

Cabinet paper Appendix 3: Consideration of key groups

Key groups ¹	Consultation insights	Action Plan considerations
Women: 62.7 percent of unpaid carers are women.	Many women are in the 'squeezed middle' and undertake care responsibilities for children, older parents and relatives.	The Action Plan: - Coordinates a cross-government and agency approach to contribute to addressing increasing care needs, an ageing population, and growing complexity in care. - Promotes whānau and community wellbeing, strengthening support for families and households as the foundation of care. - Supports diverse groups by recognising the different experiences and disproportionate impacts of caring on different groups. - Contributes to life-course pathways by promoting available opportunities and supports for carers at different stages of life (such as employment). - Promotes value and recognition of care work, and key groups. - Builds the evidence base to better understand and address ongoing or intersectional challenges, including geographic barriers and cultural safety.
Older people: 16.5 percent of unpaid carers are over 65, and as much as 50 percent of family carers provide care for older people. ²	New Zealand's population is ageing, and more people are living with more complex needs. More older people are providing care and receiving care.	
Children and young people: One in five 12-year-olds have provided care to someone older than them. ³	Often balancing caring with education, work and learning life skills. Many are not 'seen' and hard to identify. More likely in families facing hardship. Benefit from a holistic family-centred approach.	
Māori, Pacific, Asian and ethnic communities: 16.7 percent of unpaid carers are Māori, 7.6 percent are Pacific, and 8.1 percent are Asian.	More likely to face barriers to access support or not know entitlements. Māori and Pacific people are more likely to provide as young carers, in areas of hardship, and through life. Crown obligations to Māori under te Tiriti o Waitangi, Treaty of Waitangi.	
Disabled people including people with health conditions: 18.6 percent of unpaid carers stated they have a 'limiting disability or health condition'.	While not all disabled people receive unpaid care, some benefit from one or multiple carers throughout life. Many describe support for carers as strongly linked to their wellbeing.	
Rural communities: 53.3 percent of unpaid carers live outside major urban areas.	Fewer support services available locally and many may need to travel for support.	

¹ Unless otherwise cited, population data in this section is derived from: Stats NZ. (2023). *2023 Census: Unpaid Care* [Dataset]. Statistics likely undercount care, especially for Māori, Pacific, Asian and other ethnic minorities.

² Synergia. (2022). *The State of Caring: A report for Carers NZ and the Carers Alliance*.

³ E. S. Yao, R. J. Evans and P. Bullen (2023). *Young Carers in the Growing Up in New Zealand Cohort at 12-Years: MSD Bespoke Report*. MSD.