
CARE HACK 2019

OPEN DATA LINKS FOR ATTENDEES

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INCREASING DEMAND FOR HEALTH SERVICES

By 2050 Australia will face a shortage of almost 300,000 aged care places. The aged service workforce is currently employing around 350,000 people, which will need to be tripled by 2050 to match the increasing demand for care. The retirement villages need to implement better internet service, upmarket dining, and community-based care. And the need for formal aged care services and the real cost of public provision is growing much faster than population growth and national income.

Government Statistics/White Papers

- **GEN – Aged Care Data**
<https://www.gen-agedcaredata.gov.au/>
- **By 2050, 1/5 of the World's Population will be 60 years and Older**
<https://www.aag.asn.au/news/by-2050-one-fifth-of-the-worlds-population-will-be-60-years-and-older>
- **Australian Institute of Health & Welfare: Aged Care Overview**
<https://www.aihw.gov.au/reports-data/health-welfare-services/aged-care/overview>
- **Fourth Report on the Funding & Financing of the Aged Care Sector – July 2016**
https://agedcare.health.gov.au/sites/g/files/net1426/f/documents/08_2016/2016_report_on_the_funding_and_financing_of_the_aged_care_industry_0.pdf
- **Parliament of Australia: Caring for the Elderly – An Overview of Aged Care Support & Services in Australia**
https://www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/Publications_Archive/archive/agedcare
- **Future Trends in Australian Aged Care**
<https://japara.com.au/news/future-trends-in-australian-aged-care/>
- **Australian Government Productivity Commission: Trends in Aged Care Services – Some Implications**
<https://www.pc.gov.au/research/completed/aged-care-trends>
- **Monash University: The Future of Health and Aged Care Expenditure in Australia**
<https://australiancentre.com.au/publication/future-health-aged-care-expenditure-australia/>

Editorials

- **The Growing Need for Aged Care Centres in Australia**
<https://starin.com.au/blog/the-growing-need-for-aged-care-centers-in-australia/>
- **Four in Five Older Australians Get Public Aged Care - Report**
<https://www.theguardian.com/australia-news/2018/jan/23/four-in-five-older-australians-get-public-aged-care-report>
- **Survey Shows Serious Shortage for Aged Care Respite**
<https://www.agedcareguide.com.au/talking-aged-care/survey-shows-serious-shortage-for-aged-care-respite>
- **Serious Shortage of Respite Accommodation in Aged Care Homes Revealed**
<http://www.carersaustralia.com.au/media-centre/article/?id=serious-shortage-of-respite-accommodation-in-aged-care-homes-revealed>
- **Government Warned of Respite Shortage in Aged Care**
<https://www.australianageingagenda.com.au/2018/02/07/government-warned-of-respite-shortage-in-residential-aged-care/>
- **Federal Government to Announce \$500m to Target Chronic Aged Care Shortages**
<https://www.abc.net.au/news/2018-12-16/550-million-for-aged-care-in-myefo/10625114>

SOCIAL INCLUSION

50% of residents in nursing homes suffer from loneliness and depression compared to just 10-15% of adults of the same age living in the community. Loneliness has been found to be a risk factor for all causes of early death and feeling lonely increases our likelihood of earlier death by 26%, greater than the risk for obesity. Around 140 Australian nursing home residents took their own lives between 2000 and 2013 (*International Journal of Psychiatry* 2018).

Government Statistics/White Papers

- **The Australian Government Treasury: Social Inclusion & Healthy Ageing**
<https://treasury.gov.au/speech/social-inclusion-and-healthy-ageing/>
- **Why Social Exclusion Persists among Older People in Australia**
<https://core.ac.uk/download/pdf/30343091.pdf>
- **Social Exclusion of Older Persons: a Scoping Review and Conceptual Framework**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5550622/>
- **Older Adults' Understanding of Social Inclusion: Journal of Social Inclusion (pdf)**
https://webcache.googleusercontent.com/search?q=cache:WZbixu_O87oJ:https://josi.journals.griffith.edu.au/index.php/inclusion/article/download/522/716+&cd=10&hl=en&ct=clnk&gl=au
- **Monash University: Too Many Australians Living in Nursing Homes Take Their Own Lives**
<https://lens.monash.edu/@the-conversation/2018/03/05/1326292/australian-nursing-homes-residents-taking-own-lives>
- **Suicide Among Nursing Home Residents in Australia: A National Population-based Retrospective Analysis of Medico-Legal Death Investigation Information**
<https://onlinelibrary.wiley.com/doi/full/10.1002/gps.4862>

