



Carer health and wellbeing

DEEBLE INSTITUTE FOR HEALTH POLICY RESEARCH SCHOLARSHIP

[Deeble Issues Brief No 50: Prioritising carers' health and wellbeing in the healthcare system](#)

Policy Challenge	Policy Opportunity	Policy Impact
<p>Approximately 10% of Australians provide unpaid care to family or friends living with chronic illness or disability, saving \$77.9 billion in healthcare expenditure in 2020 alone.</p> <p>Carers experience negative impacts on their physical, mental, social and financial status as a result of their caring role. However, limited support in the community is resulting in poor health and wellbeing outcomes for carers.</p> <p>Change in the healthcare system is needed to support carers' health and wellbeing, which in turn will facilitate care in the community and reduce the burden on the healthcare system.</p>	<p>Policy opportunities identified included:</p> <ul style="list-style-type: none"> Collecting comprehensive data related to carers' wellbeing, service use, and clinicians' knowledge of carer assessment Codesigning a nationally implemented framework for assessing carer's outcomes during clinical encounters Allocating MBS funding to conduct care assessments and fund support services across healthcare Implementing strategies to support change including education for practicing clinicians and undergraduates 	<p>Policy influence was identified as having political, systems wide and academic impact. Examples include:</p> <ul style="list-style-type: none"> Provided evidence to the Inquiry into the recognition of unpaid carers, House of Representatives Standing Committee, Australian Parliament House. Recommendations taken up in the Recognising, valuing and supporting unpaid carers report. Policy Issues Brief featured in government and industry newsletters (Royal Commission Inquiry, Mental Health Australia, International Family Nursing Association ANZ Chapter, Inside Aging Magazine and Australian Commission for Quality and Safety in Healthcare). International and national collaborations initiated (University of Alberta Canada, University of Sunshine Coast QLD, Carers NSW).



'The Deeble Summer Scholarship provided me with the opportunity to learn how to promote my research within government. I have learnt skills which extend beyond the academic setting, and I can now view my research with different audiences in mind. The team at AHHA are welcoming and supportive, and expertly guide you in how to make the most of your policy brief. This scholarship has been a wonderful experience and I highly recommend it.'

DR NATALIE WINTER | DEEBLE INSTITUTE SCHOLAR
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