



2024 National Carer Survey

First Nations carers

The 2024 National Carer Survey heard from 380 carers who identified as Aboriginal and/or Torres Strait Islander.


82.1% of First Nations respondents were caring for someone with a disability, 46.2% were caring for someone with mental ill health. 51.4% were caring for a child, including adult children. Most First Nations respondents lived in major cities (47.9%) and inner regional areas (32.4%). 41.7% lived on Country with cultural significance for them.

Many reported that yarning and learning from Elders, sustaining and sharing culture, and the preservation of language, values and traditional knowledge and practices were important to them. First Nations respondents felt less recognised than other carers by service providers, and their perception of recognition by government was similarly low to that of other carers. 43.1% reported that required services for the people they care for were not available locally.


81.5% Identified as female

Average age of **46.5** years


74.9% were caring for more than 60 hrs/week




30.4%
Sometimes or never feel services are culturally safe



67.6%
Reported low or very low wellbeing



8.5%
Never have access to affordable health services



7.1%
Never have access to enough food

"As an Aboriginal woman I have many roles, I work full time, care for my 5y.o son and also have kinship roles with my nephew and nieces. This is not considered in mainstream services other than services provided by Aboriginal health service."

Key support needs

- **Culturally safe services**, where all staff have the cultural competency to support First Nations carers in a way that recognises their history and needs while promoting their dignity and self-determination.
- Increased **financial and wellbeing support** available to First Nations carers.
- **Greater recognition** in the community of the nature and value of what carers do.
- Better, easier access to **services for carers and the people they care for**.

"When the services I go to and the people I speak to are: culturally trained and aware of First Nations people; when I see Aboriginal artwork in services...friendly staff/people are in the service...when I feel important and like I matter and am worthy."

