



**Australian Government**

**Department of Social Services**



**Easy Read**

# **National Carer Strategy Highlight**



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## About this paper



The Department of Social Services wrote this paper. When you see the word 'we', 'us' or 'our', it means the Department of Social Services.



We wrote this paper in an easy to read way. We use pictures to explain some ideas.



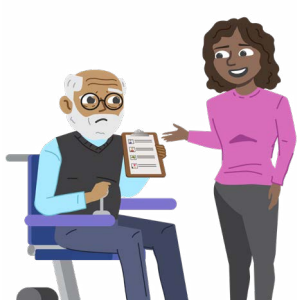
This paper has some hard words.

The first time we write a hard word:

- We will write it in **bold**.
- We will explain what the hard word means.



This Easy Read paper tells you the most important ideas from another paper.



You can ask for help to read this paper.  
A friend, family member or **support person** can help you.

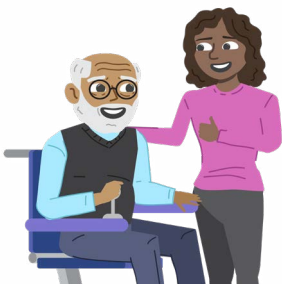
A support person is someone who helps you with things you find hard to do by yourself.

This paper is for the **National Carer Strategy**.



This is a plan that the Government is making to help unpaid **carers** in Australia.

In this paper, we call it 'the Plan'.



A carer is a family member or friend who looks after someone most days because they need lots of help.

Carers help:



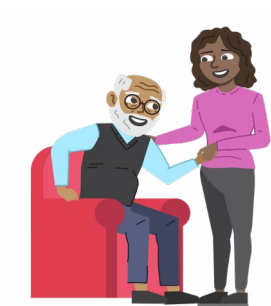
- Children with extra needs.



- People with disability.



- People with a body or mind that is very sick.

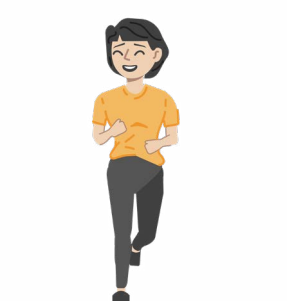


- People who are older and need help to move around.

## About the Plan



The Government is making the Plan to help unpaid carers in Australia over time. We want to help carers to:

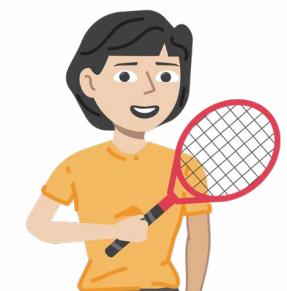


- Be happy and healthy.



- Get the right help when they need it.

This is so they can do the things they want to do.



- Spend time doing other things in their life outside of being a carer.

There are 5 things in the Plan that tell you how we will do better at helping carers.



### **1. Vision.**

This is a big goal that we want to make happen.



### **2. Principles.**

These are the rules that we think are important in making the Plan to help carers.



### **3. Objectives.**

These are the things that we want to happen.



### **4. Priority outcome areas.**

These are the most important things that we want to happen first.





## 5. Next steps.

This is how we will check that the Plan is working well.

## How we made the Plan



We made the Plan using lots of information that shows how we have chosen to help carers in the best way.



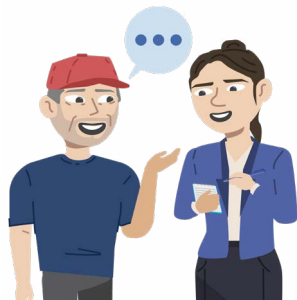
We listened to what over 1800 carers thought about how we can help them better.

We did this by:



- Asking an **Advisory Committee**.

This is a group of carers who have chosen to share their ideas with us.



- Looking at what 750 people said about our **discussion paper**.

This was a way for carers to tell us what should be in the Plan.



- Talking to carers at over 100 meetings in person and online around Australia.



We talked to carers both near and far away from cities.

We also talked to carers from different backgrounds. This included:

- Carers who are **LGBTQIA+**.



LGBTQIA+ means:

- Lesbian.
- Gay.
- Bisexual.
- Transgender.
- Queer.
- Intersex.
- Asexual.
- Other sexually and gender diverse people.



- Carers from **different cultures**.

This means that they have:

- Different ways of living.
- Speak languages other than English.



- **First Nations** carers.

They were the first people in Australia and have different cultures.



- Young carers under 25 years old.



