Carers Tasmania

[Images of three people hugging]
Who Are Carers?

Carers are the unpaid care-givers in our community who provide care and support to family members and friends who have a disability, mental illness, chronic condition, alcohol and/or drug dependency, terminal illness or who are frail aged.
The Carer Journey

Caring can begin gradually or suddenly

Can involve one person or many

Co-caring or the whole family can be involved

Every Carer journey is different, but similar
The Emotional Caring Journey

Caring can detrimentally affect carers’ capabilities and quality of life

- Mental health (depression, anxiety, stress)
- Socialisation and self-esteem (isolating)
- Energy levels (often exhausting)
- Financial security
The Emotional Caring Journey

The Wellbeing of Australians (Carer Health and Wellbeing)

- Unemployed: 66.6 (548)
- <$15K: 71.4 (2,146)
- Live alone: 71.9 (2,774)
- <$15K and alone: 70.5 (752)
- <$15K and unemployed: 61.3 (144)
- Alone and unemployed: 60.0 (134)
- Carers: 58.5 (3,766)

Normal range: 76.4 to 73.4
• **2.7 million** Australians care for an older person or someone with a disability or long-term health condition

• **Two thirds** of carers are women

• Average age of primary carers is **55 years old**

• **55%** of primary carers provide care for at least 20 hours per week
What do these statistics mean for Tasmania?

- Tasmania has the **highest proportion** of Carers in the nation - **84,000 Carers** (73,800 in 2011)
- Approximately **28,300** are **primary carers** (providing 40 hours or more a week).
- **One in six** Tasmanians are caring for someone
- Tasmania has the greatest proportional population of people who are over 65 years old
Carers – Replacement Cost

(The Deloitte Access Economics Report, 'The Economic Value of Informal Care in Australia 2015')

- The value of the work undertaken by carers on the basis of employing replacement paid workers would equate to over $60.3 billion across Australia per annum.
- Carers provide 36 million hours a week of unpaid work.
- Unsustainable for government budgets or people’s own pockets.
Tasmanian Carers Policy 2016

To reflect State and national reforms and the current policy environment.

Objectives of the Policy
• Increase the recognition of carers
• Improve the level of support to carers
• Involve carers in the development and evaluation of policies, programs, and services that affect them and their caring role

An Action Plan Reference Group is being established.
Carers Australia Tasmania

An incorporated association and registered charity dedicated to improving the quality of life of carers living in Tasmania

Part of the Carers Australia national network

Enhancing the health and wellbeing of carers in Tasmania, promoting their rights and needs through systemic advocacy

Federally and State funded (a statewide service)
Carers Tasmania Services

• Information & advice
• Carer support & wellbeing checks
• **Free Counselling**
• Therapeutic groups
• **Education & training**
• Peer support groups
• NDIS transition support
• Young Carer Program
• Free membership of the association
New resource for Carers

I Care
A RESOURCE FOR FAMILY AND FRIEND CARERS

If you are providing ongoing care or support to a family member or friend who has disability, a mental health issue, ongoing health condition, terminal illness, an alcohol or other drug issue and/or who is frail aged, then this booklet is for you.

My name: ..........................................................
Name of the person I care for: .............................
Hospital: ..........................................................
Admission date ............... Discharge date: ............
Highly valued
The estimated replacement value of unpaid care provided in 2015 is $60.3 billion - over $1 billion per week.
READ MORE
Scenarios

1.

2.

3.