

# Media Release



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## First Carers' Retreat in Mildura

Mildura's **annecto** Carers' Retreat has been officially launched in Mildura by member for Mallee John Forrest, **annecto** CEO Estelle Fyffe and Mildura **annecto** manager Jason Minter.

The retreat consists of a new two bedroom accommodation with study which will provide consecutive day and overnight respite for carers of people with disabilities living in Mildura and remote locations in Loddon Mallee. Conservatively there are 23,000 unpaid carers in the Loddon Mallee region with one in four living in remote and rural locations. In launching the retreat John Forrest praised **annecto's** continuing commitment to provide quality respite care to local services in Mildura.

Among those attending the launch was carer Irene Vallance from Walpeup, Member for Mildura, Peter Crisp and Mildura City Councilors Glenn Milne, Susan Nichols, and Mark Eckel.

Mildura manager Jason Minter is available for interview.  
Call 5021 5456

### Local Carer Facts:

- First Carers' Retreat in Mildura
- Conservatively 23,000 unpaid carers in Loddon Mallee with around a quarter living in rural and remote locations.
- Just under half of primary carers exist on incomes that place them in the lowest and second lowest gross household quintiles.
- Around one in five Australians live with a disability
- One in every five households are providing care for family members or friends with a disability

### Theme:

"My time, my choice" highlights the scarcity of these options for carers as they usually devote to others time and choice that they themselves are deprived of. The **annecto** Carers' Retreat offers carers time and choice... to sleep, engage in activities, have a 'cuppa', go out for dinner or just sit and listen to some music or watch a movie...their choice.

### Mission statement

**annecto – the people network** is an independent, not for profit association located in the Northern, Eastern and Western Metropolitan areas of Melbourne, Grampians region and the Loddon Mallee region, and is committed to increasing opportunities and choices and enhancing the quality of life for people with a disability, older persons and their carers..

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## Carer Facts

- Over 23,000 carers in the Loddon Mallee region provide unpaid assistance to people with disabilities <sup>1</sup>
- About 45% of primary carers in 2003 reported incomes that place them in the lowest and second lowest gross household "quintiles". While incomes may be low, the costs of caring such as medical and pharmaceutical expenses, consumables, aids, equipment and support services can be significant.<sup>3</sup>
- Around 2.6 million Australians or one in every five households are providing care for family members or friends with a disability, mental illness, chronic health condition or frailty <sup>3</sup>
- Around one in five Australians live with a disability. A disability is any condition that restricts a person's mental, sensory or mobility functions. It could be caused by accident, trauma, genetics or disease
- 3.3 million people (17.1 per cent of the total population) say they are restricted in carrying out one or more daily activities, such as self care, mobility and communication
- 41 per cent for people aged 65-69 and 92 per cent of people aged 90 and over have a disability <sup>2</sup>
- Approximately 93 per cent of people with disabilities (3.6 million) live in private dwellings, alone or with at least one other person <sup>2</sup>
- Seven per cent of people with disabilities (279,500) live in other care accommodation, such as hostels, supported accommodation in retirement villages or children's homes <sup>2</sup>
- Just over half of those with a disability (53%) received assistance from formal providers such as home-care workers and voluntary workers <sup>2</sup>

1. Australian Bureau of Statistics.2006. Cat. No. 2068.0 - 2006 Census Tables. Viewed 18October 2007,

<http://www.censusdata.abs.gov.au>

2 Commonwealth Disability Strategy. :facs.gov.au/disability/cds/fs/fs\_02.htm

3 Carers Victoria <http://www.carersvic.org.au/AboutCarers/Whoarecarers.htm>. Viewed 18 October 2007