

# Relationship Indicators 2022

## Carers



# 1.4mil

Australians (7.1%) identified themselves as carers

# 48.6%

identified the person they care for as the **most important** relationship in their life

Carers: 8%

Population: 15%

Carers had less disagreements with their most important relationship

# 77.9%

faced pressures in their important relationship in the past six months

### Top pressures:



Mental health  
43.9%



Impact of the pandemic  
28.8%



Money problems  
37.1%

Carers were more likely to experience multiple pressures at once, compared to the general population

# 56.9%

manage relationship issues on their own

# 29.4%

would consult friends or family when facing **challenges** in their relationships

We enjoy the small pleasures of life and support each other through the tough times

– Carer, woman, 55-65 years

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## Carers



# 25.5%

said they often feel very lonely

# 34.5%

were emotionally lonely\*

\*Emotional loneliness is the lack of a significant person with whom you have an attachment to

# 29.3%

were socially lonely\*\*

\*\*Social loneliness is the lack of a larger support network

# 94.6%

said they felt loved

He is my closest confidant, my carer and the person makes me happiest by his company

– Person receiving care, woman, 25-34 years

we are both in carer roles and assist each other both practically and emotionally

– Carer, woman, 45-54 years

# 48.5%

said a friendship group played an important role in their life

Carers: 48.5%

Population: 61%

When somebody has a health event, you can only take one day at a time. I always treat him how I would like to be treated. If I get short with him due to tiredness (rarely do) I always apologise and we discuss solutions so that doesn't happen again

– Carer, woman, 55-64 years