Editorials

- **Social Inclusion**
<https://nationalseniors.com.au/info-hub/social-inclusion>
- **Social Inclusion a Critical Issue Facing Our Elderly**
<https://www.adelaide.edu.au/news/news46361.html>
- **Time for a New Social Inclusion Commitment**
<https://www.australianageingagenda.com.au/2013/12/17/time-new-social-inclusion-commitment/>
- **Depression, Stress Leading to Nursing Home Suicides**
<http://cathnews.com/cathnews/31507-depression-stress-lead-to-nursing-home-suicides>
- **Joining Forces to Keep Vulnerable People at Home**
<https://hellocaremail.com.au/joining-forces-keep-vulnerable-people-home/>
- **The Butterfly Model of Care – “This is How Aged Care Should Be”**
<https://hellocaremail.com.au/butterfly-model-care/>

INCREASING RATES OF DEMENTIA

There will be around 1 million patients diagnosed with Alzheimer by 2050. Over 55% of people in residential aged care currently suffer from dementia, at a cost of around \$15 billion per year. In 2017 there were over 220,000 older people who received permanent care in a residential aged care facility, a significant proportion of Australia's overall population. Alzheimer's Australia CEO Marea McCabe said "There must be an approach that combines building capacity in mainstream services to provide quality care for people with dementia, along with the integration of specialist dementia services to support mainstream services where required."

Policies/Stats/Articles

- **Australian Dementia Statistics**
<https://www.dementia.org.au/statistics>
- **NHMRC National Institute for Dementia Research: Dementia leading cause of death for women, second leading cause for all Australians**
<https://www.nnidr.gov.au/media-and-publications/media-releases/dementia-leading-cause-death-women-second-leading-cause-all>
- **Improving Quality of Life for People with Dementia Living in Residential Aged Care**
http://www.flinders.edu.au/sohs/fms/sohs_courses/Documents/INSPIRED%20study%20summary%20brochure.pdf
- **Department of Health - Ageing & Aged Care: Specialist Dementia Care Program**
<https://agedcare.health.gov.au/programs/specialist-dementia-care-program>
- **Why Do People with Dementia Stop Eating & Drinking?**
<https://hellocaremail.com.au/dementia-stop-eating-drinking/>
- **Construction Begins on Australia's First Dementia Village**
<https://hellocaremail.com.au/construction-begins-australias-first-dementia-village/>

Editorials

- **Innovation in Design to Tackle Rising Dementia Challenge**
<https://www.agedcareguide.com.au/talking-aged-care/innovation-in-design-to-tackle-rising-dementia-challenge>
- **Dementia: Transitioning Into a Nursing Home**
<https://www.myvmc.com/lifestyles/transition-of-patients-with-dementia-into-an-aged-care-home/>
- **Improving Care for Dementia Patients in Our Ailing Aged Care System**
<https://theconversation.com/improving-care-for-dementia-patients-in-our-ailing-aged-care-system-6362>
- **Would reframing aged care facilities as a 'hospice' instead of a 'home' enable older people to get the care they need?**
[https://www.collegianjournal.com/article/S1322-7696\(17\)30015-X/fulltext](https://www.collegianjournal.com/article/S1322-7696(17)30015-X/fulltext)
- **Primary School Program Helps Create Dementia-Friendly Communities**
<https://www.agedcareguide.com.au/talking-aged-care/primary-school-program-helps-create-dementia-friendly-communities>

DISABILITY AND DISABILITY-FREE LIFE EXPECTANCY

Older people with intellectual disability experience fewer choices, less programming and decreased access to aged care services than able-bodied older people. Negative attitudes held by both staff and other participants in community-based programs for older people create barriers to accessing services, even if appropriate supports are available, resulting in attendance for each individual with a disability having to be individually negotiated. No systemic mechanisms exist to tackle these attitudinal barriers to participation.

