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## ACT Carers Being Left Behind

Based on the data from the National Report on Carer Wellbeing released by Carers Australia today it is clear that the 50,000 carers in the ACT are being impacted by the lack of support for their caring role.

Carers ACT CEO, Lisa Kelly said "It is shocking to see that more carers in the ACT report having low to poor general health than in any other location across Australia."

"53.5% of ACT carers suffering from poor general health is not acceptable and should not happen in Canberra, a town that celebrates being the most liveable city in Australia." Ms Kelly said.

"Added to this, 48.8% of carers reported having a low level of wellbeing with the average Personal Wellbeing score of 54 being significantly lower than the national average of 75\*" said Ms Kelly.

Ms Kelly commented that "As the ACT moves to implementing the Wellbeing Framework, it is clear that supports for carers needs a significant increase in funding to ensure that carers, an identified target group of the Framework, are not left behind."

The report, released as part of National Carers Week, highlights the impacts of caring on a range of areas such as health, wellbeing, isolation, economic prosperity, and employment.

"In a city such as Canberra, where most of the population enjoy high levels of wellbeing, this is such a stark contrast, and one that clearly shows that carers are being left behind. Carers face many challenges when it comes to balancing their caring duties against family and work obligations, which can often have a significant impact on their health and personal wellbeing." Ms Kelly said.

"This report comes on the back of our disappointment with the recent ACT Budget. Carers were one of the only vulnerable groups not provided with specific funding," said Ms Kelly. "The Government committed to the ACT Carer Strategy in 2018 and again in the Parliamentary Agreement, but we have yet to see funding to support the achievement of a vision of a Canberra that Cares for Carers."

Carers ACT is making an urgent call to the ACT government to fund the range of services and supports identified by carers in the ACT Carers Strategy which will improve the health and wellbeing of carers. "Lowering the impact of caring is the least we can do." said Ms Kelly.

\*According to Australian Unity and based on the Personal Wellbeing Index

**The report can be accessed here:** [211011\\_Carer-Wellbeing-Survey-Executive-Summary\\_FINAL.pdf](https://www.carersaustralia.com.au/211011_Carer-Wellbeing-Survey-Executive-Summary_FINAL.pdf)  
([carersaustralia.com.au](https://www.carersaustralia.com.au))

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