

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

AOC 21/7/08

Submission No. 1006
(Inq into better support for carers)

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 am a carer of my 85yo mother who is frail + over the last few years also cared for my Dad as well; who had advanced Dementia. The stresses both mental + physical has taken quite a toll on me as well as the financial burden. The Government can do more to help financially considering how much carers save them. I estimate my Dad would have cost the Govt \$30,000py + Mum \$50,000py minimum.

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...

To ensure my mother (and previously my father) enjoy life and maintain a reasonable quality of life by remaining in their own home for as long as possible. Keeping the elderly in their own home/environment is much better than Aged Care Homes which are very depressing.

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 ...

Financial costs - lots of extra costs are incurred when caring
My own quality of life - Getting time for yourself (myself)
I like to work part time to keep my mental stimulation going + sometimes it is hard to manage this. I also do community work one weekend a month + getting help with caring can be difficult
Social participation reduction

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Financial support to gain access to Day respite groups for activities suitable for the elderly to keep their minds active
Having breaks so I can still enjoy life + continue some work for my own well being + mental stimulation
I particularly require overnight care + weekend care once a month at a respite low care home. Most do a minimum of 2 weeks.

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 ...

Providing more short overnight or weekend overnight care either in low care homes or hospitals like Ellerslie at St George Hospital in Kew, Victoria + making additional funding available for this. Separate to 63 days max per year which is really inadequate. Look at how much carers SAVE the Government compared to what you pay 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

VAL

Print your name

2/7/08

Date