Policies/Stats/Articles

- **Department of Social Services: Disability and Carers**
<https://www.dss.gov.au/our-responsibilities/disability-and-carers/publications-articles/policy-research/shut-out-the-experience-of-people-with-disabilities-and-their-families-in-australia?HTML>
- **My Aged Care: People with Disabilities**
<https://www.myagedcare.gov.au/eligibility-diverse-needs/older-people-disabilities>
- **Productivity Commission: Disability & Aged Care Interface – Productivity Report**
<https://www.pc.gov.au/inquiries/completed/disability-support/report/27-disability-support-appendixc.pdf>
- **Department of Human Services: Changes to In-Home Aged Care & Some Disability Services**
<https://dhs.sa.gov.au/latest-news/media-releases-2017/changes-to-in-home-aged-care-and-some-disability-services>
- **Supporting Older People with an Intellectual Disability to Age at Home: A Manual for Support Staff and Carers**
https://www.researchgate.net/profile/Ruth_Webber/publication/264936360_Supporting_Older_People_with_an_Intellectual_Disability_to_Age_at_Home_A_Manual_for_Support_Staff_and_Carers_Queensland_2014/links/540e91ea0cf2d8daaacd5100/Supporting-Older-People-with-an-Intellectual-Disability-to-Age-at-Home-A-Manual-for-Support-Staff-and-Carers-Queensland-2014.pdf

Editorials

- **Disability & Aged Care Solutions**
<https://www.enware.com.au/featured-articles/agedcare/>
- **Why Savvy Entrepreneurs are Choosing to Get into Disability & Aged Care Services**
<https://www.businessbuyinvest.com/why-savvy-entrepreneurs-are-choosing-to-get-into-disability-and-aged-care-services-2/>
- **What is Quality in Aged Care? Here's What Studies (& Our Readers) Say**
<https://theconversation.com/what-is-quality-in-aged-care-heres-what-studies-and-our-readers-say-104852>
- **Disability Documentation Issues Leading to Deaths in Residential Care**
<https://www.agedcareinsite.com.au/2018/11/disability-documentation-issues-leading-to-deaths-in-residential-care/>

GEOGRAPHICAL

More elderly Australians live in rural and remote areas than in cities. The health of older people in rural and remote areas is generally poorer than that of older people living in metropolitan areas and they are also more likely to have lower incomes and reduced mobility. Factors such as social isolation and limited access to transport, residential and community care and medical and health care mean that many rural older people are coping with these consequences by themselves.

Policies/Stats/Articles

- **Aged & Community Services Australia: Issues Facing Aged Care Services in Rural and Remote Australia**
<https://www.parliament.nsw.gov.au/lcdocs/other/9768/Issues%20facing%20aged%20care%20services%20in%20rural%20and%20remote%20Australia.pdf>
- **Australian Health & Welfare Institute: Older Australians at a Glance – Regional & Remote Communities**
<https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/diversity/regional-remote-communities>
- **National Rural Health Alliance Inc: Improving the Prospects of Healthy Ageing and Aged Care in Rural and Remote Australia**
<http://ruralhealth.org.au/sites/default/files/documents/nrha-policy-document/submission/sub-caring-older-australians-24-may-11.pdf>
- **Towards an Action Plan for Aged Care for Rural and Remote Australia**
<https://www.aag.asn.au/documents/item/2220>
- **Rural and Remote**
<https://www.caresearch.com.au/caresearch/tabid/181/Default.aspx>

Editorials

- **Special Report: Rural and Remote Aged Care**
<https://www.australianageingagenda.com.au/2014/10/14/special-report-rural-remote/>
- **Providers Hope Action on Rural, Remote Aged Care Leads to Long-Term Fix**
<https://www.australianageingagenda.com.au/2017/02/15/providers-hope-action-on-rural-remote-aged-care-leads-to-long-term-fix/>
- **Sustainable Aged Care in Rural and Remote Australia**
<http://verso.com.au/sustainable-aged-care-in-rural-and-remote-areas/>

CULTURE & LANGUAGE

Several factors currently hinder older Australians from culturally and linguistically diverse backgrounds into entering aged care facilities, eg the social environment and atmosphere that is not culture-specific, including food, language, culture-specific norms and traditions that are not seen and observed in mainstream aged care.

