

# MEDIA RELEASE



## Tell Us Why You Care this National Carers Week!



National Carers Week 2019 takes place from 13 – 19 October and is a time for the recognition and celebration of the 2.7 million Australians who provide unpaid carers to a family member or friend.

Carers Australia CEO, Ara Cresswell, said, 'Each and every week Australia's unpaid carers provide complex, ongoing care to family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged.'

'Anyone at any time can become an unpaid carer and National Carers Week is a time to raise awareness among all Australians of the enormous contribution carers make to our nation.'

'We want to hear from carers about why they do what they do, and we also welcome messages of support from the broader community, so that we can let all Australians know *Why We Care*.'

Visit the [National Carers Week website](#) to *Tell Us Why You Care*, so that we can help raise awareness not only of unpaid carers, but of the realities of the caring role in Australia.

You can also [hear from our National Carers Week Ambassadors, AFL star, Moana Hope; and sporting legend, Mat Rogers](#), both of whom perform caring roles.

The website also contains a broad range of information on how you can [get involved](#) in this year's campaign, as well as a host of promotional materials and resources.

You can also take a look at [our interactive map](#) which lists a number of National Carers Week events taking place across Australia.

By sharing stories about *Why We Care*, we can help build a carer-friendly Australia.

**For media enquiries please contact Samara McCann on 0408 956 578.**