

MEDIA RELEASE



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Three million carers are far more lonely, distressed and likely to face financial hardship than the average Australian, new research reveals

AUSTRALIA's 3 million carers are more than twice as likely to experience low wellbeing compared with the average Australian adult, new research released today reveals.

Carers Australia's [2024 Carer Wellbeing Survey](#), which surveyed 9,166 carers, found that while the wellbeing of average Australian adults has improved since last year (with a 6.6% fall to 23.8% in those reporting low wellbeing), the results for carers were in stark contrast. The 57.7% of carers reporting low wellbeing this year was almost identical to the 58.3% reporting low wellbeing in 2023.

Carers Australia CEO Annabel Reid said the survey results highlighted the importance of National Carers Week, where every Australian can help and become involved by taking small, but powerful actions to make a difference in the lives of carers – to raise awareness, celebrate and recognise them.

"ONE in eight Australians are carers. Latest figures estimate there are up to three young carers in every Australian classroom. At some point in every Australian's life, we will either know, be, or need a carer," Ms Reid said.

"Our *2024 Carer Wellbeing Survey* found our carers are being left behind in most of the key indicators of wellbeing, including loneliness, psychological distress and financial hardship.

"Carers need the ongoing support of all Australians – from government, businesses and media to classrooms and families, and medical professionals and our community."

Ms Reid urged all Australians to get involved in this year's National Carers Week, which runs from Sunday 13 to Saturday 19 October 2024. Under the theme of 'Show Them You Care', the campaign shines a light on the resilience and sacrifice of our 3 million carers, celebrating the profound impact they have on our communities.

Other key findings of the 2024 Carer Wellbeing Survey include:

- **Carers were three times as likely to report being lonely compared to the average Australian.** In 2024, 40.3% of carers reported feeling lonely often or always, compared to 13.8% of average adult Australians.



- **Carers consistently experience poorer financial wellbeing compared to the average Australian:** In 2024 carers were almost three times more likely to report being poor or very poor (16.3%) compared to average Australians (5.7%).
- Carers continued to have **higher than average rates of psychological distress** compared to the general population, with 28.2% reporting high levels of psychological distress
- **Carers aged 25-54 were the most likely to be experiencing low wellbeing** compared to the average carer (69% compared to 55.7%). This group represents almost half of carers (48.8% of carers 2021 ABS)

“Many everyday Australians are thrust into a caring role in extraordinary circumstances – some through a gradual progression into care, others through sudden, life-altering events,” Ms Reid said.

“Behind the numbers are a mosaic of individual stories – each unique and deeply personal – showing the diversity of care and caring roles in Australia.”

For more information about the week and how to take a small and powerful action to show carers you care, visit www.carersweek.com.au

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About Carers Australia and the National Carer Network

Carers Australia is the national peak body representing Australia’s carers, advocating to influence policies and services at a national level. The National Carer Network, which consists of Carers NSW, Carers ACT, Carers Victoria, Carers Tasmania, Carers SA, Carers WA, Carers NT, and Carers Queensland, delivers a range of essential carer services across states and territories.

About carers

An informal, unpaid carer is a family member or friend that cares for someone that has a disability, chronic or life-limiting illness, is frail aged, has a mental health illness, alcohol or other drug-related issues.

Informal carers are distinct from paid support workers who are colloquially also called carers but are fully employed and remunerated with all the benefits of employment. Conversely, family carers perform their caring duties without remuneration.

For media enquiries and to arrange interviews, please contact the Communications Team on 0428 948 415 or communications@carersaustralia.com.au