Policies/Stats/Articles

- **Australian Health & Welfare Institute: Cultural & Linguistic Diversity Measures in Aged Care**
<https://www.aihw.gov.au/reports/aged-care/cultural-and-linguistic-diversity-measures-in-aged/contents/summary>
- **Department of Health: New Radio Era Speaks the Language of Cultural Diversity**
<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/health-mediarel-yr2018-wyatt120.htm>
- **Department of Social Services: National Ageing and Aged Care Strategy for People from Culturally and Linguistically Diverse (CALD) backgrounds**
https://agedcare.health.gov.au/sites/default/files/documents/07_2015/dss1582_aged_care_strategy_cald_a4_vaccessible.pdf
- **Caresearch: Cultural Considerations**
<https://www.caresearch.com.au/caresearch/tabid/2446/Default.aspx>

Editorials

- **Delivering Aged Care Services for Multicultural Australia – Part 1**
<https://www.agedcareguide.com.au/talking-aged-care/delivering-aged-care-services-for-multicultural-australia-part-1>
- **Delivering Aged Care Services for Multicultural Australia – Part 2**
<https://www.agedcareguide.com.au/talking-aged-care/delivering-aged-care-services-for-multicultural-australia-part-2>
- **How To: Managing Cultural Diversity in Community Care**
<https://www.australianageingagenda.com.au/2015/08/20/how-to-managing-cultural-diversity-in-community-care/>
- **Culturally Specific Environments**
<https://www.agedcareguide.com.au/information/culturally-specific-environments>
- **The Next Big Problem Facing Aged Care: How to Talk to Culturally Diverse Patients**
<https://www.smh.com.au/politics/federal/aged-care-urged-to-meet-growing-multicultural-challenge-20160407-go0rby.html>

ABORIGINAL & TORRES STRAIT ISLANDERS

In 2016, there were more than 50,000 Indigenous Australians aged over 60. By 2026, that figure is expected to double. Aboriginal Australians and Torres Strait islanders have three times the rates of disease and disability than non-Aboriginal Australians due to higher rates of chronic diseases such as diabetes and kidney disease. Indigenous Australians living in their own homelands have been found to be in better health than those who live in the city, however, this means that many have to travel long distances in order to receive basic medical care when they need it, and usually find the clinician does not speak the patient's language, or have knowledge specific about the patient's cultural needs.

Policies/Stats/Articles

- **Aboriginal & Torres Strait Islander People Using Aged Care**
<https://www.gen-agedcaredata.gov.au/Resources/Dashboards/Aboriginal-and-Torres-Strait-Islander-people-using>
- **Caresearch: Aboriginal & Torres Strait Islander People**
<https://www.caresearch.com.au/caresearch/tabid/1566/Default.aspx>
- **Australian National Audit Office: Indigenous Aged Care**
<https://www.anao.gov.au/work/performance-audit/indigenous-aged-care>
- **Assuring Equity of Access and Quality Outcomes for Older Aboriginal & Torres Strait Islander People**
<https://www.aag.asn.au/documents/item/2198>
- **National Health & Welfare Institute: Older People at a Glance**
<https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/diversity/aboriginal-and-torres-strait-islander-people>

Editorials

- **Growth in Aged Indigenous Populations 'Unprecedented', Care System Faces Challenge**
<https://www.abc.net.au/news/2016-07-03/aged-indigenous-population-to-nearly-double/7565186>
- **Improved Aged Care Access for Nation's First Peoples at the Heart of a New Report**
<https://www.agedcareguide.com.au/talking-aged-care/improved-aged-care-access-for-nations-first-peoples-at-the-heart-of-a-new-report>
- **Working with Aboriginal & Torres Strait Islander Peoples**
https://www.benevolent.org.au/ArticleDocuments/340/Olderaboriginal_torresstraitislander_people.pdf.aspx
- **Supplement Crucial to Viability of Indigenous Aged Care**
<https://www.australianageingagenda.com.au/2017/06/09/supplement-crucial-viability-indigenous-aged-care/>
- **How Can Aged Care be Better for Aboriginal Elderly?**
<https://hellocaremail.com.au/can-aged-care-better-aboriginal-elderly/>

SEX & GENDER

Having experienced profound discrimination and harassment in their youth, many older lesbian, gay, bisexual, transgender and intersex (LGBTI) people are fearful of disclosing their sexuality or gender identity to aged care providers and delay or avoid accessing services. With regard to family carer support, LGBTI elders are often not in close contact with their biological family, have no children or have children who do not accept their life decisions. It is important for aged care services to understand and accept the significance of LGBTI “family of choice”, which may not include generations of blood relatives but provides equally strong affective bonds and support.

