

The Impact of Caring:
Social Isolation is real.

Caring and social isolation:

Carers - what do we know?

There are 2.8 million carers in Australia.

Only about 800,000 of these people receive any support.

They can be/are:

- individuals
- there can be many rewards
- can be isolated.
- invisible
- have low or poor confidence and self esteem
- Have low levels of health and wellbeing
- dealing with grief and loss

Carer Support

Connected

friends

community

employment/education

Supported

job is unique

Carers can choose

Informed

about Carer recipient's needs

health and well being

Respected

participation in planning



Carer Support

Carer Outcomes

- being connected, supported, informed and respected
results in resilience, health and wellbeing.

Impact of caring

Social Isolation

- Recognition of carer needs as a consumer in their own right essential.
- Service providers have a primary role in supporting carers to reduce their social isolation.
- Understanding not judging a great place to start.