

# CARERS CAN'T QUIT

## Let's give them a better deal

Australia's 3 million carers provide essential, life-changing support to family or friends with a disability, chronic illness, mental health conditions, substance dependency, or those who are frail and aged. Carers enable people to remain at home and connected to their communities. They provide care in lieu of paid professionals, reducing demand on government-funded health, disability, and aged care systems.

Without carers, these systems would be hugely impacted. The replacement cost of care in Australia was estimated at \$77.9 billion in 2020, a staggering contribution that remains largely unrecognised and doesn't consider the vast social, emotional and financial cost of being a carer.

For example:

- Financial distress: Carers experience severe economic disadvantage, losing an average of \$392,500 in lifetime earnings and \$170,000 in superannuation due to reduced workforce participation.
- Cost-of-living pressures: Many carers are locked out of financial independence, unable to increase work hours or access flexible employment. Rising costs for essentials, transport, and medical needs compound their struggles.
- Poorer health and wellbeing: Carers are twice as likely to experience low wellbeing compared to other Australians, with many facing social isolation, mental health issues, and long-term health impacts.
- Young carers face entrenched disadvantage: Young carers experience lower educational outcomes and a higher likelihood of long-term welfare dependency, limiting their future opportunities.

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### **Five Election Asks - A call for immediate action.**

Ahead of the 2025 federal election, Carers Australia is calling on all political parties and candidates to commit to real solutions that will improve carers' financial security, employment opportunities, and access to support that can be done with an investment of \$586.75 million in 2025.

#### **Cost-of-living support for carers**

Increase financial support through a permanent 15% boost to the Carer Allowance and a one-off 50% increase to the Carer Supplement to address rising living costs.

#### **Superannuation for carers**

Take Superannuation for carers seriously, with modelling of superannuation contributions for carers receiving the Carer Payment, ensuring long-term financial security and reducing future reliance on the Age Pension.

#### **Expanding the Young Carer Bursary**

Expand the Young Carer Bursary to help young carers with their education and life expenses, increasing the number of bursaries from 1,592 to 3,500 and raising the payment to \$4,500 per recipient.

#### **Carer-inclusive workplaces**

Make workplaces more carer-friendly by expanding the Carer-Inclusive Workplace Initiative, allowing more carers to remain in employment while meeting their caring responsibilities.

#### **Carer recognition right from the start**

Recognise carers in the health system early in their journey by training health professionals to identify and refer carers to essential supports at the point they become carers.

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### Investing in carers is investing in Australia's future

Carers should not be expected to shoulder the financial and emotional burdens of their essential work alone. Supporting them is a federal responsibility, a matter of economic sustainability, workforce participation, and social justice.

The National Carer Strategy 2024-34 already highlights the need for a whole-of-government approach to better support carers. Now is the time for action.

Carers are the backbone of our community and the hidden workforce that sustains our health and social systems. This election, we must choose to support them.

A fairer Australia starts with recognising, valuing, and supporting those who care.

Together, we can ensure that carers are recognised and valued in national policy decisions.

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🌐 [Our guide to the 2025 Federal Budget and Election](#)