

# NSW Carers Charter

## Schedule 1 of the NSW Carers (Recognition) Act 2010

A carer is someone who provides ongoing, unpaid support to people who need help because of disability, mental illness, chronic or terminal illness, dementia or frail age. Relatives and friends who provide such care, support and assistance are carers.

### 1. Carers make a valuable contribution to the community

- (a) NSW recognises the valuable social and economic contribution that carers make to the community.
- (b) Carers should have the same rights, choices and opportunities as other Australians.
- (c) Carers' unique knowledge and experience should be acknowledged and recognised.
- (d) The relationship between carers and the people they care for should be respected.

### 2. Carers' health and well-being is important

- (a) Carers should be supported to enjoy optimum health and well-being and to participate in family, social and community life, employment and education.
- (b) Carers should be supported to balance their caring role with other roles, such as work and education.

### 3. Carers are diverse and have individual needs within and beyond their caring role

- (a) The diverse needs of carers should be acknowledged and recognised in policy, programs and service delivery, taking into consideration culture and language, age, disability, religion, socio-economic status, place of residence, gender identity and sexual orientation.
- (b) Aboriginal and Torres Strait Islander values, heritage and concepts of caring should be respected and valued.
- (c) The additional challenges faced by carers who live in rural and remote areas should be acknowledged and recognised.
- (d) Children and young people who are carers should be supported to reach their full potential.

### 4. Carers are partners in care

- (a) The choices, views and needs of carers and of the people they care for should be taken into account in the assessment, planning, delivery and review of services provided to the people they care for.
- (b) Carers should be referred to, and assisted to access, appropriate supports and services.
- (c) Support for carers should be timely, responsive, appropriate and accessible.