

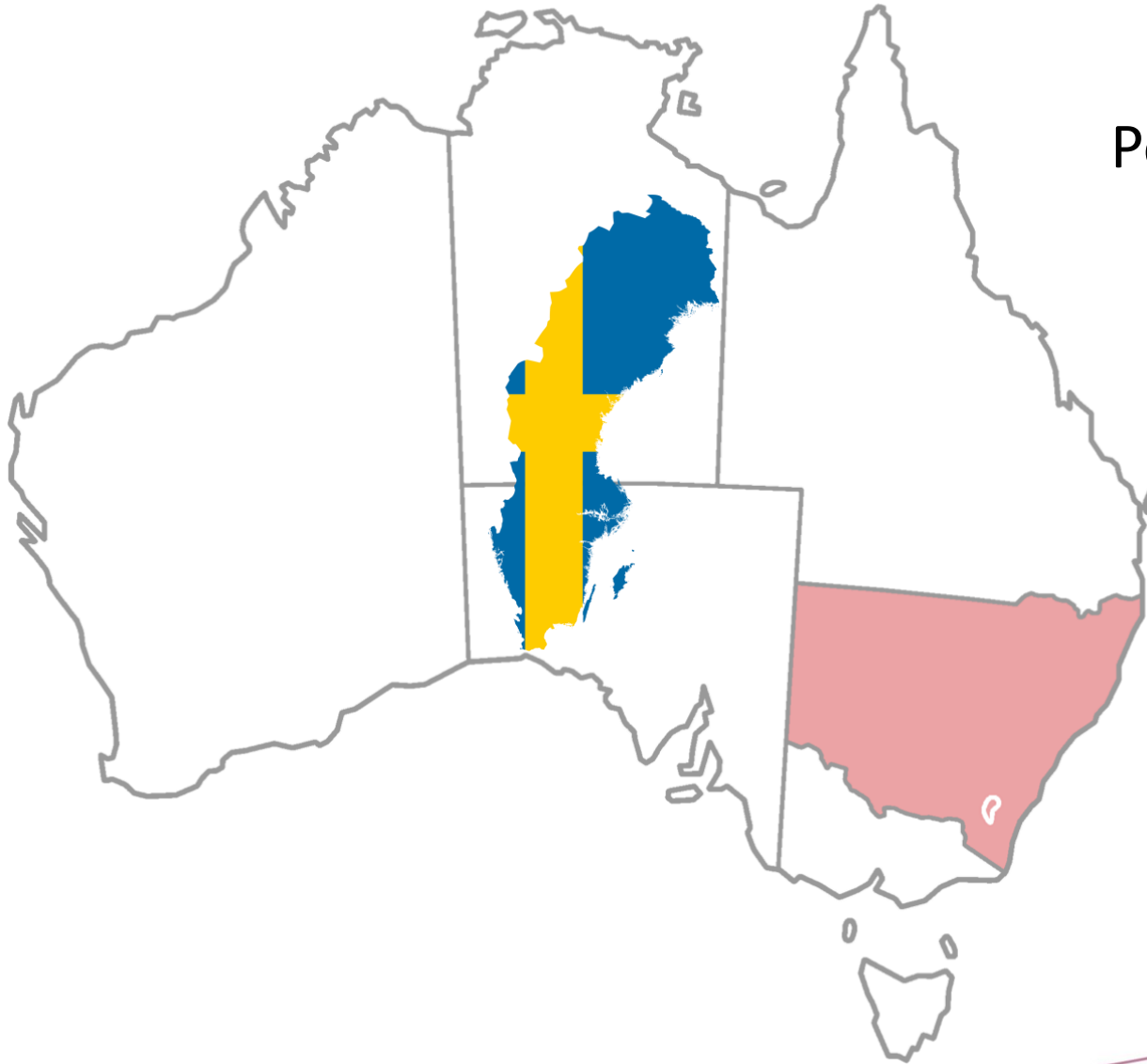
# Stopping work to care

What happens when employment gives way to care?

