



2024 National Carer Survey

Young carers

The 2024 National Carer Survey heard from 182 young carers, aged 25 years and under.

While 68.9% of young carers lived in major cities, 31.1% were living in a regional or remote location. 77.1% of young carers were caring for someone with a disability, 43.8% were caring for someone with mental ill health, and 27.1% were caring for someone with Autism.

70.6% Identified as female

Average age of **19.0** years

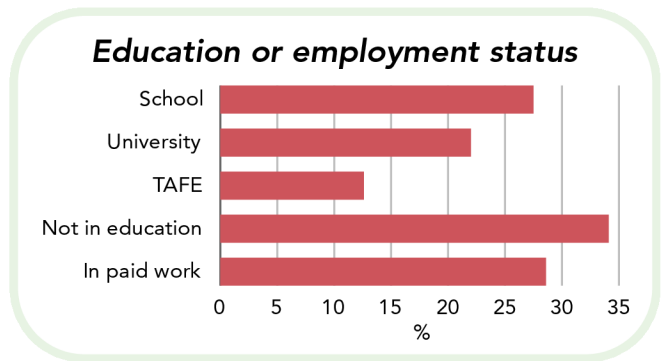
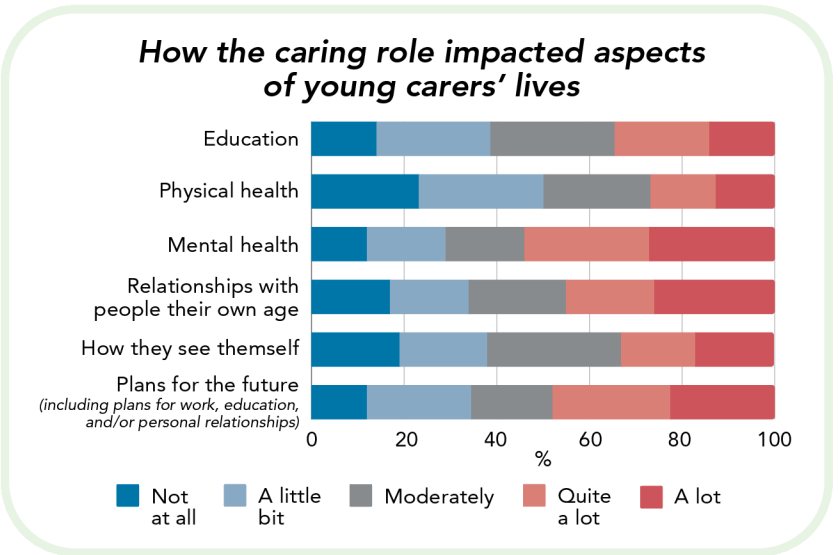
The majority (54.1%) of young carers were caring for a parent or parent-in-law, followed by 29.5% who reported caring for a sibling. On average, 86.1% of young carers agreed or strongly agreed that they learnt new skills through their caring role. Only 1 in 3 young carers felt recognised and valued by service providers.

85.1% Cared for someone while at school

...of them:

49.2% Had teachers who knew about their caring role

21.0% Received extra support while at school



"I did not/do not receive any support as I was not aware I am a young carer until recently. I do not know what support I need."

"The role and concept needs to be included in schools, so perhaps our society becomes more caring and understanding."

Key support needs

- Improved **awareness and understanding** of young carers, including supporting young carers to self-identify and access services and supports.
- **Flexible support** for young carers in education that is tailored to meet their needs.
- Increased **financial support** available to young carers, to support purchasing of school supplies, stationery, uniforms and technology.

