



Government of
South Australia



human
services

Carers Recognition Act Review 2023 Recommendations

Part 1: The Main Points of the Act

Easy Read



How to use this report



This report comes from the SA Government Department of Human Services.

When you see the words 'we' or 'us', it means DHS.



We wrote this report in an easy to read way.

Bold

Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

You can find out what they mean in the Word List.

The Word List is on page 20.



This Easy Read report is a **summary** of our Carers Recognition Act Review.

This means it only includes the most important ideas.



You can find the other report on our website at <https://dhs.sa.gov.au/carers-act-review>



You can ask for help to read this report.

A friend, family member or support person may be able to help you.

What is in this report

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What this report is about



We had a **review** of the Carers Recognition Act.



When we review something, we check to see what:

- works well,
- needs to be better.



This was the second review.
The first review was in 2010.

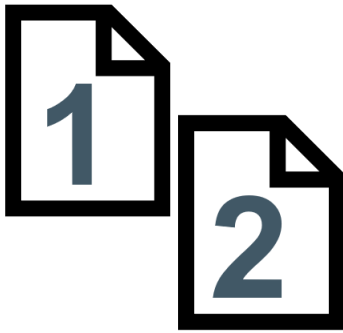


The Carers Recognition Act is a **law**.

A law is a rule that everyone must follow.

We call this law the Act.

The Act has 2 parts:



- Part 1 – The main points of the Act,
- Part 2 –The South Australian Carers Charter.



This report is about Part 1 – the main points of the Act.



There is another report that talks about Part 2 – the South Australian Carers Charter.

You can read Part 2 on our website.

<https://dhs.sa.gov.au/carers-act-review>

The main points of the Act



The Act says that we must thank and support **carers**.



A carer regularly helps someone they know to do everyday tasks.



A carer does not get paid.



The Act says we must talk to carers when we want to change the ways we support them.



Every year we must tell people how well we support carers.

Who did the review



We asked Richard Dennis AM PSM to review the Act.

He knows a lot about laws.



He asked questions about how well the Act is working.



A lot of people spoke up.

They said what they thought about the Act.



Richard listened to what people said.



He studied who carers are and what they do.



Richard wrote down some facts about carers.



He also made some **recommendations** about the Act.

A recommendation is an idea about how to make things better.

Some facts about carers



There are a lot of carers in Australia.
About 1 in 10 people are carers.



Most carers are women.
About 7 in 10 carers are women.



Carers work hard. They give a lot to support other people.



Carers need to be looked after. For example, to have a rest when they need it.



The main group that looks after carers in South Australia is Carers SA.



We give Carers SA some money to do their work.

Recommendations about the Act



Richard Dennis made 24 recommendations about how to change the Act and the South Australian Carers Charter to make them better.

These are some of the recommendations about the Act.



You can read all the recommendations at <https://dhs.sa.gov.au/carers-act-review>

Deciding what a carer does



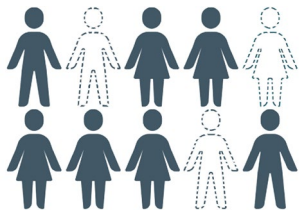
The Act says a carer regularly helps someone they know to do everyday tasks.



Richard Dennis recommended the Act should also say a carer helps with **personal care**.

Personal care is things like showering, dressing and toileting.

Knowing who the carers are



The Act does not talk about all the people who are carers.



The Act can make it hard for people to know if they are carers.

Richard Dennis recommended the Act should:



- call more people carers,



- make it easy for people to know if they are carers.

For example:



- People who are helping someone in **kinship care**.

Kinship care is when a child or young person cannot live with their mum or dad, so they live with another family member or a friend.



- people who are helping someone with a **medical condition**.

A medical condition is a problem with your health. It stops you doing some things. It can last a short time or a long time.



- people who are helping someone with a serious illness like **dementia**.

When someone has dementia it is hard for them to remember things, think clearly, or take care of themselves.



- people who are helping someone **addicted** to drugs or alcohol.

If someone is addicted to drugs or alcohol, they feel like they need more of it all the time, even if it makes them sick or unhappy.



- people who regularly speak up for someone living in a **residential facility**.

A residential facility is a place where people live and get support from paid staff. For example, an aged care home.

Talking to carers about changes to services



Sometimes we change services that affect carers but we do not talk to carers about it.



Richard Dennis recommended that we always talk to people about changes to services before we do something new.

We must talk to:



- Carers and the people they are supporting,



- Groups that support carers,



- Other people affected, like governments that give money to carers.

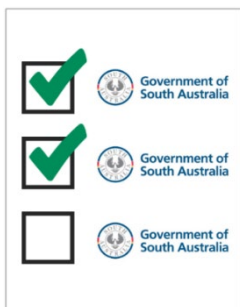


This will help us to make the right changes.

Reporting from government



The Act says that every year we must tell people how well support carers.



Only some government departments have to do this.



Richard Dennis recommended that all government departments should say how well they support carers.

They should say how they support carers:



- working in the community,



- working for the government.

Supporting more carers

We do not always give the right support to carers who are:



- Aboriginal and Torres Strait Islander people,



- Culturally and Linguistically Diverse (CALD) people.

Richard Dennis recommended that government departments should say how we:



- find out who these carers are,



- support these carers.

What happens next



The Government of Australia is writing a new law about carers.



We will wait to see what is in the new law.

It will help us to decide what we want to change in the Carers Recognition Act.



When it is finished, the Act will go to Parliament.

Members of Parliament will talk about the Act.

They will decide if the Act is changed.

Contact us



You can find out more about this report.

You can call us on 8429 7740



You can send us an email.

CarersActReview@sa.gov.au



You can send us a letter.

Inclusion Policy and Reform,
GPO Box 292,
Adelaide SA 5001



You can visit our website.

<https://dhs.sa.gov.au/carers-act-review>

Word List

Addicted



If someone is addicted to drugs or alcohol, they feel like they need more of it all the time, even if it makes them sick or unhappy.

Carer



A carer regularly helps someone they know to do everyday tasks. A carer does not get paid.

Dementia



When someone has dementia it is hard for them to remember things, think clearly, or take care of themselves.

Kinship care



Kinship care is when a child or young person cannot live with their mum or dad, so they live with another family member or a friend.

Law



A law is a rule that everyone must follow.

Medical condition



A medical condition is a problem with your health. It stops you doing some things. It can last a short time or a long time.

Personal care



Personal care is things like showering, dressing and toileting.

Recommendation



A recommendation is an idea about how to make things better.

Residential facility



A residential facility is a place where people live and get support from paid staff. For example, an aged care home.

Review



When we review something, we check to see what:

- works well,
- needs to be better.

Summary



A summary means it only includes the most important ideas.

Credits

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