



Australian Government
Department of Social Services



National
Carer
Strategy

A Statement from Australia's Carers

From across Australia:

We acknowledge caring as fundamental to life: the essence of our connections.

We honour its many forms, embedded in Aboriginal and Torres Strait Islander kinship and Country, enriched by people of diverse backgrounds and outlooks.

To be a carer is to be a partner, a family member, a neighbour, a mate. Sometimes we don't consider ourselves to be carers. It's something we just do.

Whether it be out of love, tradition or necessity, our contributions are essential to daily life.

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With ingenuity and resilience, carers keep Australia going.

For us to keep going, we must be recognised and supported as individuals with our own needs, who attend to the needs of others.

This includes:

- young carers who, out of fear or embarrassment, conceal that we look after our family members and others
- lifelong carers who are ageing in anguish, wondering who will watch over our loved ones
- carers sandwiched between generations, often forgoing our relationships, income, and wellbeing.

Such shortfalls are not ours as carers, but ours as a nation.

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When our responsibilities are shared, our resolve and our communities grow.

We seek understanding, support and respect from the nation for the impact of caring, in all its forms, on our lives.

We seek to partner with the people we care for and with the organisations that support both them and us. We make this Statement from strength: appreciating the challenges and rewards of caring; knowing that demand for us is rising; believing that when Australians care for one another, we flourish.

Explanatory Note

The Statement from Australia's Carers above was developed by a dedicated carer working group comprised of members from the National Carer Strategy Advisory Committee, led by Lachlan Rowe. Author and academic Kim Huynh was commissioned to craft it. Valuable input was received from carers, the people they care for, artists, scholars, relevant organisations, and members of the Australian public.