

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

Submission No. 793
(Inq into better support for carers)

DEC 16/7108

FAMILY, COMMUNITY,
HOUSING & YOUTH

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...

Carers are basically on call 24/7 and I feel this is not really recognised. There are few facilities to allow us to have a "break" unless we put those that we are caring for into a respite centre for a week or two.

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...

24/7, with ensuring someone is with my husband, so that I can have my "brief breaks" (eg. shopping etc.). Unfortunately, for us to recharge our batteries we are expected to place our husband (in my case) in respite care. The government does not seem to recognise places like Fernlea House (DAY RESPITE), which is invaluable for people like me - and saves the govt. money.

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 24/7, we become very limited. I love tennis and play competition Monday night. However, I have to rely on my son to be here with my husband whilst I play. Still, I telephone to check all is OK - and am still on call, should my husband have a problem - It is constant, and therefore, never able to really relax. When you have a small child, they grow out of the problems - we (as carers) have to face these things, knowing things will only get worse.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

TIME OUT - I am shocked that the Govt has withdrawn continuing support to Fernlea House. They run on a small budget and provide us with a break for one day a week. Since my husband has been going, I have recharged/relaxed on that day. I have NOT HAD TO PUT him into respite, where neither of us would cope well. Day respite enables us to take care of our partner and stay healthy. More DAY RESPITE centres should be developed, so that people can still stay together continually as they grow older together, and care for each other, even though they may be suffering from sickness. 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 ...

Creating and promoting DAY RESPITE Centres, for those being cared for. Then carers can have their break, and still feel they are with their loved ones. Why as people get older, and need each other for love and support, does the bureaucracy separate them, thus taking away from both of them, their sense of security and companionship?

Life really, can be so cruel, as we get older; and it shouldn't be like that. Where is the compassion? 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

PAMELA

Print your name

1st JULY 2008

Date