

NATIONAL

CAREERS WEEK

11-18 OCTOBER 2026



Carers
Victoria

National Carers Week



National Carers Week is an opportunity to focus the nation's attention on Australia's 3 million unpaid carers.

➤ **Over 750,000 unpaid carers live in Victoria**

National Carers Week 2026, Carers Victoria is calling on individuals and organisations to demonstrate their care for carers in our community.

- ✓ Check-in regularly
- ✓ Offer a break
- ✓ Acknowledge and appreciate
- ✓ Initiate support



Care for a
CARER 
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This National Carers Week, show carers you care
Check-in regularly ~ Offer a break ~ Acknowledge and appreciate ~ Initiate support

Show your support



There are so many ways that you can show your support:

- Reach out to a carer you know.
- Make them feel seen and let them know how much you appreciate what they are doing.
- See if there's anything you can do to make their life a little easier.
- Host a morning tea or lunch and learn at your workplace.
- Promote National Carers Week with posters, via your newsletter and on social media.
- Let the community know that you care by sharing what you are doing this National Carers Week on social media [#Careforacarers](#) [#CarersVictoria](#) [#NCW26](#) and by tagging [@Carers Victoria](#).



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show carers you care**

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Light up for Victorian carers



With the support of businesses and local councils across the state, Carers Victoria is lighting up key Victorian landmarks in Carers Victoria's brand colours of blue and red, during National Carers Week.

- Want to get involved?
- Got a building you could light up?
- Show your support for carers!
- Contact us:

marcomms@carersvictoria.org.au



Promotional resources



- Logos, templates, suggested copy!
- All in one convenient place 😊

[National Carers Week Resources - Carers Victoria](#)

- Need anything else? Contact us:
marcomms@carersvictoria.org.au



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Care for a Carer

+ New Edit Page Breakdance Events Forms

Spread the word

If you'd like to help spread the word about National Carers Week with your support groups, workplace, organisation, or on your personal social media, we invite you to explore and download the resources below.

We have created these assets and collateral for you to download and use to help us raise awareness of National Carers Week and the important contributions of carers.

Share key messages and information with your network, and encourage everyone to be active and engaged by using these hashtags on social media: [#NCW26](#) [#CarersVictoria](#) [#CareforaCarer](#)

Care for a Carer and National Carers Week 2026 Logo	>
National Carers Week 2026 poster	>
Events and activities posters template	>
Social media tiles	>
Website and newsletter banner	>
Email signature	>
Virtual Background	>
Suggested social media copy	>
Suggested newsletter copy	>



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