

**MEDIA RELEASE**  
FOR IMMEDIATE RELEASE  
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### **Local carers go to town**

More than 50 family carers from across the state are converging on Adelaide to celebrate Carers Awareness Week (**October 16 – 22**) with metropolitan carers.

These carers represent the diversity of caring in South Australia with carers from Pt Lincoln, Pt Augusta, Mt Gambier and the Riverland and surrounding areas. Each have their own story, caring for an ageing parent, their disabled child, a loved one with a mental illness or supporting a family member with an intellectual disability. They are converging on Adelaide put the word out to the 51,200 carers that live outside the metropolitan area that it is ok to seek support.

Carers Week, with the theme “Anyone Anytime, can be a carer”, is a call for communities to recognise the 2.6 million family carers across Australia providing unpaid support to family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are frail.

“Most family carers do not recognise themselves as carers or seek support. The research is clear, family carers in rural and remote areas face additional challenges of added financial hardship, difficulty in access to vital services and transport / distance barriers. Given these challenges, rural carers need better support and services to protect their own health and wellbeing.” CEO Rosemary Warmington said.

Carers SA, the representative body of the State’s 222,700 family carers, said Carers Week is an opportunity for the community to recognise the vital contribution made by family carers and to encourage them to seek support in what can be one of life’s toughest challenges.

“Daily many tens of thousands of South Australian carers make a vital difference in the lives of those most in need in rural communities. Family carers represent a large proportion of our rural population and this year we are asking everyone in the local community to return the favour and for one week to focus on the needs of carers by encouraging them to connect with support.”

**Local Event:** (for full events listing: [www.carers-sa.asn.au/carersweek](http://www.carers-sa.asn.au/carersweek))

- Thursday 20<sup>th</sup>: Carers Luncheon – Lincoln Grove Estate
- Carers seeking support can call - Eyre Carers (Pt Lincoln) 8683 4477

Carers SA would like to thank Centrelink and Bank SA & Staff Charitable Fund for supporting Carers Awareness Week in South Australia. Carers Week 2011 is an initiative of Carers Australia and funded by the Australian Government.

The purpose of Carers SA is to improve the lives of the 222,700 family carers across South Australia. Carers SA provide important services including counselling, advice, advocacy, education and training to carers. The organisation also promotes the recognition of carers and represents their interest and needs to governments, businesses and the public. For more information visit [www.carers-sa.asn.au](http://www.carers-sa.asn.au)

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***For photos, interviews or further media information contact  
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