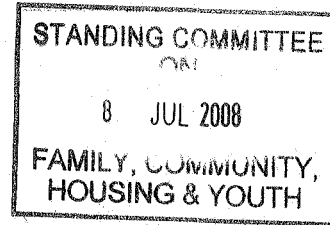


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600



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...

I have devoted the last 8 years to assisting my daughter who has a serious mental illness.

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...

misunderstood; invisible; not valued.  
The impact on the entire family is enormous and even health care professionals don't comprehend the magnitude of the support needed.

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 ...

In trying to access the best support for my daughter, I missed out on job opportunities; time to engage in recreational and sporting activities. My social network withered away.

More information is attached on a separate sheet

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

As a carer, I need help with ...

having someone listen to my family's situation and guiding us on how to make every day decisions; prioritizing competing demands and planning for the future.

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 ...

having a requirement that every family have a designated "Care Coordinator" to help them through the maze of services and decisions they must make.

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

Anne

Print your name

1 July 08

Date