**National Carers Week 2025: Suggested social media copy**

We have written some content for social media posts for you to use. Alternatively, follow Carers Victoria on Facebook, LinkedIn, or Instagram and share our posts and events for National Carers Week on your own social media page.

**Post 1: Awareness**

Over three-quarters of a million Victorians are unpaid carers.

They’re everyday people who provide unpaid care and support to family members or friends with a disability, mental illness, substance addiction, chronic health issue or an older person with care needs. They’re parents, children, partners, other relatives and friends who assist with a variety of daily activities.

There’s at least a 1 in 10 chance that you are, know or will be a carer. Join Carers Victoria this National Carers Week 12-18 October 2025 to recognise, celebrate and care for these incredible people!

#NCW25 #CarersVictoria #CareForACarer

**Post 2:  Event awareness**

National Carers Week 2025 will be held from 12–18 October, a time to recognise and celebrate the invaluable contributions of unpaid carers in our community.

This year, Carers Victoria is encouraging everyone to take action—whether big or small—to show support and care for a carer. With over 750,000 unpaid carers in Victoria, chances are you are, know, or will be one.

As part of the celebrations, we’ll be hosting a (**morning tea/get-together/workshop**) to honour and thank the unpaid carers who make a difference every day.

Event details:

Date:

Time:

Venue:

It’s not too late to show your care for carers in the community. Find ideas, resources and ways to get involved at carersvictoria.org.au.

**Post 3: Engagement**

This National Carers Week, we are proud to support Carers Victoria call to care for carers  in our community.

In Victoria, more than 1 in every 10 people provide unpaid care and support to a family member or friend with disability, mental illness, chronic or terminal illness or an older person with care needs. Which means it’s pretty likely that you are, know, or will be one!

Unsure how to support unpaid carers? Show your support by extending a helping hand or by simply being there for them or go bigger by:

* Hosting a morning tea at your workplace, community group or among your friends
* Organising a fundraiser to help Carers Victoria provide invaluable support to unpaid carers all year round.

For more tips and resources visit [carersvictoria.org.au/carersweek](https://www.carersvictoria.org.au/information-and-impact/national-carers-week/)

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**POST 4: Action**

With more than three quarters of a million unpaid carers in Victoria, there’s at least a 1 in 10 chance that you are, know or will be a carer at some point in your life.

This National Carers Week, Carers Victoria want to encourage everyone to recognise and care for the carers in your community. Reach out to a carer you know and show them you care.

There are so many little things you can do to today to make their life a little easier.

* Show your support by checking-in on them regularly.
* Offer to provide carers with a break and take time for themselves to recharge.
* Use your words to recognise and acknowledge the exceptional work of a carer you know.
* Initiate support – carers often prioritise the wellbeing of the person they care for, remind them to care for themselves.

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