International Carer Conference

6<sup>th</sup> September, 2015

# Carers in Australia



Population: 23.9 million  
2.7 million carers

NSW: 7.5 million  
857,200 carers

Sweden: 9.7 million  
1.3 million carers

# Carers NSW

Carers NSW is the peak non-government organisation for carers in NSW and a member of the National Network of Carers Associations

Our focus is on improving the lives of carers and our vision is an Australia that values and supports all carers

Carers NSW works with all carers regardless of their age, location, life-stage or circumstances. This includes caring for individuals with support needs relating to ageing, disability, health and mental illness

# Carers NSW 2014 Carer Survey

Most extensive Carer Survey ever conducted

Developed in consultation with an expert reference committee

Main sections:

- The person you care for
- Your employment
- Service access and social support
- Your health and wellbeing
- About you (demographics)

# Carers NSW 2014 Carer Survey

## Employment

*As well as being a carer, are you in paid employment?*

*Did you stop working because of your caring responsibilities?*

Three groups:

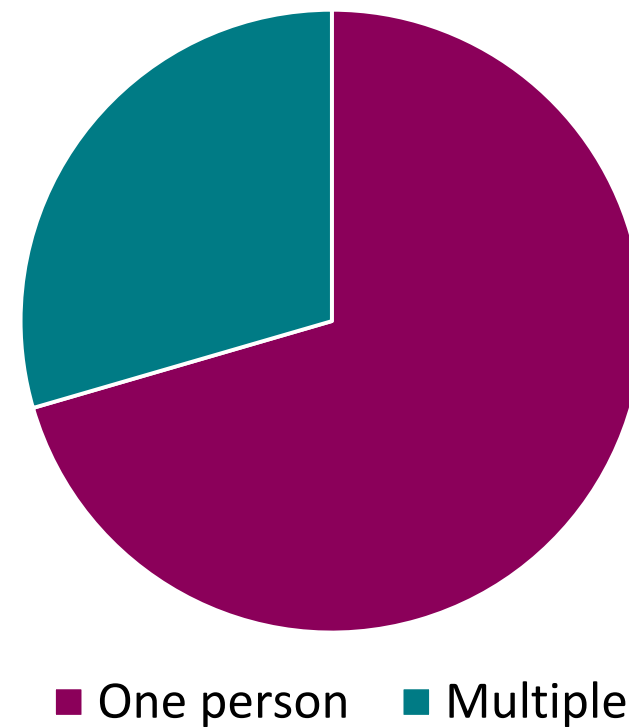
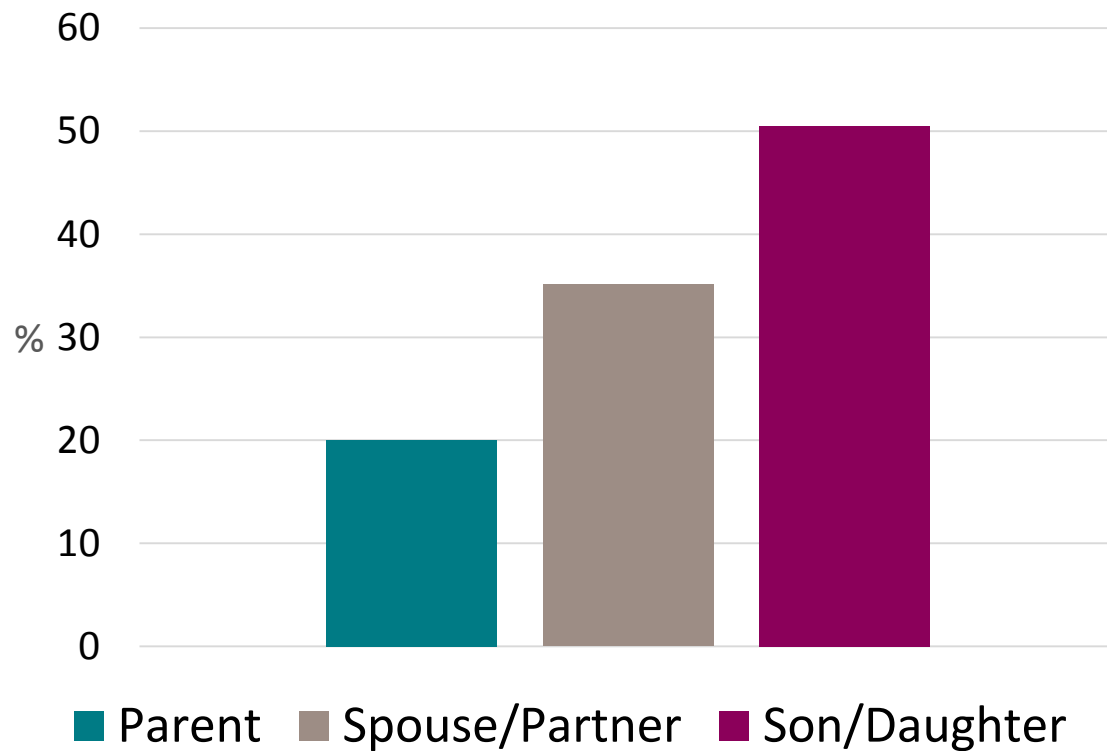
- Stopped working because of care
- Not working for other reasons
- Working carers

