

2022 National Carer Survey

New South Wales Results

Highlights from New South Wales

This year's National Carer Survey heard from a total of 1,352 carers from New South Wales (NSW). The 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 so far.

Carers from NSW represented a total of 19.8% of respondents to the 2022 National Carer Survey. NSW carers mainly responded to the Survey online and 44.7% were members of Carers NSW.

About the carers who responded

Of the 1,352 carers who responded to the 2022 National Carer Survey from NSW, the majority identified as female and their average age was 60.2 years. They represented a range of locations and cultural backgrounds, but most identified as Australian and lived in metropolitan locations. 34.3% of respondents were both caring and in paid employment.



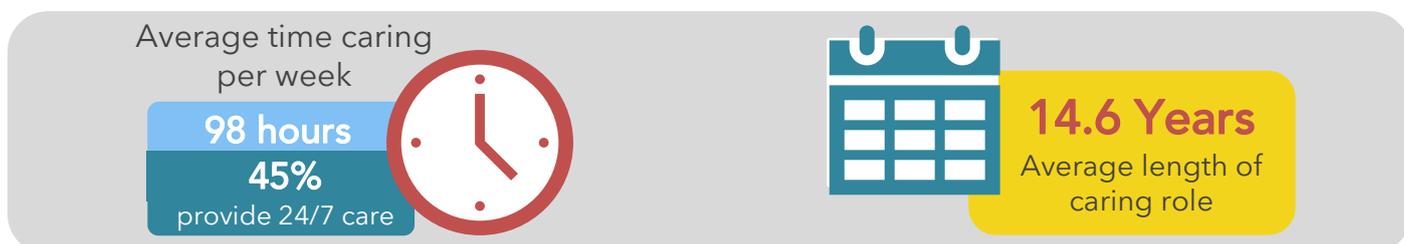
About the people they care for

Respondents from NSW were most commonly caring for their child (including adult children), and a majority were providing care to someone living with a disability, however, many people reported the person they cared for experienced two or more conditions. On average, the people they care for were 52.3 years of age. Not everyone who responded to the Survey was still in a caring role; 129 respondents (9.5%) identified as former carers, and a further 402 (32.8%) had previously cared for someone, and were now caring for someone else.



About the caring experience

Most carers who responded from NSW cared for one person, and they were most commonly the sole carer. They were also most likely to be living with the person they care for. Carers from NSW typically spent 98 hours per week caring, and had been caring for an average of 14.6 years.



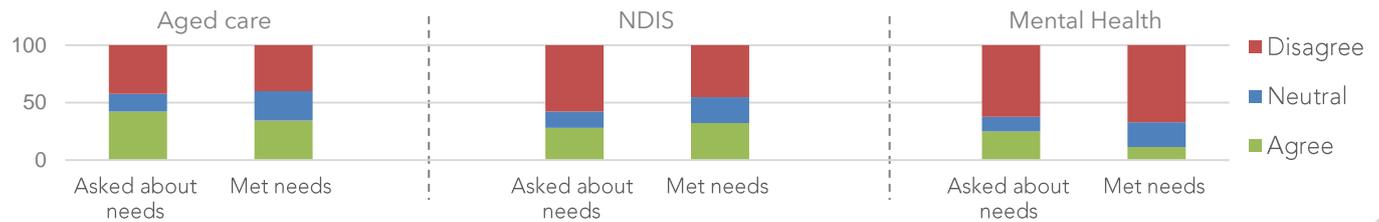
Carers' experiences with services

The 2022 National Carer Survey asked carers about their use of a range of services, and how included and supported they felt. Most carers from NSW were accessing mental health services with or on behalf of the person they care for. Aged care services were more likely to ask carers in NSW about their own needs than disability or mental health services, however, services didn't always meet carers' own needs, or enable them to engage in paid work or take breaks from the caring role. Many carers also reported that their services were reduced or interrupted due to COVID-19, that it was difficult to find information about services and supports, there were long wait times for services, and services were not available at the level required.

The 'typical' respondent from NSW was a woman in her 60s, caring for her child (including adult children) living with disability.

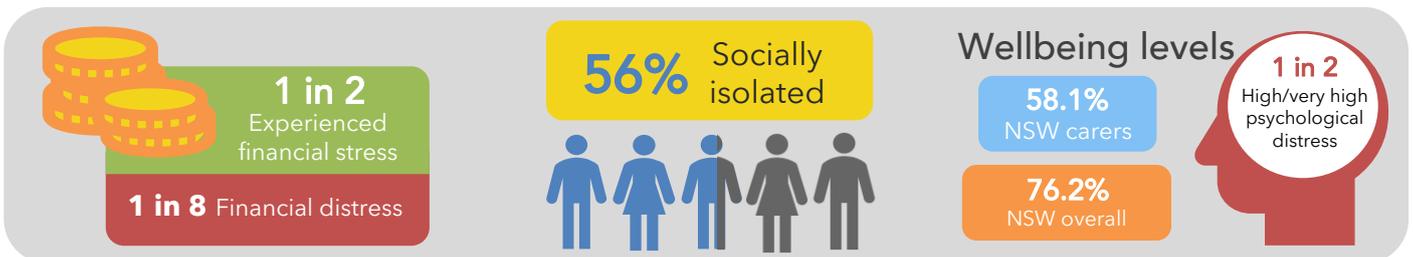


Carers' experiences of services



Key challenges experienced by carers

In addition to the many challenges carers experienced when accessing formal services, many carers in NSW told us they were financially stressed and socially isolated. Compared to other Australians, carers in NSW were much more likely to be at risk of mental illness and had much lower wellbeing.



What carers told us

"Caring for someone during the COVID-19 pandemic was increasingly difficult. The almost instant removal of established routines and arrangements, combined with food shortages and ever changing restrictions severely increased the workload of carers. It is a shame that they have not been acknowledged for their valuable contribution during this time."

"Everything costs more, use more power, use more water, use more food, replace damaged items, can't have a life, I'm no-one, just a carer."

Carers living in NSW provide invaluable support to the people they care for and the broader community. And yet, recognition and timely support is still lacking.

This National Carers Week, Carers NSW calls on the NSW and Australian governments, as well as service providers and communities to better support Australia's carers.

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. More detailed results will be released in the coming months. For more information, visit www.carersnsw.org.au/research/survey, email research@carersnsw.org.au or phone 02 9280 4744.