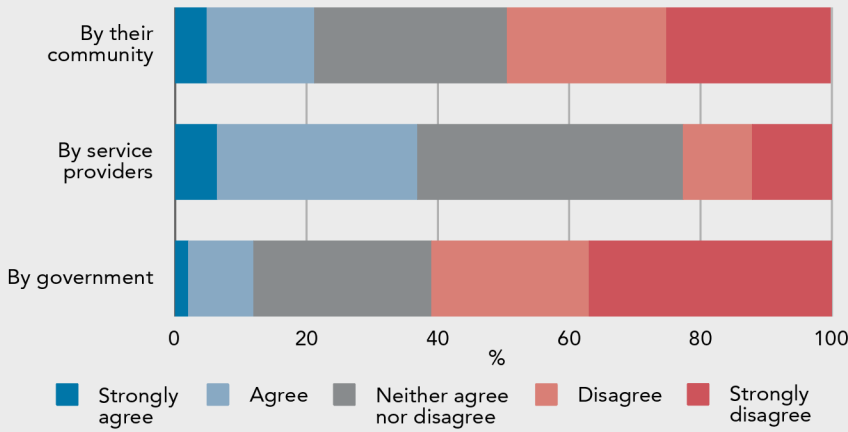
The 2024 National Carer Survey results tell us a lot about carers' day-to-day experiences, support needs and perspectives on caring. Below are some of the key findings from the Australian Capital Territory so far.



"...if you are caring for a family member there is an expectation that you will keep on doing so despite not being treated kindly by that person, and yet at the same time you are excluded from any decision making processes."

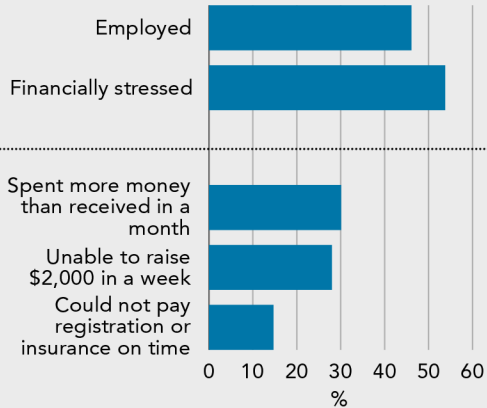


How recognised and valued carers feel

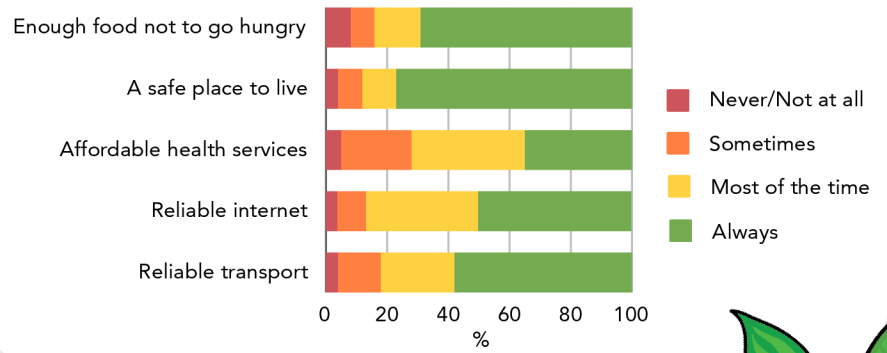


"I just want people to appreciate that I do something that is hard, that is extra to what others do, that impacts on so many areas of my life and that I didn't have a choice but to do it."

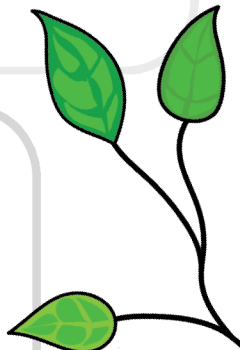
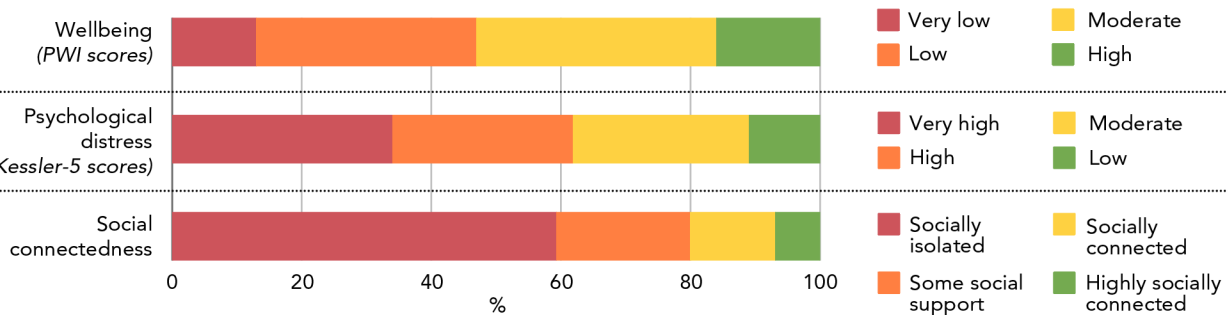
Financial experiences



Whether or not basic needs are met



Wellbeing, psychological distress and connection



"No one has asked about care or support. I provide a huge amount of emotional support to my daughter. Her needs are high and very complex and largely unmet. She cannot see the effect it has on me or the gaps that I constantly fill for her."

The National Carer Survey is an initiative of Carers NSW in partnership with the other State and Territory Carer Organisations. The Survey is proudly funded by the NSW Department of Communities and Justice (DCJ).

For more information, visit nationalcarersurvey.com.au, email research@carersnsw.org.au or phone 02 9280 4744.

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