

2022 National Carer Survey

Tasmania Results



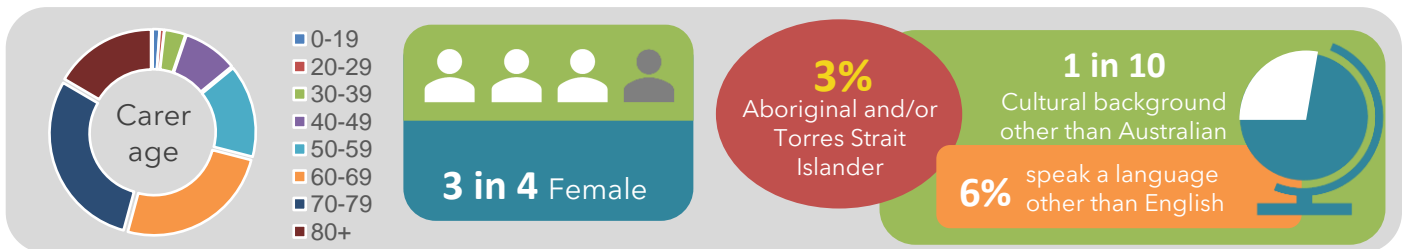
Highlights from Tasmania

This year's National Carer Survey heard from a total of 691 carers from Tasmania. The Survey results tell us a lot about carers' day to day experiences, support needs and perspectives on caring. Below are some of the key findings so far.

Carers from Tasmania represented a total of 10.1% of respondents to the 2022 National Carer Survey. They mainly responded to the Survey online and 53.3% were connected with Carers Tasmania.

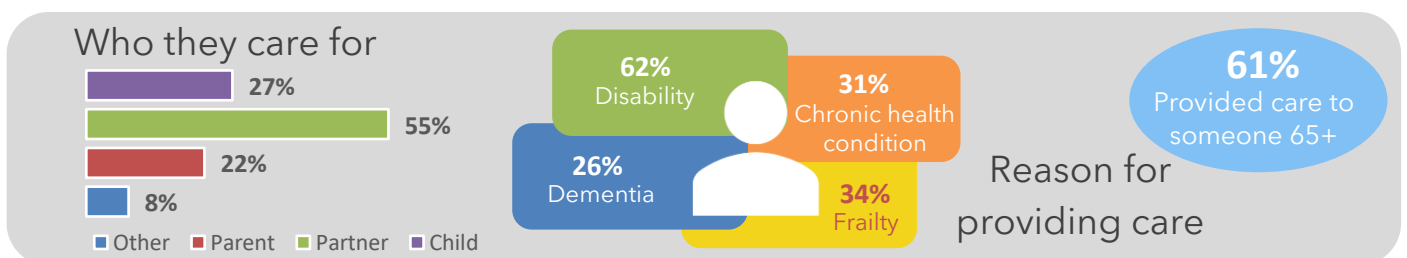
About the carers who responded

Of the 691 carers who responded to the 2022 National Carer Survey from Tasmania, the majority identified as female and were aged 70 to 79. The average age was 65.5 years. They represented a range of locations and cultural backgrounds, but most identified as Australian and lived in regional locations. 21.1% of respondents were working while providing care.



About the people they care for

Most Tasmanian carers who responded to the Survey were caring for a partner, and the most commonly respondents were caring for someone living with a disability. The average age of the people they care for was 63.4 years. However, not everyone who responded to the Survey was still in a caring role; 47 respondents (6.8%) identified as former carers, and a further 150 (23.3%) had previously cared for someone, and were now caring for someone else.



About the caring experience

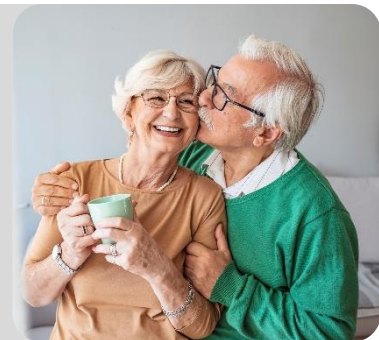
Most carers who responded from Tasmania cared for one person and most were the sole carer. They were most likely to living with the person they care for. Carers from Tasmania typically spent 108 hours per week caring, and had been caring for 11.3 years.



