WHO IS A CARER?

Carers provide support to people who are frail aged, those living with lifelong disabilities, mental health conditions, alcohol or drug dependency, dementia, terminal illness, HIV or with a chronic illness. Carers can be any age and come from all walks of life. Carers support people to live independent lives, to remain in their own homes and in their own communities. This care is fundamental to family life and our community wellbeing.

This study looked at a group of more than 30,000 people in the Central and Eastern Sydney region who were recruited to the Sax Institute’s 45 and Up Study around 2008 and have been followed since.

Not all carers are coping and may need extra support.

Carers who were not coping well had a higher mortality rate.

They were also more likely to visit their GP than other carers.

12% of people were carers at any given time

But people’s caring roles changed

Only 5% remained carers for all 5 years

8% became carers during the five years, and 7% moved out of a caring role

References