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National Carers Week 2025: New report shows carer wellbeing declining

The wellbeing of the 3 million people in Australia who care for a family member or friend is declining, according to new data released as part of National Carers Week 2025.

The Carers Week theme is '**you are, know or will be one**', highlighting the fact that every family in Australia is likely to be involve caregiving and/or receiving at some point in their lives.

Carers Australia is today releasing the results of the 2025 Carer Wellbeing Survey, which show:

- 61.1% of carers reported **low wellbeing**, compared with 57.7% the previous year
- Carers are **more than twice as likely** to have low wellbeing levels compared with the average Australian adult (61.1% of carers have low wellbeing, compared to 33.6% of adult Australians).
- 31.4% of carers reported **high psychological distress**, compared to 28.2% the previous year
- 42.7% of carers reported **feeling lonely** 'often or always'
- Carers are more likely to report being **poor or very poor** (16.7%) compared with the average Australian (9.2%)
- 72.1% of carers indicated they had **no choice about whether to be a carer** or not
- 50% reported their caring role was satisfying and contributes to **meaning and purpose** in their life
- Only 15.0% of carers feel **recognised and valued as a carer** in the health and/or education systems

"We feel these insights reflect the cost of living pressures which affect not only a carer, but also that of the person they care for. This, compounded with barriers to paid employment participation," said Carers Australia CEO, Annabel Reid.

"Our message to every carer is to check out the free, practical support via [CarerGateway.gov.au](https://carergateway.gov.au)," said Ms Reid.

"We know many carers do not realise they are one. This means they do not know about or access support. Frequently, carers don't seek support until they're in crisis," said Ms Reid.

"If you are caring for a family member or friend, and you are only just realising you are a carer, I encourage you to go to Carer Gateway or the carer organisation in your state or territory for supports like counselling, connection with coaching or peers, or help to prepare for the future," she said.

"The really encouraging thing is that we have a National Carer Strategy for the first time in a decade, and an action plan to make sure it is implemented. Carers Australia is proud to work with Minister McAllister, her colleagues in the Federal Government and other stakeholders to try to lead to better outcomes for carers," said Ms Reid.

"Almost every carer needs support at some point in their caregiving journey."

"Our message to everyone in Australia is that you will probably be a carer, or need a carer, or both at

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some point in your life,” said Ms Reid.

“To get involved in National Carers Week, go to CarersWeek.com.au,” she said.

This year’s Carer Wellbeing Survey involved 10,918 responses – an increase on the previous year’s figure of 9,166.

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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 ACT, Carers NSW, Carers NT, Carers Queensland, Carers SA, Carers Tasmania, Carers Victoria, Carers WA, and 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 living with 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