



2026

Stakeholder Information and Promotion Kit

About the Carer Wellbeing Survey

The national Carer Wellbeing Survey is a critical way to measure and track carer wellbeing.

The Survey is open 4 March - 4 May 2026.

The Survey offers long and short versions in English, Mandarin, Arabic, Farsi and Punjabi (Gurmukhi).

Developed collaboratively by the University of Canberra's WellRes Unit, Health Research Institute, the Department of Health, Disability and Ageing, and Carers Australia, the survey results are analysed by the University of Canberra.

The survey is voluntary, confidential, and results are kept anonymous. For more details and previous survey results, visit the Carers Australia website. Participants can enter the survey prize draw if they complete the survey before 11.59pm on 4 May 2026.

Aim of the Survey

Carers provide unpaid care to family, friends, and loved ones across Australia, often facing challenging and complex duties.

The survey aims to build a comprehensive picture of carers' wellbeing over time and how they can best be supported, so that support for carer wellbeing and quality of life can be better understood.

We Ask for Your Support

We've created social media tiles, posts, and resources. **Please share these** to help the Survey reach as many carers as possible.

Please include a link to the [Carer Wellbeing Survey Page](#) in your posts, where more information and access to the survey are available. We also ask your support in sharing the survey with your networks, colleagues, and community groups to capture as many carer experiences as possible.

To further raise awareness, we've included additional resources such as a website banner, email signature, and newsletter copy. Thank you for your ongoing support—together, we can make a real difference for carers!

The Survey is available here: <https://bit.ly/Carer2026>

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Social Media Tiles



Young carers:

Share your experiences to help inform changes.

Take the survey here:

<https://bit.ly/Carer2026> *Survey participants can enter a draw to win a gift card.*

#CarerWellbeingSurvey #YoungCarers
#YourVoiceMatters #YoungVoices



Are you a veteran, or caring for a veteran or ADF member?

Share your experience and join the conversation to upscale your wellbeing.

Take the survey here:

<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #MeaningfulChange



Help us improve resources and recognition to enrich your wellbeing.

Share how your challenges have evolved.

Take the survey here:

<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #CarerAdvocacy



Social Media Tiles



Tell us how your role has changed over the past year.

Help inform changes to improve carer wellbeing.

Take the survey here:

<https://bit.ly/Carer2026> *Survey participants can enter a draw to win a gift card.*

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #ChallengesOfCaring



We invite you to reflect on your caring journey.

Your insights help inform better support for carers.

Take the survey here: <https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #PastCarers



Let us know about the support you need.

Your feedback helps inform changes to improve carer outcomes.

Take the survey here:

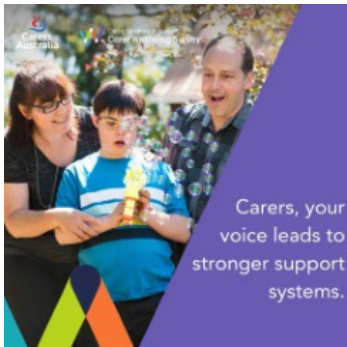
<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #CaringJourney



Social Media Tiles



Your voice is crucial to improving support.
Share your journey to strengthen advocacy.

Take the survey here:

<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #CarerAdvocacy



Young carers, share your carer journey.

Your story is powerful—help us improve support for you.

Take the survey here:

<https://bit.ly/Carer2026> *Survey participants can enter a draw to win a gift card.*

#CarerWellbeingSurvey #YoungCarers
#YourVoiceMatters #YoungVoices



Tell us how we can improve the future for carers.

Share your story to help inform changes that lead to better outcomes.

Take the survey here:

<https://bit.ly/Carer2026> *Survey participants can enter a draw to win a gift card.*

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #ChallengesOfCaring

Social Media Tiles



How do you balance your caring responsibilities and participation in the workforce?

Share your experience to help inform change.

