

CARERS in Central & South Eastern Sydney

WHO IS A CARER?

Carers provide support to people who are frail aged, those living with lifelong disabilities, mental health conditions, alcohol or drug dependency, dementia, terminal illness, HIV or with a chronic illness.¹

Carers can be any age and come from all walks of life. Carers support people to live independent lives, to remain in their own homes and in their own communities. This care is fundamental to family life and our community wellbeing.²

This study looked at a group of more than 30,000 people in the Central and Eastern Sydney region who were recruited to the Sax Institute's 45 and Up Study around 2008 and have been followed since.

Carers are well connected with their GPs.

Carers in Central and Eastern Sydney have significantly higher rates of GP use than non-carers.

Not all carers are coping and may need extra support.

Carers who were not coping well had a higher mortality rate.

They were also more likely to visit their GP than other carers.



12%

of people were carers at any given time

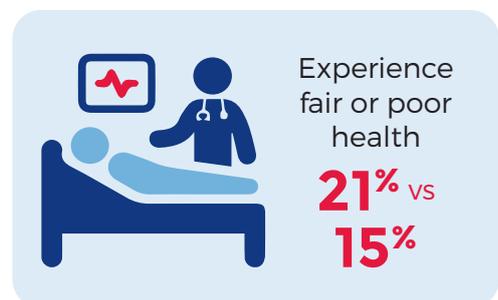
But people's caring roles changed

Only 5% remained carers for all 5 years

8% became carers during the five years, and 7% moved out of a caring role



CARERS in Central & Eastern Sydney, compared with non-carers, were more likely to:



The Central and Eastern Sydney Primary and Community Health Cohort/Resource (CES-P&CH) is a partnership between South Eastern Sydney Local Health District, Sydney Local Health District, the Central and Eastern Sydney Primary Health Network, and the UNSW Centre for Primary Health Care and Equity. More on CES-P&CH at <https://cphce.unsw.edu.au> and the 45 and Up Study at <https://www.saxinstitute.org.au/our-work/45-up-study>

The SESLHD Carers Program develops and implements targeted strategies for carers, aligned with the SESLHD Carers Strategy 2019-2022. More on the Carers Program at <https://www.seslhd.health.nsw.gov.au>

References 1. SESLHD (2019). South Eastern Sydney Local Health District Carers Strategy 2019-2022. South Eastern Sydney Local Health District. 2. NSW Government (2014). NSW Carers Strategy 2014-2019. NSW Government.