# Profile of carers

		Stopped work for care	Not working (other)	Working	TOTAL
Number		499	461	720	<b>1684</b>
Gender	Female	84.7%	80.3%	87.1%	<b>84.0%</b>
	Male	15.3%	19.7%	11.7%	<b>14.9%</b>
Age (average)		56.1 years	65.0 years	50.0 years	<b>55.9 years</b>
Disability/illness		38.1%	39.2%	25.6%	<b>32.1%</b>
Years caring (average)		12.3 years	11.2 years	10.7 years	<b>11.3 years</b>
Hours per week (average)		57.3 hours	45.6 hours	39.5 hours	<b>46.8 hours</b>

# Stopped work for care

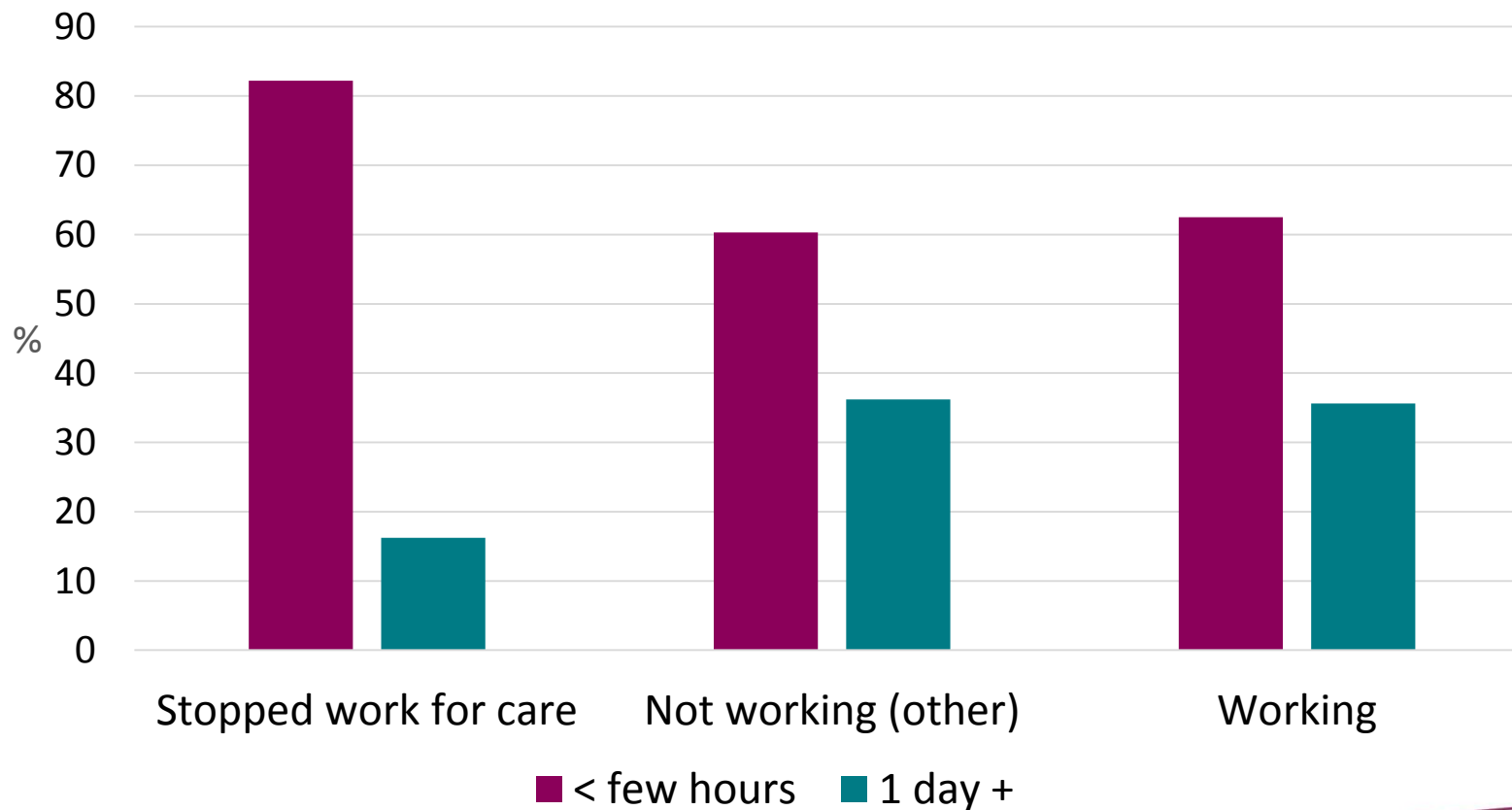
## Who do they care for?



