

WHAT DID OUR CARERS TELL US IN 2025?

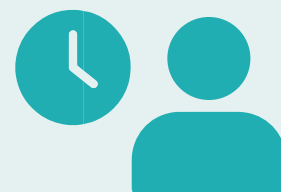
37%

said their ability to care
was not assessed during
needs assessments



15%

worked full-time



58%

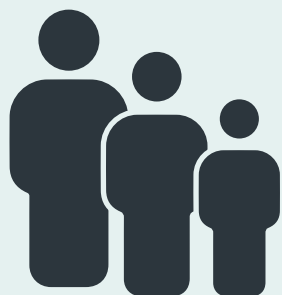
were not in paid work

19.8%

worked part-time

21%

Were retired



28%

Cared for more
than one person

72%

Felt unappreciated



25%

Said they spent more than
\$100 a week on caring



34%

Received Supported
Living Payments



76% were NZ European

11% were Māori

4% were of Pacific ethnicities

2% were of Asian ethnicities

80 %
said they are lonely

76 %
are concerned about their anxiety or
depression

44%
of these haven't had treatment/support

57%

Had their own disability
or health condition



A family carer is someone who cares for a friend, family, whānau or āiga member with a disability, health condition, illness or injury who needs help with everyday living. We can all expect to give or receive family care during our lives

48%



Said that more support would have stopped an emergency admission within the last 12 months

62% Took a year + of caring to realise they were carers

As a result:

68% felt a strain on their relationships with others

57% missed out on financial support/being paid as a carer



41% had worsened physical health



33%

Shared that they had cut back on food or heating to make ends meet



31%

Said they are struggling to make ends meet

16%

Said they were in debt because of caring

8%

Said they can't afford their utility bills because of caring

6%

Said they can't afford their rent/mortgage payments because of caring

49% Cared for their children



33% Cared for their spouse

20% Cared for their parent

84% Cared for someone living in their own home



87%

were women

35%

of family carers are 65 years or older



65



37% had been injured while caring

78%

received no funding as a carer
Even though 62% provided more than 50 hours of care a week

