

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. 103  
(Inq into better support for carers)

A.O.C. 23/6/08

HOUSE OF REPRESENTATIVES  
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...

to be given an opportunity  
to voice my needs and challenges as a carer  
is one I do not wish to pass up.

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...

multifaceted. I am mother to my two children, both <sup>of</sup> whom  
are on the Autism Spectrum. Therefore my role widens to include  
providing a safe, supportive home environment, communicating the  
childrens' needs and challenges to the staff at school and  
working daily with the many challenges of ASD and reducing their  
stressors.

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 ...

Social opportunities are reduced as unpredictable behaviour  
makes it highly stressful for me and stressful for the children.  
My situation makes being able to consistently  
and reliably attend a paid job very tenuous.

More information is attached on a separate sheet

**3. The practical measures required to better support carers**

As a carer, I need help with ...

stress reduction which could take a number of forms; counselling, relaxation tools, quality, easily available respite. As I mother of two children with ASD I believe that Centrelink's work participation expectations (for youngest child over 7) should be reduced or removed for mothers like myself.

Autism Spectrum Disorder

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 ...

Recognising that carers are working and working very hard. Offering a wider range of more readily available supports and continuing the carers bonus.

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

Wendy

Print your name

6/6/08

Date