

MEDIA RELEASE



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Celebrate National Carers Week

National Carers Week 2023 is a time to recognise and celebrate Australia's unpaid carers who provide care and support to a family member or friend.

The theme Millions of Reasons to Care, aims to shine a spotlight on the 2.65 million carers around the country who are so frequently left in the shadows of the person they care for.

Carers need the ongoing support of all Australians – from government to businesses, classrooms to families, and medical professionals to communities. National Carers Week will run from Sunday, October 15, to Saturday, October 21.

In a collective show of strength, [buildings and monuments across the nation's states and territories](#) will shine blue throughout the week, celebrating all unpaid carers.

Carers Australia CEO Jane Bacot-Kilpatrick said: "Each and every one of Australia's 2.65 million carers has a different story. Some have been carers for many years, others have experienced it for a short space of time. No two caring responsibilities are the same.

"National Carers Week is a chance to celebrate each and every one of them and to raise awareness of the enormous contribution they make to our nation."

This year it is more important than ever to check in on carers, after a report showed carer wellbeing had hit an all-time low.

Results of the 2023 [Carer Wellbeing Survey](#), releasing on October 10, 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 and results show the general health of carers has declined; loneliness is higher than average Australians and carers were 1.4 times more likely to experience significant financial distress.

"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.