

Aug 29/08

Sent: Thursday, 3 July 2008 4:59 PM

To: Committee, FCHY (REPS)

Subject:

Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600

Dear Secretary

I wish to make a submission to the House of Representatives Standing Committee on Family, Community, Housing and Youth's Inquiry into Better Support for Carers.

I am submitting to the Inquiry because...

As a Carer I feel exhausted and that my quality of life has been greatly affected by my need to Care. This ultimately will result in my state of health, physical and mental, negating my ability to care adequately. There is never a peaceful night of sleep.

More information is attached on a separate sheet

1. The role and contribution of carers in society

As a carer, I feel that my role is...

Not adequately recognized by society. The huge amount of caring done by myself and other carers should be seen as a service not only to the one in need, but the whole community. Without the ability to fill this vital role those I care for would become a much greater "burden" to society eg hospitals etc.

More information is attached on a separate sheet

2. The barriers to social and economic participation for carers

As a carer, I face the following problems ...

Lack of finance as much money is spent on caring for my two offspring with different needs, one being Type 1 diabetes, the other a mental illness. This is a great drain on the family and creates much tension and pressure on myself. Exhaustion and lack of confidence has become a major part of my life. Carers need to be cared for in turn.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Regaining confidence to participate in society. Financial assistance as it is not easy to provide for adult offspring with mental illness. Recognition.; Recognition in the workplace when we are able to work even though exhausted with constant night time disturbances. Type 1 Diabetes necessitates vigilance at all times including two checks per night 2 or three times per week (blood glucose monitoring for my son on an insulin pump). We need to know we are doing the right thing by caring. It is so difficult in many, many ways.

More information is attached on a separate sheet

4. Strategies to assist carers to access opportunities and choices

I think the Government can better help carers by ...

Constant contact with Carers. Support in helping them to remain at work if they are able to cope (help to cope). Educate employers in how they must support carers in the vital role they fill. Enable Carers to have time off on school holidays to properly care for their needy ones, preferably paid leave.

More information is attached on a separate sheet

Thank you for taking my views into consideration as part of the Committee's Inquiry. I look forward to reviewing any recommendations you make to improve life for carers in Australia.

Yours sincerely

Rosalie

Print your name

3rd July 2008