Carers' experiences with services

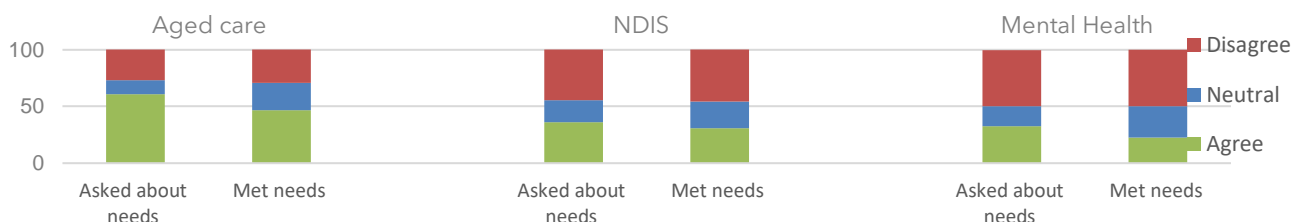
The 2022 National Carer Survey asked carers about their use of a range of services, and how included and supported they felt. Most carers from Tasmania were accessing the aged care services with or on behalf of the person they care for. Aged care services were more likely to ask carers about their own needs than health services, NDIS and mental health services

The 'typical' respondent from Tasmania was a woman in her 70s, caring for a partner living with disability, who was not in employment.



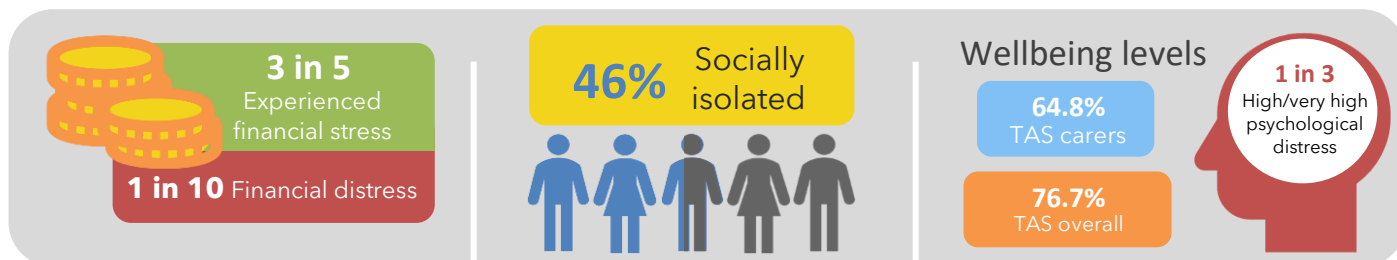
however, services didn't always meet carers' own needs or enable them to work or take breaks. Many carers also reported long waiting period to access services and reduced or interrupted services due to COVID-19.

Carers' experiences with service systems



Key challenges experienced by carers

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



What carers told us

"Currently, I study at high school and my parents are blind. They always need someone to help them. After school I help them a lot."

"I love my son unconditionally even with all his little quirks, I worry every day of what will happen to him when I fall off the perch, who will care for him as I have done over the years without selfishness."

"I like being her carer and appreciate all the help we receive from services and our community. It is, however, the hardest thing I've ever done and requires me to give more than I have sometimes."

Carers in Tasmania provide invaluable support to the people they care for and the community. And yet, recognition and timely support is lacking.

This National Carers Week, Carers Tasmania calls on the Tasmanian 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 Tasmania 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 <https://www.carersnsw.org.au/about-us/our-research/carers-survey> or contact research@carersnsw.org.au or (02) 9280 4744.