‘YOU DON’T HAVE TO DO IT ALONE. THERE IS HELP OUT THERE.’

– MO HOPE, AFLW FOOTBALLER

This National Carers Week, Australia’s unpaid carers will spend 36 million hours caring for family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged.

We want to hear from you why you care, or why you support unpaid carers.

‘IT CAN BE REALLY CHALLENGING, BUT I LOVE HER AND I’LL DO ANYTHING FOR HER.’

- MO HOPE, AFLW FOOTBALLER

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‘PEOPLE WHO CARE FOR OTHERS, THEY’RE SOME OF THE MOST IMPORTANT PEOPLE IN THE WORLD.’

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THAT’S WHY WE CARE

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National Carers Week 2019 is an initiative of Carers Australia and is funded by the Australian Government.