

Media Release



Carers Australia is the national peak body for carers. Our vision is an Australia that values and supports the contribution that carers make both to the people they care for and to the community as a whole.

10 October 2015

National Carers Week 2015 – Show You Care!

National Carers Week 2015 takes place from 11 – 17 October, giving all Australians an opportunity to show their support for Australia’s 2.7 million carers and to help build a carer-friendly Australia.

For a Multimedia News Release including broadcast quality footage of former Newcastle Knights star Alex McKinnon and his fiancée Teigan discussing the caring experience, high-res images and audio, [click here](#).

Carers Australia CEO, Ms Ara Cresswell, said “This National Carers Week we’re asking all Australians to make a free pledge in support of Australia’s carers and a more carer-friendly Australia.

“Unpaid carers make an enormous contribution to our country, not just through the 1.9 billion hours of care they will provide in 2015, but in the considerable savings that unpaid care makes for the nation - \$60.3 billion annually, or more than \$1 billion per week.

“National Carers Week will help us raise awareness of this incredible contribution to our nation, as well as awareness of carer issues more generally.”

Australians are also encouraged to organise a ‘Take a Break’ event where they can get together with friends and colleagues at a morning tea or some other activity to discuss carers and caring in Australia.

The official launch of National Carers Week will take place on Tuesday 13 October at Government House, Canberra and will be launched by His Excellency General the Hon Sir Peter Cosgrove AK MC (Retd), Governor-General of the Commonwealth of Australia.

There are more than 2.7 million carers across Australia who provide unpaid care and support to family members and friends with a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue, or who are aged.

You can make your free pledge in support of a carer-friendly Australia by visiting the National Carers Week website at www.carersweek.com.au

For Media Enquiries contact Edward Allpress on (02) 6122 9921 or 0408 956 578