# Stopped work for care

## How much do they care?

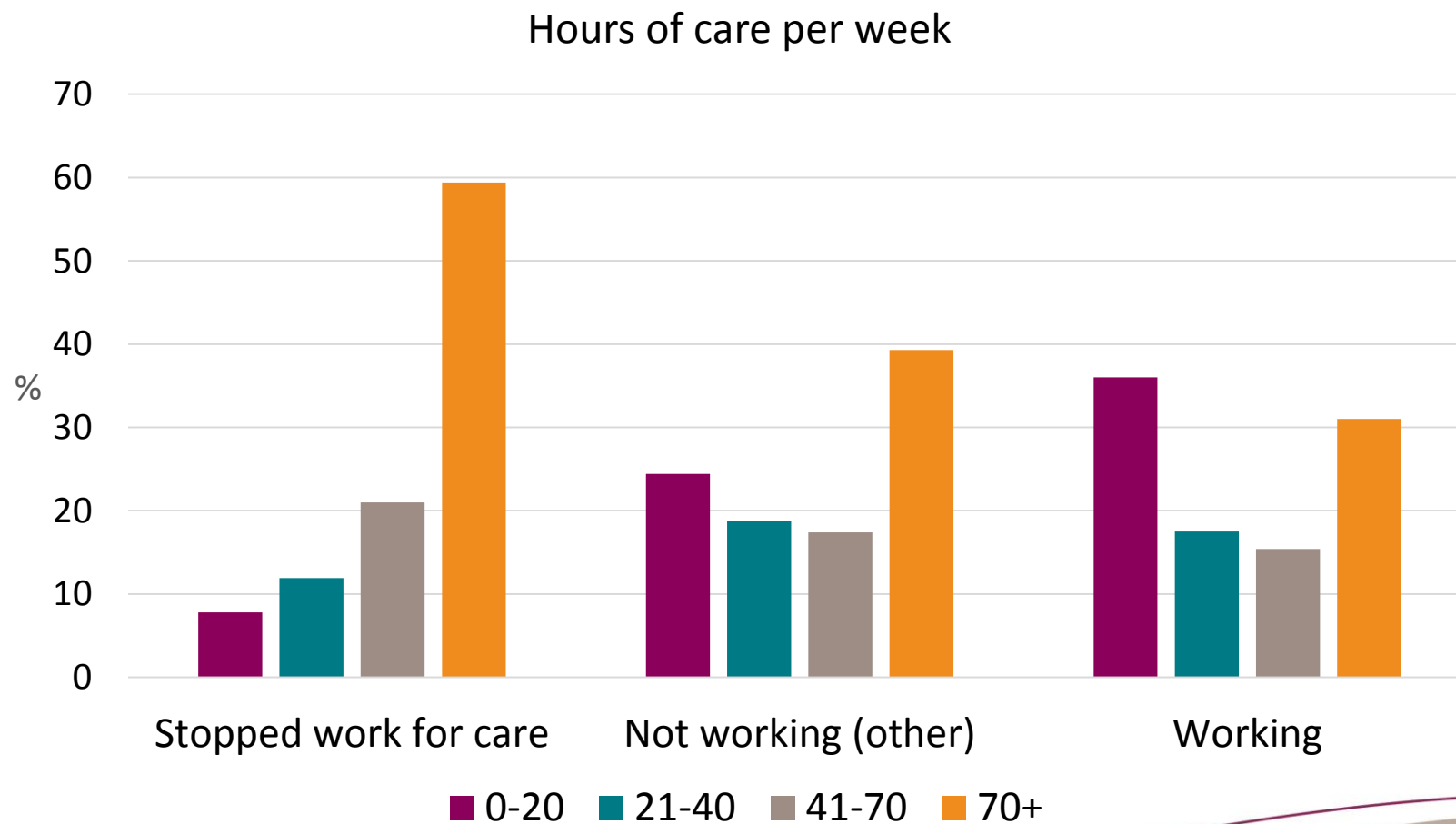
How long can care recipient be left alone?





