



FACT SHEET

Carers and the cost of living

Who are Australia's carers?

Over 2.65 million Australians provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.

This equates to roughly 11% of Australia's population.



THE AVERAGE AGE
OF A CARER IS
50 YEARS



1 IN 11 CARERS ARE
**UNDER THE
AGE OF 25**
- SO ON AVERAGE, THERE
WILL BE 1-2 CARERS
IN EVERY AUSTRALIAN
CLASSROOM



CARERS ARE
**TWICE AS
LIKELY**
AS NON-CARERS TO
HAVE A DISABILITY
COMPARED TO THOSE
NOT IN CARE ROLES.



33%

**OF CARERS ARE
PRIMARY CARERS,**
THOSE WHO PROVIDE THE MOST
INFORMAL SUPPORT TO A FAMILY
MEMBER OR FRIEND.

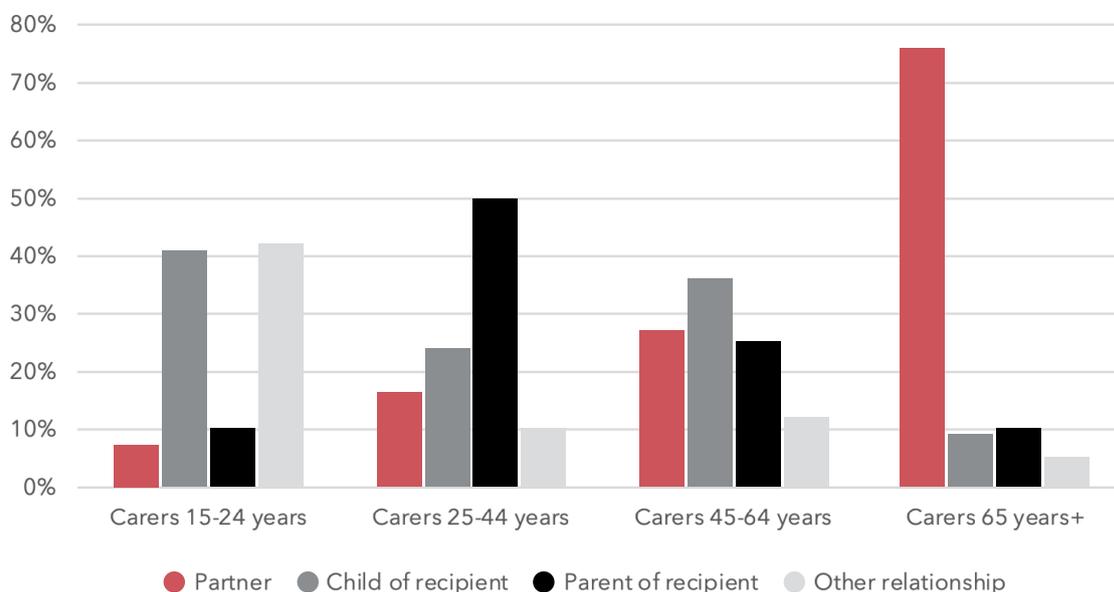


WOMEN ARE
**2.5 TIMES
MORE LIKELY
THAN MEN**
TO BE A PRIMARY CARER

PRIMARY CARERS HAVE
**MUCH
LOWER RATES**
OF WORKFORCE
PARTICIPATION (59%)
COMPARED TO
NON-CARERS (82%).



Who are they caring for?



The financial challenges faced by carers

Being in an unpaid care role can limit your capacity to undertake paid employment and simultaneously attract additional costs.

In 2023, over 61% of carers were reporting moderate to high financial stress, an increase from 54% in 2022.

By comparison, 40% of the general population was reporting similar levels of financial stress in 2023.

The financial stress carers are experiencing has very real impacts on their own health and wellbeing:



OVER 60%

reported it difficult to afford groceries they usually buy (c.f. 45% other Australians)



37%

reported difficulties affording medications (c.f. 28% of other Australians)



47%

reported delaying their own health appointments