The tyranny of distance? Carers in regional and remote areas of Australia

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Unpaid family carers often discuss the additional challenges of providing care in a remote location to a person with a disability, mental illness, terminal illness, chronic condition, or who is frail aged.

Now for the first time, data supporting their experience is provided in the report *The Tyranny of Distance? Carers in rural and remote areas of Australia*. The research examines the situation of carers outside of capital cities and the challenges they face in comparison to their urban counterparts.

This presentation outlines findings of the research that maps the geographic spread of family carers across the nation and reveals some of the key demographic features of this group. Key findings include the distribution of carers across Australia, impacts of remoteness on carer health and wellbeing, the location and profile of Indigenous carers, age profile of carers by location, access to services and the impact of drought.

The research clearly indicates the need for targeted policy and services to support family carers in these regions such as: improved respite, carer health checks and specific training, as well as measures to address the high rates of caring among Indigenous Australians nationally.