# Stopped work for care

## How much do they care?



*Petra was a carer for her dad who passed away couple of years ago. She was providing substantial hours of care for many years and was unable to maintain her employment. Petra has been attempting to get back into the workforce.*

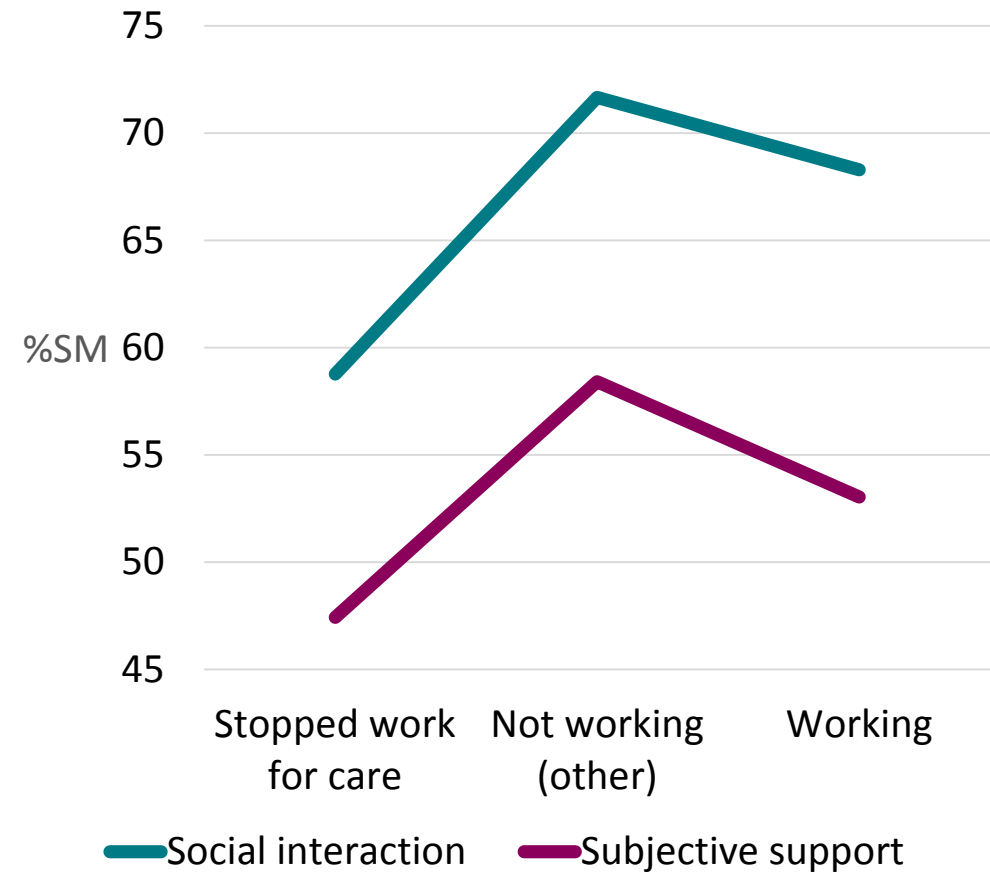
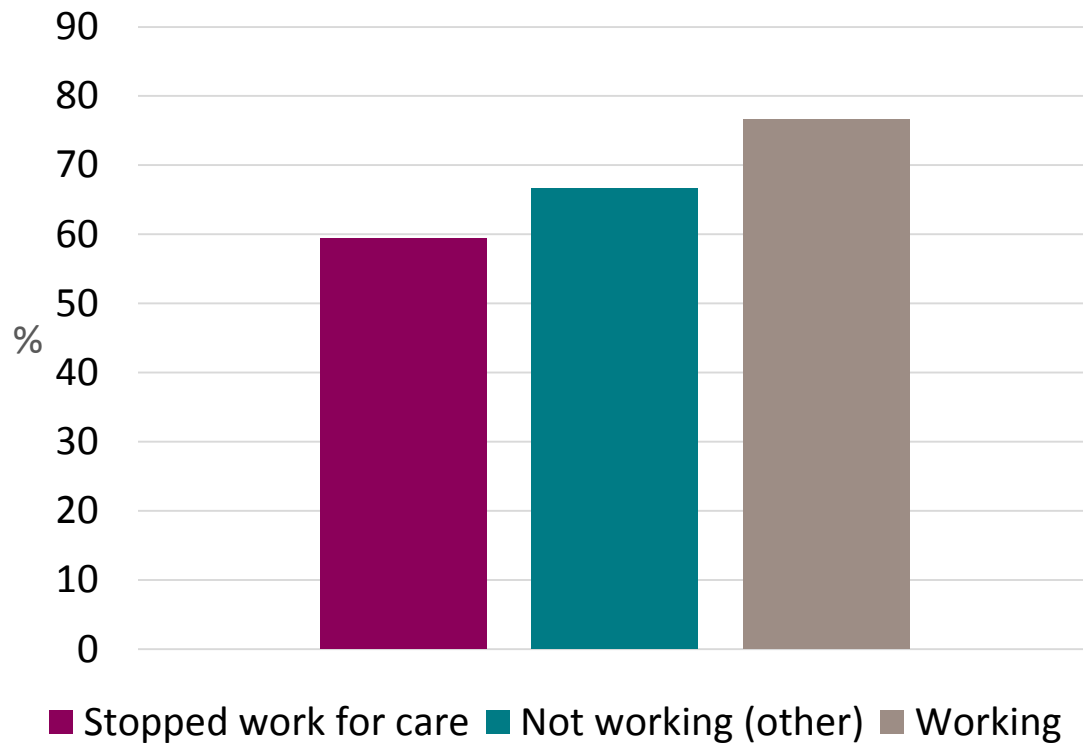
*She is educated and experienced, but is having difficulty finding work as her resume has substantial gaps due to her caring role.*

*Petra is also not sure how to address the (negative) impact of her caring role during a job interview, such as explaining some mental health problems. As many carers do, she found her caring role challenging and isolating.*

*She now has a belief that this has rendered her 'unemployable' due to the big gaps and not being able to look for work right after her dad passed away.*

