

[Insert date] July 1st '08

[Insert your address and contact phone number here]

Committee Secretary
Standing Committee on Family, Community, Housing and Youth
PO Box 6021
House of Representatives
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.

The Committee is seeking a better understanding of the situation for Carers in Australia. Use any or all of the following starting points to help you write your letter:

I feel that my role is all consuming; debilitating.
I contribute to Australian society by ... saving the cost of institutional care
I face the following problems ... my husband has now become my child.
I can't fully participate in social life because ... of 24/7 caregiving.
~~I am financially struggling because of ...~~

~~I would like to work (full-time or part-time) but have the following issues to deal with ...~~

I worry about my future because ... if he dies before me, I will be totally lost

The things that stress me the most about being a Carer are ^{as} having to keep my wits about me. to be continually alert.

Remember that it will help the Committee to understand your point if you can support it with examples from your own experience.

The Committee would also like to hear of any ideas, solutions or strategies that will support you in providing care. Use any or all of the following suggestions for getting started:

I need help with [insert problem or issue here] and think that [insert idea] would be the best solution for me. Finding interests for my husband. Visits for him

I need to have [insert a practical help or support here] and this would help me because it would enable me to ... VISITS

I think the Government can better help Carers by .. having people to converse with John.

Remember that it will help the Committee to understand your idea if you can support it with reasons that it will work or examples of things it will help you to achieve.

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,

[you must sign your name here]

[Type or clearly print your name here]

ANNIE

For more information on the Inquiry and making a submission go to
www.aph.gov.au/house/committee/fchy/carers/index.htm