We also looked at other information to help us make the Plan. This included:

- Asking the **Australian Institute of Family Studies** to tell us what they know about carers.

They are an organisation who look at the health and happiness of families.

This is so the Government can make better rules to help families.



- Looking at the **House of Representatives Standing Committee on Social Policy and Legal Affairs Inquiry** to understand the problems that carers have.

This is a group of people who look at rules that the Government wants to make.

They tried to find out the best way to help unpaid carers.

## What we know about carers

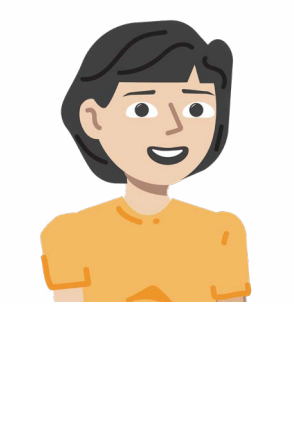


We know that there are 3 million carers in Australia.

1.2 million people take care of someone.



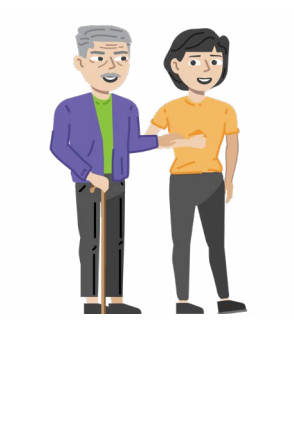
2 in 5 carers have a disability themselves.



More than half of all carers are women.



758,000 carers are over 65 years old.



391,300 carers are under 25 years old.



There are 76,600 First Nations carers.



There are lots of ways that carers are different.

Information from 2022 tells us that:



- About 3 out of every 100 carers were LGBTQIA+.



- About 1 out of every 10 carers spoke a language other than English at home most of the time.



- About 1 out of every 3 carers were born in a different country.



- About 1 out of every 4 carers lived somewhere where people do not have a lot of money.



We know that this information does not tell us how things really are for carers.

Some information we do not have at all.



The Australian Institute of Family Studies told us that there is little information about carers who are:





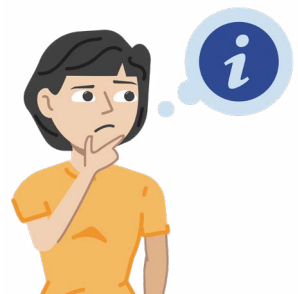
- First Nations people.



- From different cultures.

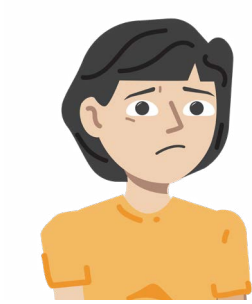


- LGBTQIA+.



They also told us that not everyone who is an unpaid carer thinks of themselves as a 'carer'.

These people may not know that they can get help if they need it.



There is also little information about carers for people who have **trauma**.

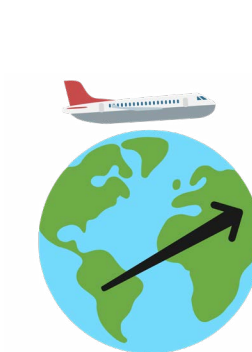
Trauma is when something very scary, sad or bad happens to someone.

It can make them feel scared, worried or upset for a long time after something happened.

People who may have trauma include:



- People who fought in wars.



- People who leave their home country because it is not safe for them to live there.

They move to another country to feel safer and live a better life.

They may leave their country because of:

- War.
- Someone is hurting them.



- People who help right away when something bad happens.

This includes:

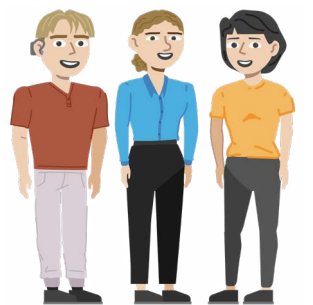
- Police.
- **Paramedics.**

These are people who help when someone is very unwell or hurt and needs to go to a hospital.



Unpaid carers from different backgrounds may find it hard to get the right help.

Carers may have more problems getting help because of their:



- **Race.**

This means the group of people who you share the same:

- Skin colour.
- Hair.
- Eyes.



- **Ethnicity.**

This means the group of people who you share the same culture with.

This includes:

- Ways of living.
- Languages you speak.



