



Australian Government

Department of Health, Disability and Ageing

National Carer Strategy Annual Report

Summary





Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

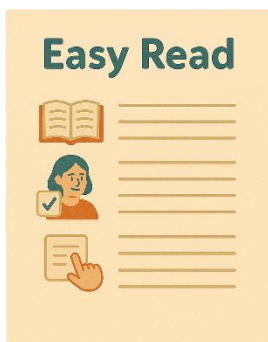
Bold

We have some words in **bold**.

Not bold

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



We can answer any questions by email.

Email us

NationalCarerStrategy@health.gov.au



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

Contents

About the report	5
The Carer Strategy	9
Activities	11
Groups supporting the Carer Strategy	15
What we are working on	19
Work on the Action Plan	22
Action Plan projects	25
Being a carer	28
Roadmap	31
Contact us	34

About the report



This is the first **annual** Carer report.

Annual means every year.

It talks about all the things we did in 2025.



We made

- 2024 to 2027 **Action Plan**.

Action plans are a plan that tells people all the things they need to do.



To write the action plan we did **consultation** with carers.

Consultation is the governments way of working with the community.

It makes sure that the government is listening to communities.

This helps the government make better plans to support carers.



It will help us work on the first part of the Carer **Strategy**.

A strategy is a plan for how to do something.



The Carer Strategy is the way the Australian Government supports unpaid carers.



Carers can give support to

- Family



- Friends



- Loved ones.



In 2025 we started work on

- Things to make supports through the Carer Gateway website better



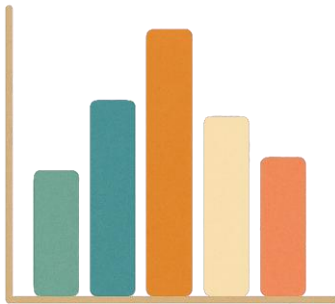
- Setting up **governance**

Governance says how something will work.

They make sure the work is done the right way.



- Better ways to work with carers.



We worked on having better **data** about carers.

Data is

- Facts
- Information
- Records.

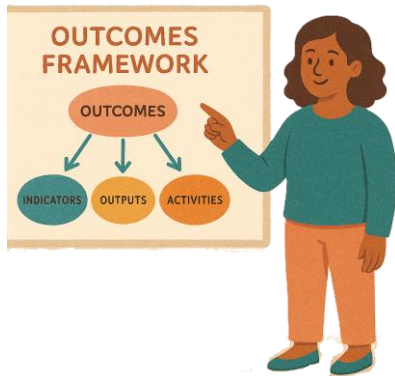


FEDERAL **STATE**

We will work on better ways to support carers with

- Australian Government
- State and territory governments.

The Carer Strategy



To work on the Carer Strategy we made

- The **Outcomes Framework**.

The Outcomes Framework is our way to check that we are doing what we said.

It tells us to write reports about what we have done.



- An **advisory committee**

An advisory committee is a group of people who

- Share their **expertise**
- Go to meetings.

Expertise is knowing a lot about something.



- **A working group**

Working groups are a group of people working together on a topic.

It is called the **Action Plan Working Group**.



- **Focus groups.**

Focus groups are when people give their ideas about a topic.

Activities



We did activities so more people know about carers.

Some of the activities in 2025 were



- National Carers Week

This has lots of events all over Australia.



- Sharing the Carer Gateway website
 - On social media
 - In the government



- Carer **Wellbeing Survey**

Wellbeing means that you are

- Happy
- Healthy.



Surveys have questions about your ideas.



- Working with carers on other activities.



The government did other work in 2025 that helps the Carer Strategy.

Some of the work is



- Giving out Young Carer **Bursaries**

Bursaries means money to help people study.

You do **not** have to pay the money back.



- Making a **peak body** for Mental Health Carers

Peak bodies are organisations that do **not** work for the government.



- Sharing the National **Dementia** Action Plan 2024 to 2034

Dementia is when you have trouble

- Thinking
- Remembering
- Doing things for yourself.



- Making changes to the Carer Payment.

Groups supporting the Carer Strategy



There are 3 groups supporting the Carer Strategy.



1. The Advisory Committee



The committee has

- **Unpaid carers**

This means they do **not** get any money for the caring they do.



- **Sector representatives.**

Sector representatives are people who speak for others in the carers sector.



2. The Action Plan Working Group



The working group has

- Carers with **lived experience**

Lived experience is when you know what

- It feels like to be a carer
- Helps
- Makes it harder.



