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Acknowledging senior carers in Seniors Week

"With Seniors Week upon us it is important for us to acknowledge the contribution senior carers make to society," said Elena Katrakis, CEO of Carers NSW

As the population continues to age, more and more people are requiring care. The reality is that it is largely family and friends providing this care. Senior carers may be caring for a partner, a parent, a sibling, a friend, a grandchild or an adult child.

"Carers NSW is the peak organisation for carers in New South Wales, and is dedicated to supporting all unpaid carers – including senior carers," said Ms Katrakis.

Carers NSW has a targeted support program for older parent carers. The Older Parent Carer Program supports carers who are 60 years or over (or 45 years and over if Aboriginal) and caring for a son or daughter with a disability or long-term illness.

"Older parent carers have been identified as a group often containing 'hidden' carers who are less likely to be receiving services," said Ms Katrakis.

"As well as the day-to-day demands of caring, older parent carers face other unique considerations due to their age around planning for their future."

The Older Parent Carer Program can provide assistance with emergency planning, long-term care planning and 'succession' planning. The program provides Individualised and specialised support

Carers NSW began advocating for the needs of older parent carers more than 10 years ago and along with other government and non-government agencies, is funded to run the Older Parent Carer Support Coordination Program by Ageing, Disability and Home Care, Department of Human Services NSW.

"It is important that carers know where they can receive support and access to services," said Ms Katrakis.

"Through the Carer Line – **1800 242 636** (free call except from mobile phones, mobiles at mobile rates) – Carers NSW offers information, support, referrals and access to counselling and support groups. "

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A carer is any individual who provides unpaid care and support to a family member or friend who has a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who is frail.