



# Becoming VISIBLE

## Research Overview

In 2019 Arafmi undertook research with over 250 carers.

### Top 3 Personal Issues for Carers:

1. Lack of availability of consistent support
2. Not enough financial support (for the person they care for)\*Males No.2, too much emphasis on crisis support
3. Lack of Support Services (for the person they care for)

**95%**  
of mental  
health carers  
feel tired

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**73%**  
of mental  
health carers  
feel invisible

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## Primary Carer Demographic

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Majority caring for 1 person, mostly males under 40 years of age (18-39yrs)

\*Male carers are predominantly looking after their spouse

88% of carers are females, mostly mothers



**68% have no NDIS plan**

## Support Services

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Strong consensus across all that support for navigating and accessing the Mental Health system, navigating Government systems for assistance and getting the right advice and support for their loved one is vital in continuing in their role and maintaining their own mental health.

### Top 3 Support Systems Issues

1. Lack of availability of consistent support
2. Not enough financial support (for the person they care for)  
\*Males No.2, too much emphasis on crisis support
3. Lack of Support Services (for the person they care for)

*"Who am I other than a Carer? I have neglected my own needs. I simply forget who I am."*

## Improvements for Carers

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### The System

1. Access to consistent Mental Health Support
2. Government support that meets the individual needs (of the person I care for)  
\*Males No.2, having access to safe accommodation for the person I care for
3. Access to a support service that outlines all the support services available

### Personal Wellbeing

1. Access to ongoing counselling services for the carer  
Males No.1, a workshop on self-care techniques
2. Regular practical in-home support
3. A closed Facebook group for carers (\*males face to face, BBQ for example) and workshops on Self-Care techniques

### \*What else can we do?

*"Nothing you can do, needs changing at government levels"*

*"Supported accommodation for schizophrenics"*

*"We need the service providers doing a better job with our loved ones so the carer is not needed. We need to define what person centred means and then they need to implement it."*

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\*250+ Carers interviewed via focus groups and online

\*Males, though a smaller percentage of this research, we felt important to understand and include

\*A sample of comments from carers