

# MEDIA RELEASE

## Five affordable, achievable ‘game-changers’ for carers this election

With more than 3 million people in Australia caring for others who rely on them, Carers Australia believes this is a unique and urgent moment to make five critical changes:

- [Cost-of-living support](#) – Increase the Carer Supplement and index it against inflation.
- [Take superannuation seriously](#) – Carers require long-term financial security.
- An expansion of the [Young Carer Bursary](#) – Support young carers so they can stay and thrive in school.
- An investment in [Carer-Inclusive Workplaces](#) – Don’t push valued employees, who are also carers, out of paid work.
- [Carer recognition](#) from the start of a carer journey – Train health professionals to identify and support carers as early as possible.

Investment of \$596.75 million in the above five areas would be a game-changer for all carers specifically. The estimated replacement value of unpaid care in Australia is over \$77.9 billion a year; \$596.75 million represents just 0.76% of that.

More details can be found [online](#), along with additional information and supports relevant to carers. Carers Australia is also collaborating with Sydney-based advocacy group Do Gooder to facilitate direct email communication between carers and candidates, allowing carers to submit personalised election requests.

“One in 11 Australians are carers,” says Carers Australia CEO Annabel Reid. “On May 3<sup>rd</sup> they’ll decide on a government that values and supports them.”

“For almost every person in Australia, you either *are* a carer, you will *become* a carer, or you’ll *require* a carer at some point in your life,” says Reid.

### ENDS

#### About Carers Australia

[Carers Australia](#) is the national peak body representing Australia’s carers, advocating to influence policies and services at a national level.

#### About carers

An informal carer is someone who cares for a family member or friend with a disability, chronic or life-limiting illness, is frail aged, has a mental health illness, alcohol or other drug-related issue. Informal carers are distinct from paid support workers who are colloquially also called carers but are fully employed and remunerated.

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