

Submission to the inquiry into better support for carers

I am the parent of a 12 year old child with spastic quadriplegia cerebral palsy.

The role and contribution of carers in society and how this should be recognised

Praising women for their martyrdom as 'carers' is not helpful. It can easily morph into an expectation. Although parents play a very important role, society as a whole is responsible for caring for every individual. It is vital to us that this is acknowledged because we will age and die but our child will still need care.

The barriers to social and economic participation for carers, with a particular focus on helping carers to find and/or retain employment.

Barriers include:

- too much time spent on trying to organise services or equipment
- stress dealing with excessive, inefficient bureaucracy
- lack of transport to or lack of accessibility of mainstream schools
- too much time and stress negotiating adequate inclusion of child with disabilities in mainstream school etc
- inadequate disability services (lack of appropriately trained therapists, long waiting lists)
- the intermittent nature of caring
- caring arrangements that don't include the same feeding, lifting, therapy duties usually carried out by the parent

The practical measures required to better support carers, including key priorities for action

- many more well-resourced, accessible, flexible, inclusive choices for people with disabilities where their caring needs are fully met
- much much less bureaucracy
- more autonomy and flexibility for carers and those they care for
- more well-trained therapists
- a system that facilitates rather than dictates

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