

A.O.C. 8/7/08

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

30 JUN 2008

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...

I believe that every one who is
 caring for someone should be heard and
 there should be quite a lot of attention

focused on helping us, as carers we give up
 our own lives on looking after
 the ones we truly love and it takes a special person
 to take on this role

1. The role and contribution of carers in society

As a carer, I feel that my role is...

A fulltime Job focusing on the needs
 of my husbands care organizing appointments
 getting to and from hospitals administering
 medications looking after his cleanliness
 and not able to get proper help when desperately
 needed (sphyiatric)

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 ...

the Mental Health systems letting us down
 not taken seriously I feel its due to the
 fact ~~that~~ that I have a mental illness
 to, I never recieved any help before I met
 my husband but when hes unwell Im
 continually fighting in

More information is attached on a separate sheet

Desperation and that will never stop until
 our proper needs are met.

3. The practical measures required to better support carers

As a carer, I need help with ...

Times when things get to much the Rde
of a carer can be overwhelming, tiring
challenging a huge responsibility and
very demanding on ones self, yet I dont
want to be apart from my husband but be
together and have a
Break away or at home with my husband and care for us

More information is attached on a separate sheet

4. Strategies to assist carers to access opportunities and choices

Together

I think the Government can better help carers by ...

Continuing Bonuses throughout the year
helping with vouchers or Taxicards buses
or Transport to meet with other carers
more often and Carees not just when there
are special functions on, we need to be able
to interact with each
other to Understand the demand as carers

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

Julie