



Factsheet

Who is a carer?

Carers provide unpaid personal care, support and household assistance to a family member or friend needing help with daily life. This may be due to disability, impairment, mental illness, being frail and aged, chronic health conditions, terminal illness, or alcohol or drug dependency.

Carers come from diverse cultural, linguistic, socio-economic and religious backgrounds. These factors may influence whether they know or choose to identify as carers and therefore access financial and support services.

What does a carer do?

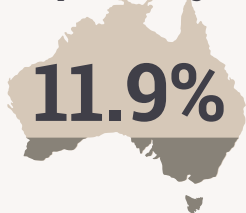
Carers do many things. They may provide care part-time or full-time; over many years or on a regular, short-term or even ad-hoc basis. The support carers provide can range from domestic help such as showering, dressing, grocery shopping and meal

preparation, paying bills or assisting with transportation. It can also involve round-the-clock assistance with personal care and health management. Many carers are responsible for organising and attending appointments, managing medications, banking, dealing with emergencies and advocating for those they care for.

Not all people choose to become carers. Most often, people take on a caring role out of a sense of family responsibility or emotional obligation. Sometimes it is not a choice, but a necessity.

Many carers don't realise they are carers and do not see themselves as extraordinary: they are simply doing what anyone else would do in the same situation. The reality is that carers make a difference to the lives of the people they care for and make an invaluable social and economic contribution to Western Australia.

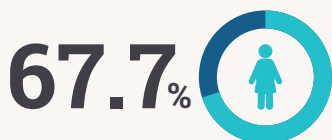
There are over **3 million carers** representing¹:



of all Australians

There are approximately **320,000 Western Australians** providing unpaid care.

Two thirds of primary carers are women¹




391,300 young carers¹ (under the age of 25 years)

Carers are most often providing care for a **spouse**, a **child** or a **parent¹**


One third of carers provide

40 hours  or more of **unpaid care** a week¹

 The weekly median income of a **carer** is **\$900 per week¹**.

 By comparison the median income for a **non-carer** is **\$1000 per week**.

Most carers are looking after someone with a **physical disability**, a **chronic condition**, **mental illness** or are **frail aged**.

 **Carers** often find their caring role **results in emotional distress**, **loneliness** and **social isolation**.





How can I get help?

Carers provide unpaid personal care, support and household assistance to a family member or friend needing help with daily life.

If you are a carer, there are a number of supports and services available.

Carer Gateway is an Australian Government initiative providing a mix of free online, telephone and in-person supports, services and advice, for family carers in Australia. Carer Gateway in-person services are being delivered throughout the states and territories by a network of Carer Gateway Service Providers. In Western Australia, **Carers WA** is leading the delivery of these in-person services in partnership with a range of other organisations.

Carers WA has a dedicated Carer Gateway team who can be reached Monday to Friday 8.00am to 5.00pm (phone: 1800 422 737).

Carers WA also offer a range of innovative programs and services aimed at providing practical and emotional support. The organisation is open Monday to Friday, 8.30am to 4.30pm (phone: 1300 227 377).

Crisis Care is a 24-hour Western Australian Government telephone service for people needing urgent assistance (phone: 1800 199 008, TTY: 9325 1232).

Department of Social Services provides information about disability and carers.

Services Australia provides information about payments and services if you provide temporary or ongoing care.

¹ https://www.carersaustralia.com.au/wp-content/uploads/2020/07/FINAL-Value-of-Informal-Care-22-May-2020_No-CIC.pdf

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If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.

For more information visit: Communications.gov.au/accesshub/nrs

This publication is available in other formats upon request.



Support and resources for carers

<https://www.wa.gov.au/organisation/department-of-communities/support-carers>