

2022 National Carer Survey

VICTORIAN RESULTS

The 2022 National Carer Survey was conducted from June to July 2022 and received over 6,800 responses in total, mainly online. Victorian carers accounted for 20% of the total national responses. The survey findings will help Carers Victoria advocate for carers, influence policy development and improve service delivery for carers into the future.

1,356

Victorian survey respondents

20%

Victorian respondents

65%

of carers were connected with Carers Victoria

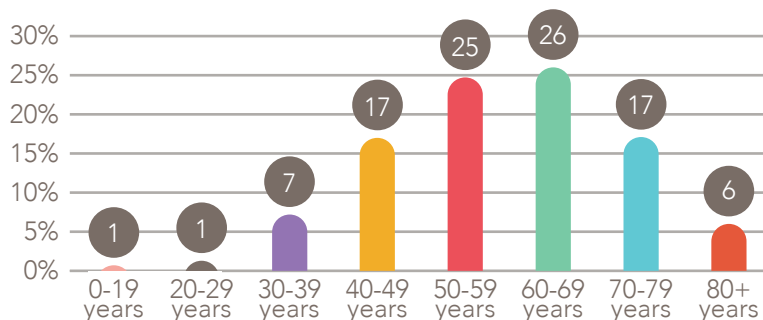
About the carers who responded

Of the 1,356 carers who responded to the 2022 National Carer Survey from Victoria, the majority identified as female and they were on average 58 years old. They represented a range of locations and cultural backgrounds, but most identified as Australian and lived in metropolitan locations. 34% of respondents were working while providing care.

Carer age

25%

of carers are aged from 50–59 years



Gender



5 in 6

Female

Cultural background



1%

Aboriginal and/or Torres Strait Islander

1 in 3

Cultural background other than Australian

17%

Speak a language other than English

About the people they care for

Victorian survey respondents were most often caring for a child and the average of care recipients was 46 years. The majority were providing care to someone living with disability; however, many reported the person they cared for experienced two or more conditions. Not everyone who responded to the survey was still in a caring role; 70 respondents (5%) identified as former carers, and a further 401 (31%) had previously cared for someone, and were now caring for someone else.

Who they care for



56%

caring for child

31%

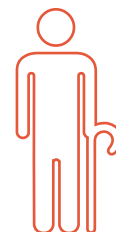
caring for partner

22%

caring for parent

7%

caring for other



40%

Provided care to someone 65+

Reasons for providing care

72%

Disability

33%

Mental illness

30%

Chronic health condition

23%

Care needs from older age



About the caring experience

Most Victorian respondents cared for one person, and they were most commonly the sole carer. They were also most likely to live with the person they care for.



109 hours

Average time caring per week

50%

Provide 24/7 care



15 years

Average length of caring role



What carers told us...

"Caring is a vital mostly unpaid role that anyone can be thrust into at any given time and the losses (not only financial) one endures are neverending, and heartbreaking."

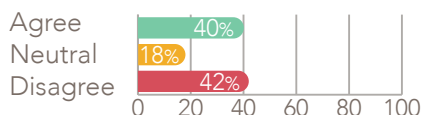
"Being a carer is challenging and undervalued. My mental health is constantly under stress from the financial issues that I have and the isolation. I am tired of being patronised by Centrelink, NDIS and child support staff. I wouldn't wish my life on my worst enemy."

Carers' experiences with services

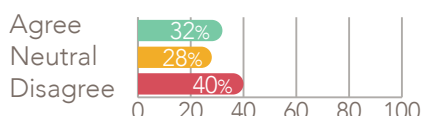
The 2022 National Carer Survey asked carers about their use of a range of services, and how included and supported they felt. Most Victorian respondents were accessing disability services with or on behalf of the person they care for.

Aged Care

Asked about needs

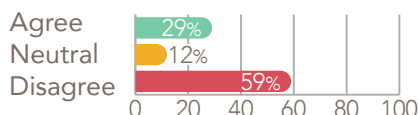


Needs were met

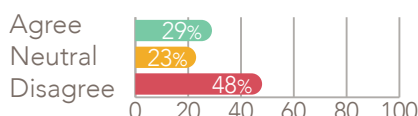


NDIS

Asked about needs

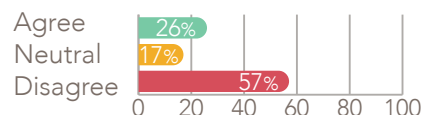


Needs were met

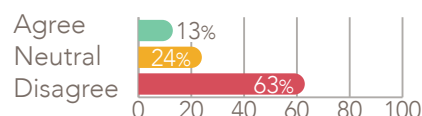


Mental Health

Asked about needs



Needs were met



Health services were more likely ask carers about their own needs than aged care, disability and mental health services, however, services didn't always meet carers' own needs or enable them to work or take breaks. Many carers also reported long waiting periods to access services and reduced or interrupted services due to COVID-19.

Key challenges experienced by carers

In addition to the many challenges carers experienced when accessing services, many Victorian respondents told us they were financially stressed and socially isolated. Compared to other Australians, carers in Victoria were much more likely to be at risk of mental illness and had much lower wellbeing.

1 in 2

Experienced financial stress



1 in 7

Experienced financial distress



60%

Socially isolated



Level of wellbeing

55%

Victorian carers

75%

Victorians overall

1 in 2

High/Very high psychological distress

Carers in Victoria provide invaluable support to the people they care for and the community. And yet, recognition and timely support is lacking. Carers Victoria calls on the Victorian and Australian governments, service providers and communities to better support Australia's carers.

The National Carer Survey is an initiative of Carers NSW in partnership with Carers Victoria and the other State and Territory Carer Organisations. The Survey is proudly funded by the NSW Department of Communities and Justice. More detailed results will be released in the coming months. For more information, visit www.carersnsw.org.au/about-us/our-research/carer-survey, email research@carersnsw.org.au or phone (02) 9280 4744.