

# WHO ARE NEW ZEALAND'S FAMILY, WHĀNAU AND ĀIGA CARERS?

14%

of New Zealanders care for family members and friends



46%

of family carers work full-time



32%

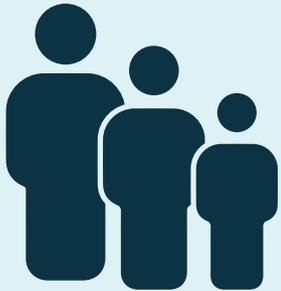
of family carers are not in paid work

17%

of family carers work part-time

5.1%

of family carers are unemployed



90%

of carers are workforce age 15 to 65

70%

of carers have high levels of depression or anxiety



80%

of family carers are 35 years or older



4.5%

of family carers receive the Supported Living Payment compared to 1.8% of NZ's adult population



52%

of family carers have their own disability or ongoing health conditions

66%

of family carers say they are lonely

84%

of young carers say they are lonely

74%

of Pacific āiga carers say they are lonely

8.2%

of family carers had income from Jobseeker or Sole Parent benefits



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.



20%

of family carers have not been able to save for retirement

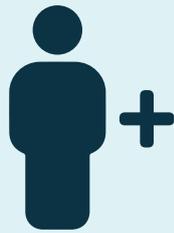


63%

of carers are female

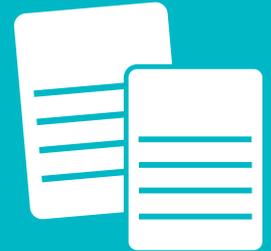
32%

of carers who assist more than one friend or family member gave up paid employment to provide care



59%

of carers say they struggle to pay bills



24%

of young carers aged under 35 say caring negatively affects their paid work



15%

of family carers are in debt due to caring

24%

of young carers aged under 35 have the lowest physical wellbeing of all carers and the highest levels of depression and anxiety.



\$1.5b

Family carers who aren't able to participate fully in paid employment lose \$1.5b in revenue per year. Two thirds of this revenue is lost by female carers. 51% of this is lost by carers who can't work at all, the remainder by carers who work fewer hours than other New Zealanders due to their caring role.

1m+

Carers NZ estimates Aotearoa's overall population of family carers to be 1m+ based on global demographic evidence. More than a billion people act as family carers for loved ones worldwide.

78% of family carers are European

17% are Maori

7% are of Pacific ethnicities

7% are of Asian ethnicities