Take the survey here:

<https://bit.ly/Carer2026> *Survey participants can enter a draw to win a gift card.*

#CarerWellbeingSurvey #CarerSupport
#YourVoiceMatters #CarerAdvocacy



Are you Aboriginal and/or Torres Strait Islander and caring for a family member or friend?

Share your story to help inform change.

Take the survey here: <https://bit.ly/Carer2026>
Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey
#AboriginalAndTorresStraitIslanderCarers
#CarerVoices #CulturallySafeSupport

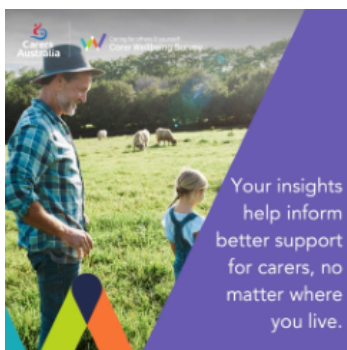


Are you a caring for a family member or friend, and have a refugee or migrant background?

Your story matters.

Take the survey here: <https://bit.ly/Carer2026>
Survey participants can enter a draw to win a gift card.

#CarerWellbeingSurvey #MigrantCarers
#RefugeeCarers #DiverseCommunities
#CarerVoices



Attention carers in rural and remote areas:

Take the survey here:

<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

**#CarerWellbeingSurvey #RuralCarers
#RegionalCarers #CarerSupport
#YourVoiceMatters**



Are you a carer living with disability?

By reflecting on your caring journey, you help improve supports that recognise and respond to the diverse needs of carers.

Take the survey here:

<https://bit.ly/Carer2026>

Survey participants can enter a draw to win a gift card.

**#CarerWellbeingSurvey
#CarersWithDisability #InclusiveSupport
#CarerVoices**



eDM Messaging

The 2026 Carer Wellbeing Survey: tell us about your experiences as a carer

It is estimated that across Australia 3 million people provide care for friends or family members who are ill, have a disability, mental illness, an addiction, or who are frail. Each year, the Carer Wellbeing Survey asks current and past carers to tell us about their experiences of being a carer. You can read the results from our previous surveys at: <https://www.carersaustralia.com.au/carers-wellbeing-survey/>

The survey is open to all current and past carers. Your insights help inform improvements to services, policies and systems that carers use, and every response strengthens the case for better support where it's needed.

You can complete the survey online at <https://bit.ly/Carer2026>

Want a paper survey or assistance completing the survey? Call University of Canberra on 1800 981 499, Monday - Friday, 9am-4.30pm.

If you know other current or past carers who may be interested in participating in the survey, they are welcome to participate by going to the above links. The survey can also be accessed via www.regionalwellbeing.org.au.

In another 1-2 weeks, you may receive a reminder about the survey - if you don't want to take part in the survey, you can ignore reminders.

All survey participants aged 14 or older who complete the survey before 4 May 2026 can enter our prize draw to win one of 13 prizes worth a total of \$5,000, including a first prize of a \$1,500 gift card, second prize of a \$1,000 gift card, third prize of a \$500 gift card, or one of 10 runners up prizes of a \$200 gift card. You can have one or more entries into the prize draw depending on whether you do a shorter or longer version of the survey. Winners will have their choice of gift cards from www.giftpay.com.au.

The survey is voluntary, confidential and results are kept anonymous, and closes on **4 May 2026, at 11.59pm**.

Thank you for taking the time to participate and share your valuable insights.



Email Signature



The Carer Wellbeing Survey 2026 is now open

Share your voice to help us understand carers' **changing challenges** and drive **meaningful impact**.



Take the survey here: <https://bit.ly/Carer2026>

Website Banner



The Carer Wellbeing Survey 2026 is now open

Share your voice to help us understand carers' **changing challenges** and drive **meaningful impact**.



Take the survey here: <https://bit.ly/Carer2026>

Contact Carer Wellbeing Survey Team
E: carerwellbeing@canberra.edu.au
P: 1800 981 499

Carers Australia is the national peak body representing Australia's unpaid carers, advocating on their behalf to influence policies and services at a national level.

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