

# MEDIA RELEASE



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## Call to make caring count in the Census

Carers Australia is encouraging friend and family carers to 'make their caring count' by answering 'yes' to the question on providing unpaid care when filling out their Census forms tomorrow night.

The Census count is an important one for Australia's unpaid carers, says Carers Australia CEO Joanna Cave.

"The Census counts Australian residents, and it counts how many of them are unpaid carers. We use the data to understand how many Australians are undertaking caring roles.

"The last Census told us there were three million Australian unpaid carers, but carers are known for under reporting their unpaid caring. For many, caring is just 'what they do' for a family member or a friend. But because caring is a constrained choice, which often requires carers to make choices between how they balance caring with working, it's important to get an exact count so that we can understand the potential impact unpaid caring has on society and on the economy.

"Getting an accurate count of how many Australians are undertaking unpaid care helps with planning services and support programs and securing funding. Carers Australia also relies on accurate data to advocate for Australia's carers," she said.

The Australian Bureau of Statistics Census counts all Australian residents tomorrow, Tuesday 11 August 2026. The forms have been available to complete since late July.

Ms Cave said the Census asks if you have provided unpaid care, help or assistance to someone in the past two weeks because of a disability, long-term health condition or problems related to old age. Carers who receive the Carer Allowance and Carer Payment should also tick 'yes' for undertaking unpaid caring in the past fortnight.

"Some carers who get government supports do not consider themselves 'unpaid', but the Census does, so it's important to record that correctly.

"People who help with groceries, assist a family or friend to attend medical appointments or provides more intensive support to someone who needs it because of their condition, provide unpaid care," she said.

ENDS

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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 and Carers Queensland, deliver a range of essential carer services across states and territories.