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# MEDIA RELEASE

## PODCASTS SHINE LIGHT ON THE LIVES OF TASMANIAN CARERS

Seven Tasmanian carers have shared their caring stories on a special podcast series launched this week as a part of National Carers Week.

The podcasts are called *1 in 6* and are an initiative of Care2Serve, the Tasmanian not for profit organisation that provides access to Carer Gateway services in Tasmania and is part of Carers Tasmania.

“One in six Tasmanians are carers, and there are many people who act in caring roles who don’t come up in that statistic and don’t see themselves as carers,” Carers Tasmania CEO David Brennan said.

“Former ABC newsreader Peter Gee has travelled the state from Smithton, Burnie, Lilydale and Hobart to interview carers who have benefitted from the Carer Gateway.

“The stories in the series can be heart breaking but also very heart warming and I hope all Tasmanians who listen to *1 in 6* podcast series will better understand that, although being a carer is hard, help through Carer Gateway is out there.”

“Anyone at any time can become a carer, providing support to a family member or friend with disability, mental ill health, alcohol or other drug dependency, chronic condition, terminal illness or who is frail due or age.”

Of the 691 Tasmanian respondents of the recent National Carer Survey, the majority identified as female and were aged 70 to 79. The average age was 65.5 years. Most were caring for a partner, and most were the sole carer.

Carers from Tasmania typically spent 108 hours per week caring, and had been caring for 11.3 years. More than 21% of respondents were also working while providing care.” Mr Brennan said.

Carer Gateway was designed by the Australian Government to make it easier for carers to obtain information, advice and support in their caring role.

Carer Gateway’s supports include, facilitated peer support sessions and groups, carer coaching, carer counselling, emergency respite, tailored support packages and information, advice and referrals.

Tasmanians can also access national online services, such as telephone counselling, online carer forums, plus training and coaching.

The podcasts are available on Spotify and Apple Play and a new episode will be released each week.

## Carers Tasmania Media Release

The series is being launched/was launched through a Facebook live stream broadcast featuring Peter Gee and author, comedian and National Carers Week Tasmanian Ambassador Jean Kittson.

“Jean has released a book *We Need to Talk About Mum & Dad* which is a practical guide and a one-stop shop for information on how to support your ageing loved ones: how to protect their health and well-being, keep them safe and secure, and enable them to be self-determining and independent for as long as possible, Mr Brennan said.

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