



Robyn Preston MP

Member for Hawkesbury

MEDIA RELEASE

Friday, 16 October 2020

RECOGNISING AND SUPPORTING CARERS IN HAWKESBURY

National Carers Week 2020 gives the Hawkesbury community a special opportunity to celebrate those who sacrifice so much to look after loved ones who need intensive help.

The NSW Government is launching the *NSW Carers Strategy 2020-30* to support more than 850,000 carers across our state. The strategy aims to provide carers with more support and recognition to improve their wellbeing.

Member for Hawkesbury, Robyn Preston MP, said National Carers week is an important time to recognise the significant contribution unpaid carers make in our community.

“Around one in 10 people across NSW are carers. Many people may not realise they are carers and may qualify for financial or other support,” Ms Preston said.

“The thousands of people across Hawkesbury who dedicate many hours to caring for others are the glue that holds our community together. We are very thankful for their contribution.”

Under the strategy, carers will have better access information and services to reduce money stress and look after their own health and wellbeing.

Minister for Families Communities and Disability Services Gareth Ward said the NSW Government will do more than ever to help carers overcome the challenges with caring for a loved one.

“Our key focus is to help those who help others. Caring for a loved one who is frail, has dementia, a disability, chronic illness, mental illness, or drug and alcohol dependency can be challenging but support is available.”

Carers NSW, CEO, Elena Katrakis said the strategy will provide an important framework and direction for supporting carers over the next 10 years and help to overcome the many challenges carers face.

“Caring for a family member or friend can be stressful, isolating, time consuming and can impact carers’ physical and mental health. Caring responsibilities can also affect a carer’s capacity to continue education and paid work,” Ms Katrakis said.

Information on National Carers Week is at <https://carersweek.com.au/>

To access the NSW Carers Strategy 2020-2030 please visit <https://www.facs.nsw.gov.au/inclusion/carers>