- **Culture.**



- **Language.**



- **Sexual orientation.**

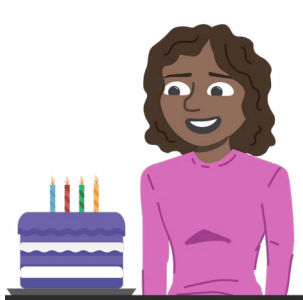
This means who you love or feel **romantic attraction** to.

This could mean:

- Loving someone of a different gender.
- Loving someone of the same gender.
- Loving both men and women.



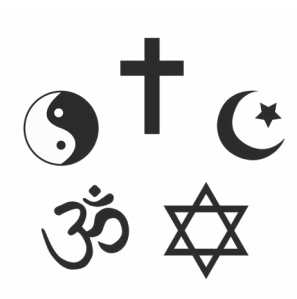
- **Gender.**



- **Age.**



- **Disability.**

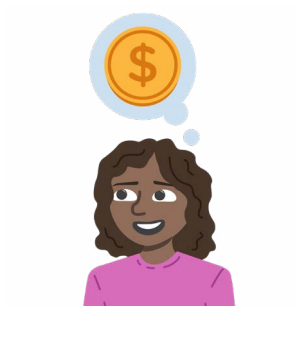


- **Religion.**

This means what you think and feel about:

- How the world was made.
- How you should live.

You may believe in a God or gods.



- **Socioeconomic status.**

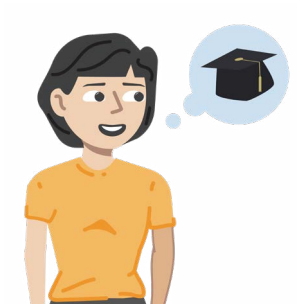
This means how much money you have.

## How we will help carers



Our big goal for the Plan is that we want all Australian carers to feel:

- Seen.
- Important.
- Strong.



We want them to get the help they need to:

- Do the things they want to do in life.
- Do their caring role well.



To get to this goal, we will follow these rules that carers have told us are important.

### 1. Carer-centred.

This means we will listen to carers and include them when we make rules, help and services to help them.

They will also be included when we check how well these are working.



## 2. Evidence-informed.

This means our rules, help and services will use lots of information that show these are the best ways to help carers.

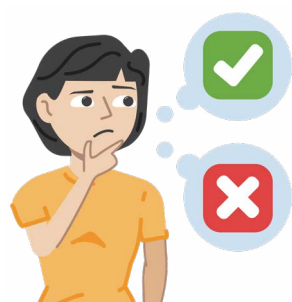
We will also think of new ways to help fix problems.



## 3. Accessible, equitable and inclusive.

This means our rules, help and services will be right for carers from different backgrounds and at different times.

We will make sure these are safe and good for people from different cultures and with different needs.



## 4. Supporting agency.

This means the rules, help and services we give to carers will let them make their own choices about what is best for them.





## 5. Transparent and accountable.

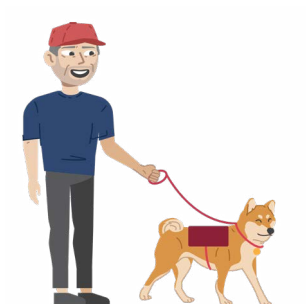
The Government will tell the truth about how we do things so carers know we are doing things the best way.

We will tell you how we are doing.

## What we want to happen



Carers will be seen and thanked for their help.



Carers will be able to do their caring role well and spend time doing other things in their life.



The health, safety and happiness of carers will be looked after.



Carers will have enough money to get the things they need.

## Important areas



We will make sure that Australians, the Government and paid carers see how important unpaid carers are.

This is so unpaid carers will feel good about calling themselves a carer early on.



We will help carers learn the information and skills they need to do their caring role well.



We will help carers find and keep jobs and go to school so they can get money.



We will help carers get more help to:

- Look after their mind and body.
- Spend time with family and friends.



- We will learn more about who carers are.

This is so we can better understand:

- Their problems.
- How to help them in the best way.

## How we will check if the Plan is working



Over time, we will keep looking at better ways to help carers.

In the first 2 years, we will:

- Make a plan of what we want to happen.
- Make the first **action plan**.

This plan will tell you how we will make help for carers happen.



- Work with carers, the Government and other organisations to choose what we will do first.



As we make changes, new important areas for carers might show up.

We will keep checking how the changes are working.

This will help us make new action plans to reach our big goal for carers.



We will do a final check to see:

- How well the Plan worked.
- How it helped carers.

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## How to contact us



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