

MEDIA RELEASE



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Carers with low wellbeing hits all-time high

Australia's unpaid carers are twice as likely to have low wellbeing compared to other adults, according to latest figures.

Results of the 2023 [Carer Wellbeing Survey](#) show carers continue to be at high risk of poor wellbeing and health. Of the 5,881 Australian carers surveyed, 58.3% reported low wellbeing, a significant increase from last year's 52.6%.

They continue to report higher psychological distress than the general population.

Carers Australia CEO Jane Bacot-Kilpatrick said: "Australia's carers face an uncertain future. These figures paint an alarming picture of poor health and wellbeing for a significant number of people. Sadly, the picture does not seem to be changing.

"Carers are telling us that not only are they struggling emotionally, but the rising cost of living has also placed unprecedented financial pressure on a group already reporting lower financial prosperity.

"We must act now to improve the outcomes for Australia's 2.65 million unpaid carers."

To mark World Mental Health Day, Carers Australia the national peak body for unpaid carers, is highlighting new data from the 2023 Carer Wellbeing Survey. The research was conducted by the University of Canberra and funded by Carers Australia with support from the Australian Government Department of Social Services. It is the third year the survey has been conducted.

Results show the general health of carers has declined; feelings of loneliness are significantly higher compared to adult Australians and carers were 1.4 times more likely to experience significant financial distress.

This year's theme for the day is 'Mental Health is a Universal Right' – everyone, wherever and wherever they are, has a right to the highest attainable standard of mental health. This includes Australia's army of unpaid carers.



Sunday will mark the start of National Carers Week (15 – 21 October), a time for people to recognise Australian's who provide unpaid care and support to a family member or friend.

"We want to see more support and recognition for the mental health and wellbeing of all carers," said Ms Bacot-Kilpatrick. "I urge Australians to recognise the crucial role of carers and participate in some way during National Carers Week."

For more information about the week and ideas on how to help carers visit carersweek.com.au.

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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, Carers NT, and Carers Queensland, deliver 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 that has a disability, chronic or life-limiting illness, is frail aged, has a mental health illness, alcohol or other drug related issue. 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 please contact the communications team on 0428 948 415 or (02) 6122 9902.