Policies/Stats/Articles

- **Lesbian, Gay, Bisexual, Transgender and Intersex (LGNTI)**
<https://www.caresearch.com.au/caresearch/tabid/1291/Default.aspx>
- **Medical Journal of Australia: Keeping LGBTI Elders Safe, Included**
<https://www.mja.com.au/journal/2018/aged-care-keeping-lgbti-elders-safe-included>
- **Review of the LGBTI Aged Care Strategy**
<https://agedcare.health.gov.au/support-services/people-from-diverse-backgrounds/review-of-the-lgbti-aged-care-strategy>
- **Review of the National Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Ageing and Aged Care Strategy –Final Report 2017**
<http://apo.org.au/system/files/120946/apo-nid120946-485186.pdf>

Editorials

- **LGBTI Elders: In Their Own Words**
<https://www.aag.asn.au/documents/item/2253>
- **Aged Care Training Resources to Improve Care for LGBTI Seniors**
<https://www.australianageingagenda.com.au/2017/06/15/aged-care-training-resources-improve-care-lgbti-seniors/>
- **Aged Care Providers Support Ageing LGBTI Community Through Mobile App**
<https://www.agedcareguide.com.au/talking-aged-care/aged-care-providers-support-ageing-lgbti-community-through-mobile-app>
- **Ensuring an LGBTI-friendly Environment in Residential Aged Care Facilities**
<https://healthtimes.com.au/hub/aged-care/2/practice/ss/ensuring-a-lgbtifriendly-environment-in-residential-aged-care-facilities/3365/>
- **Gay Friendly Aged Care – a Work in Progress**
<https://www.australianageingagenda.com.au/2015/10/07/gay-friendly-aged-care-a-work-in-progress/>

WORKFORCE SHORTAGE

“There's not enough staff, either carers and/or nurses on all shifts; when there's not enough staff it's harder for everybody to give out how they want to and it certainly hard for the recipients or residents who get to come into an aged care facility already stressed but expecting really good end-of-life care and we do our best, everybody does their best but we all know now it's not good enough.” - Respondent to The Aged Care Workforce Report 2016, Dep Health

Policies/Stats/Articles

- **The Senate: Community Affairs References Committee: Future of Australia’s Aged Care Sector Workforce**
[file:///dhgsf05/users\\$/mtonki02/Desktop/c02.pdf](file:///dhgsf05/users$/mtonki02/Desktop/c02.pdf)
- **The Aged Care Workforce – 2016**
https://agedcare.health.gov.au/sites/g/files/net1426/f/documents/03_2017/nacwcs_final_report_290317.pdf
- **Australia’s Aged Care Workforce**
<https://www.gen-agedcaredata.gov.au/Resources/Dashboards/Australia-s-aged-care-workforce>
- **Australia’s Aged Care Workforce – AIHW Gen – GEN Aged Care Data**
<https://www.gen-agedcaredata.gov.au/Resources/Dashboards/Australia-s-aged-care-workforce>
- **Building a Resilient & Sustainable Workforce in Aged Care**
<http://www.contemporarynurse.com/archives/vol/45/issue/1/article/5111/1-building-a-resilient-and-sustainable-workforce-in/>

Editorials

- **Australia’s Aged Care Workforce: Are We Ready to Meet the Demand Ahead?**
<https://hellocaremail.com.au/australias-aged-care-workforce-ready-meet-demand-ahead/>
- **More Concern Over the Future of Australia’s Aged Care Workforce:**
<https://www.agedcareguide.com.au/talking-aged-care/more-concern-over-the-future-of-australias-aged-care-workforce>
- **The Crisis in the Caring Workforce:**
https://www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/pubs/BriefingBook44p/CaringWorkforce
- **New Aged Care Workforce Reform Hopes to Triple Staff Numbers**
<https://www.agedcareguide.com.au/talking-aged-care/new-aged-care-workforce-reform-hopes-to-triple-staff-numbers>
- **Aged Care Already on the Increase According to New Statistics**
<https://www.agedcareguide.com.au/talking-aged-care/aged-care-already-on-the-increase-according-to-new-statistics>
- **Culture Clash**
<https://www.agedcareinsite.com.au/2010/04/culture-clash/>

NURSE/CARER TO PATIENT RATIO

“It’s not uncommon to have only the one Registered Nurse (RN) caring for over 130 people. That’s disgraceful. Our aged care is in crisis. Our analysis shows that residents should be receiving an average 4 hours and 18 minutes of care per day - compared to the current 2.84 hours which is currently being provided. It’s little wonder that we’re seeing more and more ‘missed care’ episodes, where vulnerable nursing home residents are missing out on the care they deserve.” - Lee Thomas, Federal Secretary of the Australian Nursing & Midwifery Federation (ANMF).

