

MEDIA RELEASE
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Family carers celebrate Across Australia

South Australia's 222,700 family carers will be given the recognition they deserve and celebrate the hard earned achievements of their caring roles when National Carers Awareness Week kicks off next week (**October 18 – 24**).

Carers SA, the representative body of the State's 222,700 family carers, said Carers Week is an opportunity to recognize the importance and scale of carers' contribution to our community.

Carers Week, with the theme "Anyone Anytime, Across Australia", unites and celebrates the 2.6 million family carers across Australia providing unpaid support to family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are frail.

"Daily tens of thousands of South Australian carers make a vital difference in the lives of those most in need in our community. Family carers represent a large proportion of our population and this year we wish to highlight caring takes place everywhere from inner city units to remote stations. Caring affects all communities." Chief Executive Officer Rosemary Warmington said.

"Considering family carers save the Federal and State Governments \$30.5 billion per annum (Access Economics 2005), which is the cost of the replacement care if it had to be purchased from formal service providers, better support is needed to protect the health and wellbeing of carers." she said.

"We need to ensure carers get the support they need to not only help them in their caring role, but to assist them in managing their own health and wellbeing through adequate service and supports, including respite."

Dozens of events are planned around the State for Carers Week to educate both carers and the general community of the caring role, including a Health and Wellbeing Expo in Rundle Mall on Thursday, October 22. On National Carers Day, Tuesday October 20, the focus is on celebration with a free movie morning at the Capri Cinema for carers and their families. Carers of all ages and cultural backgrounds are encouraged to come along and celebrate.

Carers SA would like to thank Centrelink, Bank SA & Staff Charitable Fund and HomeStart Finance for supporting Carers Awareness Week in South Australia. Carers Week 2009 is an initiative of Carers Australia and funded by the Australian Government.

For information on any of the activities occurring in your local area during Carers Awareness Week please call 1800 242 636 or visit www.carers-sa.asn.au.

*For further media information or interview contact Carers SA CEO Rosemary Warmington
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