

FACT SHEET:

Unpaid Carers in South Australia 2015ⁱ



The data and detail in this fact sheet refer to unpaid carers who support family members and friends.

Carers SA staff and volunteers assist, support and empower carers (including young carers) who provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, drug or alcohol issue, or who are frail.

Number of Carers in SA

- **245,000** – total number of carers lived in SA – this number has increased from 219,000 in 2012.
- **30,500** - young carers under 25 years in SA (Carers SA estimate). The Australian Bureau of Statistics (ABS 2015) calculated 28,000 young carers aged between 15-24 years.
- **185,000** - carers live in Adelaide metro area (75.51%).
- **60,000** - carers live in rural/regional SA (24.9%).
- **45%** - of carers in SA aged between 45-64 years.

Employment and Income

- **46%** - The labour force participation rate for primary carers in SA is lower than that of non-Carers (67.5%). However, the 46% primary carer labour force participation rate increased by 6.5% since 2012.
- **7.5%** - The 2015 unemployment rate of carers overall in SA is higher than the unemployment rate of non-Carers in SA (5.6%).
- **10.5%** – unemployment rate of primary carers.
- **46%** - of primary carers rely on Government support for their income; a decrease since 2012 from 54%.
- **64%** - of all carers in SA **do not receive** Government support for their own income.
- **8%** - decrease in reliance of primary carers in SA on Government support, from 54% of primary carers in 2012 to 46% in 2015.
- **\$571** – The average weekly income of primary carers in SA aged 15-64 was lower than that of non- carers (\$841 per week).

The Role of Caring

- **40 hrs/week** – **30.65%** of carers provide more than 40 hours of care per week.
- **20 hrs/week** – **47.13%** of carers provide up to 20 hours of care per week.
- **63.6%** - of all Carers in SA report that they also live with a disability.
- **\$144** – the additional cost to carers' personal income per fortnight to look after a person with a mental health issueⁱⁱⁱ.
- The three most common reasons to care were family responsibility, emotional obligation, and the feeling that they could provide better care.

Table: Carer Wellbeing not SA specific ⁱⁱ

- Carers experience more health and mental health issues than the general population.
- Mental Health carers generally report even lower health and wellbeing scores than other carers.
- 16% of Aboriginal and Torres Strait Islander carers are considered at a high risk of depression
- Aboriginal and Torres Strait Islander Carers under 20 years old are at a greater risk of depression
- Carers from culturally and linguistically diverse backgrounds report higher levels of positive experiences, however their levels of wellbeing is lower than other carers'.



The majority of carers did not feel that their caring role was recognised or valued by their community.

ⁱ Based on ABS 2015 and 2012 Survey of Disability, Ageing, and Carers; released Jan 2017 and Carers SA sector researched calculations;

ⁱⁱ - Bailie, Ross S, Matthew Stevens, and Elizabeth L McDonald. "Impact Of Housing Improvement And The Socio-Physical Environment On The Mental Health Of Children'S Carers: A Cohort Study In Australian Aboriginal Communities". BMC Public Health 14.1 (2014)

- Carers NSW 2016 Carer Survey: Main Report

- Timothy R. Broady BA & Katherine Stone MPASR (2015) "How Can I Take a Break?" Coping Strategies and Support Needs of Mental Health Carers, Social Work in Mental Health

ⁱⁱⁱ Mental Health Council of Australia, 2012, *Recognition and Respect – Mental Health Carers Report*