Policies/Stats/Articles

- **Federal Register of Legislation: Aged Care Amendment (Ratio of Skilled Staff to Care Recipients) Bill 2017**
<https://www.legislation.gov.au/Details/C2017B00187/Explanatory%20Memorandum/Text>
- **Australian Medical Association: AMA Submission to the Senate Community Affairs References Committee on the Effectiveness of the Aged Care Quality Assessment and accreditation framework for protecting residents from abuse and poor practices, and ensuring proper clinical and medical care standards are maintained and practised**
https://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/AgedCareQuality
- **National Aged Care Staffing & Skills Mix Project Report 2016**
http://www.anmf.org.au/documents/reports/National_Aged_Care_Staffing_Skills_Mix_Project_Report_2016.pdf
- **Ratios for Aged Care – Make Them Law Now**
<http://anmf.org.au/campaign/entry/ratios-for-aged-care>

Editorials

- **Independent Rebekha Sharkie Puts Aged Care Staffing Disclosure Bill on the Record**
<https://www.thesenior.com.au/story/5619280/bill-would-force-nursing-homes-to-disclose-staffing-ratios/>
- **National Campaign to Amplify the Silent Screams in Aged Care**
https://www.anmfsa.org.au/wp-content/uploads/2016/03/In-Practice_April-2018_final-71777.pdf
- **Petition Calls for Mandatory Staff-to-Resident Ratios in Nursing Homes & Aged Care Facilities**
<https://www.abc.net.au/news/2018-09-07/mandate-staff-resident-ratios-in-aged-care-nursing-homes/10210244>
- **Staffing Issues**
<https://www.agedcarecrisis.com/resources/staffing>
- **Staff Ratios in Aged Care Should Help Ensure Quality Care**
<https://www.agedcareguide.com.au/talking-aged-care/staff-ratios-in-aged-care-should-help-ensure-quality-care>

SUPPORT FOR PERSONAL CARERS

Around 40% of primary carers are on a low income and find it hard to cover living expenses, save money or build up superannuation, often having to find money for extra expenses like heating and laundry, medicines, disability aids, health care and transport. Caring can be emotionally taxing and physically draining. Carers often have to deal with strong emotions, like anger, guilt, grief and distress that can spill into other relationships and cause conflict and frustration.

Carers have the lowest wellbeing of any large group measured by the Australian Unity Wellbeing Index. They often ignore their own health and are 40% more likely to suffer from a chronic health condition. Many carers are chronically tired and desperately need to refresh with just one night of unbroken sleep, a day off or an extended period with no caring responsibilities. They can feel isolated, missing the social opportunities associated with work, recreation and leisure activities, and find that the demands of caring leave little time to spend with other family members.

Policies/Stats/Articles

- **The Impact of Caring on Family Carers**
<https://www.oecd.org/els/health-systems/47884865.pdf>
- **Support for Families & Carers**
<http://www.carersaustralia.com.au/ndis-and-carers/support-for-families-and-carers/>
- **Australian Institute of Health & Welfare: Informal Carers**
<https://www.aihw.gov.au/getmedia/fad26891-17f6-4a52-a95d-219570189268/AW15-2-4-Informal-carers.pdf.aspx>
- **Family Carers & The Physical Impact of Caring – Injury & Prevention**
https://ilc.com.au/wp-content/uploads/2013/08/executive_summary_final_oct_2006.pdf
- **Department of Human Services – Caring for an Older Australian**
<https://www.humanservices.gov.au/individuals/subjects/caring-older-australian>

Editorials

- **A Carer's Journey**
<https://hellocaremail.com.au/a-carers-journey/>
- **Families Need to Face Facts About Caring for Elderly Parents**
<https://www.theaustralian.com.au/life/families-need-to-face-facts-about-caring-for-elderly-parents/news-story/e2f38f2f35f6a04c1cd5c840f63c9ac6>
- **Why Caring for Australia's Carers Should be a Government Priority**
<https://theconversation.com/why-caring-for-australias-carers-should-be-a-government-priority-27122>
- **NDIS Increasing Carers Workload - Report**
<https://www.australianageingagenda.com.au/2018/10/15/ndis-increasing-carers-workload-report/>
- **Global Campaign Targets Carers**
<https://www.australianageingagenda.com.au/2018/10/11/global-campaign-targets-carers/>