- The **Chairs** of the focus groups

The Chair is the person who runs the meeting.



3. Focus Groups



These have

- First Nations carers



- Carers with disability



- Carers of **veterans**

Veterans used to work in the

- Army
- Navy
- Air Force.



- Carers who
 - Speak different languages
 - Come from different cultures.



- LGBTQIA+ carers



- Young carers who were between
 - 18 years old
 - 25 years old.

What we are working on



There are 6 areas we are

- Still working on
- Starting in 2026
- Finished



We are still working on

1. Making Carer Gateway supports better



2. Making it easier to know who carers are



3. Supporting carers to have **financial security**.

Financial security means having enough money to live your life.



Things we will start working on in 2026

4. Making updates to the Carer **Recognition Act**



Recognition means saying carers are important.



An Act is a **law**.

Laws are **rules** for how we live.



5. Having better ways to get data about carers.



We have finished working on making sure

6. Carers experiences are used when making changes.

Work on the Action Plan



In 2025 the work we did on the Action Plan was

- Have more phone **counselling**

This is when you talk about your feelings or problems.



- Keeping programs going for carers for

- **Employment**

Employment is

- Having a job
- Going to work
- Getting money for the work you do.



- Money support.



Some things in the Action Plan need more

- Planning
- **Research.**



Research means

- Finding out what people think about things
- Using the information to **help others.**



They are

- **Matching data**

This is looking at data that is the same in lots of places.



- Making a **guide** for everyone in Australia about support before getting a job



A guide says

- How things should be done
- Step by step what to do
- Can give **recommendations**.

Recommendations are ideas to do things better.



- Research projects about unpaid carers.

Action Plan projects



We are working on 4 projects.



1. Research on making supports better for carers like

- Counselling



- Mental health services



- **Respite**

Respite means having a short break from caring.



- **Culturally responsive** supports.

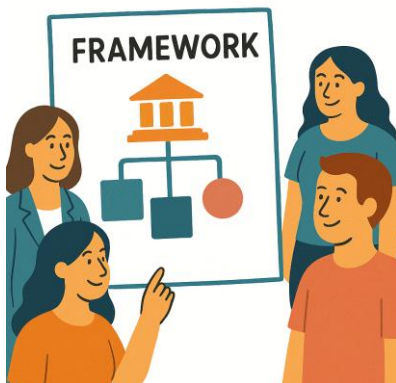
Culturally responsive means respecting peoples

- Rights
- Cultures
- Traditions.

This helps people feel safe to be themselves.



This will be finished in June 2026.



2. Make a **framework** to help services for some groups of people be better.

A framework is how we will do something.

This will be finished in June 2026.



November 2025

3. Better ways for carers to use services on the Carer Gateway.

This **was** finished in November 2025.



4. Having more

- **Peer support**

Peer support is when carers give each other support and advice.



- **Training for carers**

- Online
- In person.

We are still working on this.

Being a carer



Caring can be

- Important
- Hard.



There are lots of carers in Australia.



Lots of carers said their wellbeing is getting worse.



The Carer wellbeing survey showed some carers said they have good wellbeing.

Others said they



- Are very stressed



- Feel lonely



- Have a hard time getting respite



- Are **not** able to work because of their caring responsibilities



- Have a harder time with money since being a carer.



Lots of carers said

- They do **not** feel **recognised** by the government

Recognised means people know it is true and important.



- It took more than 1 year to work out they were a carer



- They got **no** information about supports.

Roadmap



The **Roadmap** will

- **Monitor**

Monitor means to check on the work.



- **Evaluate**

Evaluate means you look at what

- Went well
- Could be done better.

You can do an evaluation of a

- Service
- Program
- Plan.



The Roadmap will say

- Everything we want to make better for carers.

It will help the changes happen.



Some of the ways we will do this is

- The First Action Plan 2024 to 2027



- Write reports every year between
 - 2027
 - 2035



- Do an evaluation in 2030

This is in the middle of the Carer Strategy.



- Do a final evaluation in 2036.

This is the end of the Carer Strategy.

Contact us



You can contact us if you **need more information**.



You can send us an email.

NationalCarerStrategy@health.gov.au



You can look at our website.

www.health.gov.au/our-work/national-carer-strategy

Some images in this Easy Read were made using AI.

You must **not** share or copy any of the images without permission.

July 2026.