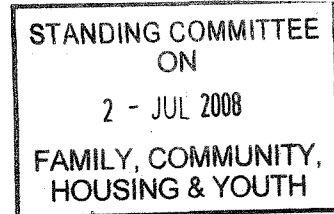


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



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...

The support I have begun to receive has been very helpful and would like to see others able to benefit as well.

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...

To make my husband's ^{life} as comfortable as possible, and this ^{is} not always easy. He needs my support and encouragement to just go on some days.

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 ...

Being snowed under and not being able to get away from the constant stress of trying to help. The help I have had has not been a financial burden, there are things I can't go for as they are too expensive.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Knowing what support is available.
Can I get help with heavy gardening. I find
great release in the garden, but it would be good
to have help with the heavy work.

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 ...

We are not really aware of what support is
available - some sort of course to show us
where to look for information, and in
some cases help to access it

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

Signature

Josephine

Print your name

Date

29-6-08