



**Australian Government**

# National Carer Strategy

2024 to 2034



**National  
Carer  
Strategy**





**Australian Government**

The Australian Government wrote this.

When you see the word **we** it means the Australian Government.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

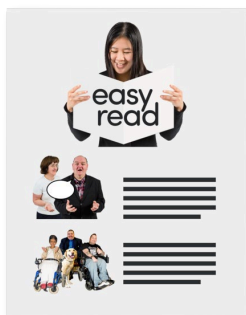
**Bold**

Not bold

We have some words in **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.



You can look at it on our website.

[www.dss.gov.au/supporting-carers/national-carer-strategy](http://www.dss.gov.au/supporting-carers/national-carer-strategy)



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

What is the National Carer Strategy	5
What we know about carers	10
Why are carers important	13
Vision	16
Principles	17
Objectives	19
Priority outcome areas	20
Next steps	23

# What is the National Carer Strategy



The Australian Government is working on a plan about **carers**.

A carer is someone who helps look after someone without being paid.



A carer could be a

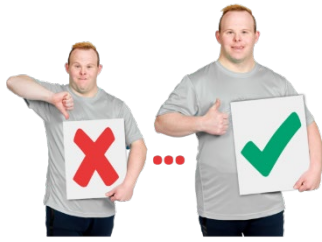
- Family member
- Friend.



**National  
Carer  
Strategy**

The plan is called the **National Carer Strategy**.

We call it **the Strategy** for short.



Lots of people will work on the Strategy together to make things better for carers.



The government made this plan to help carers be

- Happy
- Healthy
- Have good lives
- Reach their **goals**.



Goals are things you want to do.



- Have everything they need to be good carers.



The Strategy is in 5 parts.

This makes it easier to work on.



Part 1

- **Vision**

A vision is the big goal that we want to make happen.



Part 2

- **Principles**

Principles are **rules** that we think are important for the Strategy to help carers.



Part 3

- **Objectives**

Objectives are things that we **want to happen**.



#### Part 4

- **Priority outcome areas**

Priority outcome areas are the things that are most important to make better.



#### Part 5

- **Next steps**

This is

- What we will do next
- How we check the plan is working.



The government will make an **action plan**.

The Action plan is a plan that tells people all the things the government need to do.





We want to work with carers to

- Decide on more actions
- Write an **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.

It will also help us decide on **more actions** in the future.

# What we know about carers



Lots of people are carers in Australia.



We **need to know** more about carers to help them in the right way.



There has been **research** about carers.

Research means

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



Research tells us we need more information about



- Aboriginal and Torres Strait Islander carers



- Carers who speak languages other than English



- LGBTQIA+ carers.



Not everyone knows they are a carer.

Not all carers want people to know they care for someone.



This means they might **not** know what help they can get.

# Why are carers important



We know carers are important.



Carers have lots of good skills.

This could help them get a job.



Carers do lots of work that keep people out of

- Hospitals
- Aged care.



We will need more carers as people get older.

Carers sometimes **give up** things for themselves to help the person they care for.

Like



- Having a job



- Going to school or training



- Going out to do fun things



- Giving up things that provides them money.



This might make it hard for carers to have a happy and healthy

- Body
- Mind.

# Vision

We wrote a vision.



We want everyone to know carers are

- Important



- Need respect

- Need good support



- Can take part in the community.



This will mean they can balance their lives with their caring role.



# Principles



Our principles will help us reach our vision.

There are 5 principles.

1



We will listen to what carers have to say.

Carers will help us come up with actions to help them.

2



Research will help us look at the **hard parts** of being a carer.



3

We know all carers are not the same.

Actions will help carers in different ways.



4

We will help carers have more choices.



5

We will be open and honest.

# Objectives



Our objectives will help us do what we want to do.



We want everyone to know carers are important.



We want carers to have the lives they want.



We want carers to be

- Happy
- Healthy
- Safe.

## Priority outcome areas



These are the areas we want to work on.

They will help us do our vision.

We want everyone to see and respect the good work carers do.

Like the



- Government
- Community
- Other paid helpers like doctors.

When doctors understand that carers know a lot about a persons



- Needs
- Health
- Things they like
- Things they do not like

This helps doctors do a good job.



We want to keep doing research about carers.

This will help us know what will help.



We want people to know if they are carers.

This will help them get the right help they need.



Like

- Services
- Programs
- Support.



We want carers to learn what will help them keep being good carers.



We want carers to be able to have

- A job
- Learn new things.

This will help them have more money.



We want carers to be

- Safe
- Happy
- Healthy.

## Next steps

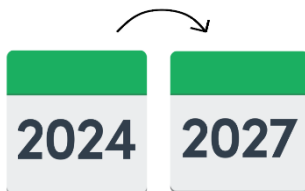


We have a lot to do.

We have made an action plan.

This will help us work on our

- Vision
- Priority outcome areas.



In the first 3 years we will



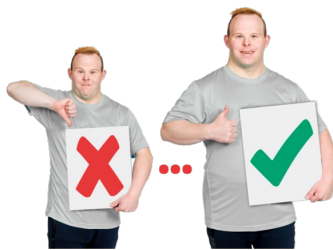
- Write the outcomes framework



- Deliver the action plan.



- Keep working with carers.



We might think of new ideas in the future to help carers.

We want to keep making things better.



We will write reports to check how we are going.



We will write them in

- 2030 to 2031
- 2035 to 2037.





Everyone will be able to read our reports.



If you want to read more you can go to our website.

[www.dss.gov.au/supporting-carers/national-carer-strategy](http://www.dss.gov.au/supporting-carers/national-carer-strategy)



You can send us an email.

[nationalcarerstrategy@dss.gov.au](mailto:nationalcarerstrategy@dss.gov.au)



ISBN 978-1-921647-51-2