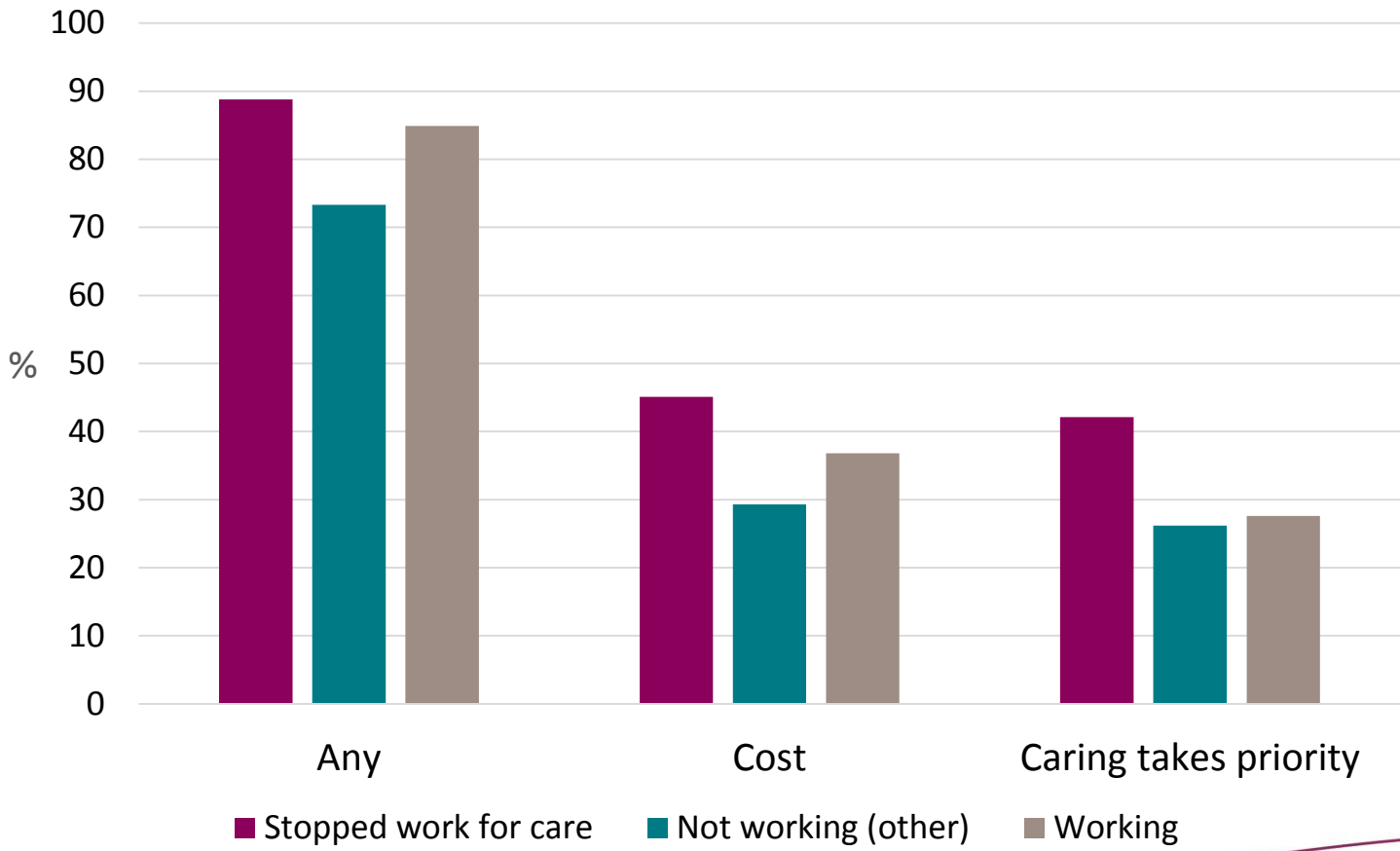
# Social Support

Able to find someone else to help care

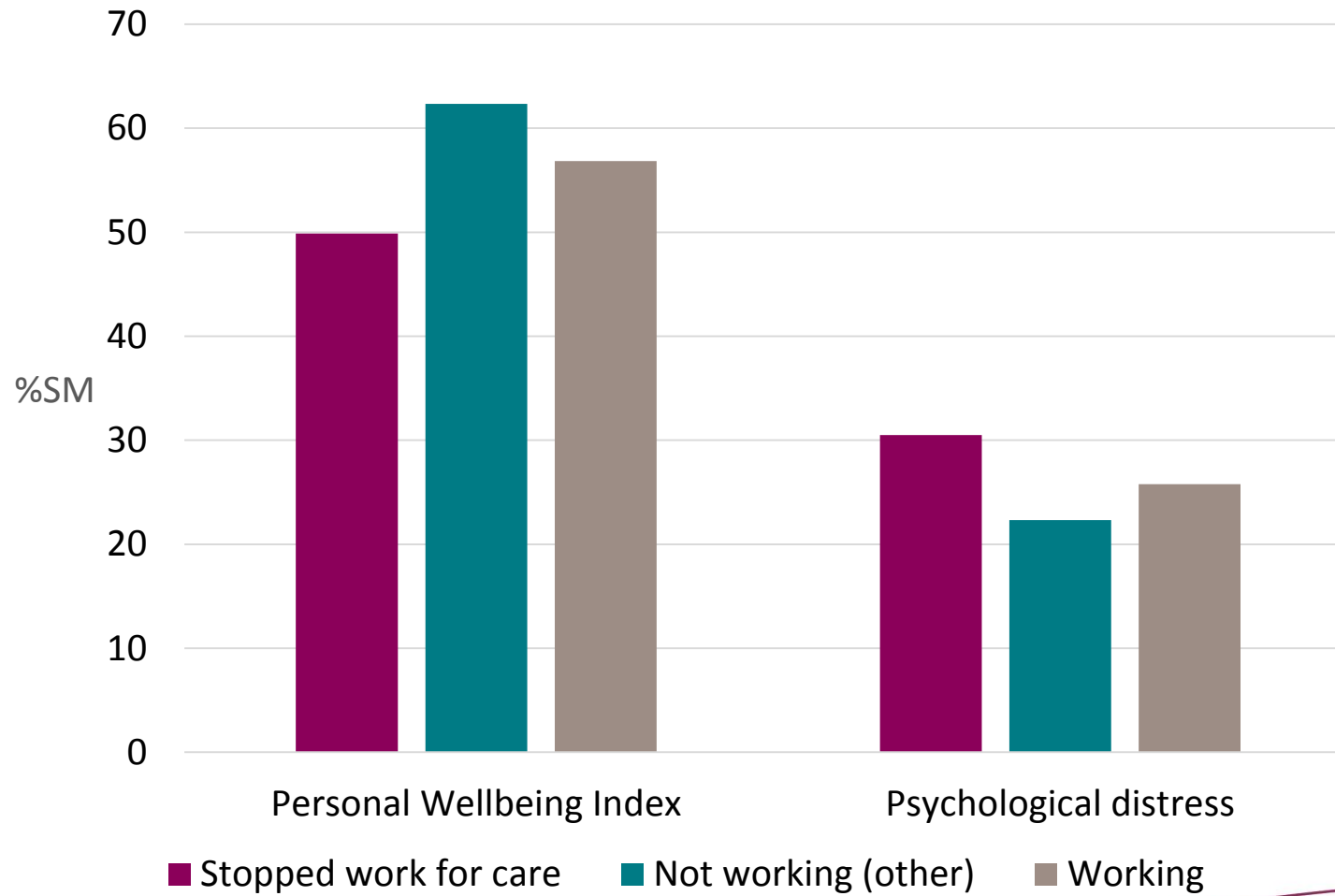


# Service Access

Barriers experienced



# Wellbeing



# Discussion

- Worst off:** Stopped work for care  
**Best off:** Not working for other reasons  
**In between:** Working carers

Combination of situational factors

- Care recipients can't be left alone
- More hours of care per week
- Caring for longer
- Higher rates of illness/disability
- Lower wellbeing
- Increased distress

# Contact details

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