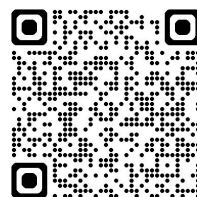




**National
Carer
Strategy**

To learn more about the
National Carer Strategy, visit
[health.gov.au/topics/disability-
and-carers/supporting-carers](https://health.gov.au/topics/disability-and-carers/supporting-carers)



Do you care for someone or know an unpaid carer?

An unpaid carer provides help and support
to someone living with disability, a medical
condition, mental illness or frailty.



Find out how the Australian
Government is empowering carers
to get support when they need it.



Who are unpaid carers?

Across Australia, 3 million people are providing care for someone (often a family member) living with disability, a medical condition, mental illness or frailty. They are known as unpaid carers.

There are different types of carers and caring situations. For example, carers:



Can be a family member, friend or neighbour, young or old and of any gender



Do not necessarily live with the person they care for



Might provide care every day, or a few hours a week.

Are you a carer?

1 in 9 Australians are unpaid carers, but most don't see themselves as 'carers' - it's just something they do for their family member, friend, neighbour or loved one.

Some carers start helping someone in small ways and their support increases over time. Others become a carer suddenly due to an accident or illness.

There are different ways to care for someone. You might help them with day-to-day activities such as personal care, taking them to appointments or managing their medication.

Your support might complement or substitute paid care.

Either way, it's likely you are providing vital emotional and social support.

What do our carers need?

A lack of knowledge in the community about unpaid care means many carers are going without the support they need.

There are many free services and supports available for carers.

To find out more, visit health.gov.au/topics/disability-and-carers/supporting-carers

What is the National Carer Strategy?

The National Carer Strategy 2024-2034 (the Strategy) to drive positive change for carers to support them in their caring role.

The Strategy was developed in collaboration with carers across Australia to ensure it represents their diverse needs and challenges.

It aims to ensure carers are recognised and valued, and:



Can access supports and services at the right time, right place and in the right way



Have more opportunities for work, education and training



Have a social life and access to rest and recreation.

The Strategy also aims to improve awareness of the services available to carers, such as those offered through Carer Gateway.

If you care for a family member or friend, Carer Gateway can help you with free emotional and practical support.

To find out more, visit health.gov.au/topics/disability-and-carers/supporting-carers