

Submission No. 1029

(Inq into better support for carers)

Sent: Wednesday, 2 July 2008 1:07 PM
To: Committee, FCHY (REPS)
Subject: Re: Submission to Inquiry into better support for carers

Rec. 28/7/08

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

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 there is a shortage of respite houses in my local area. The respite house my daughter currently attends is always unavailable for weekend bookings and we are always on the accommodation waiting list. As the Mother of two autistic children, my husband and I need a break. We are only given seven hours of respite per week and the years and years of stress and anxiety have taken a toll on our health. If this level of stress and worry continues, I fear we will soon reach our breaking point. We urgently need help now, in the form of more respite.

1. The role and the contribution of carers in society

As a carer, I feel that my role is to provide the best possible care and services to my two autistic children; as well as raising two other children both who are in the last stages of primary and secondary school.

2. The barriers to social and economic participation for carers

As a carer, I face the following problems ...

If my husband falls sick, or if I'm ill, it becomes extremely difficult to run the household at all. As a parent of two autistic children, my role as a carer is all day, everyday, and at times, highly stressful and heartbreaking. Pressure and anxiety leave my husband and me unable to sleep most nights. Again, I emphasise the importance of respite care, carers and for funding for full-time stay at home carers.

3. The practical measures required to better support carers

As a carer, I need help with...

The costs of running day to day living; to take in account for caring for my family, there's barely enough expenses left to do that after paying for necessities, (which are rising in price daily) such as groceries, water, electricity, fuel and the payment of the bills and mortgage in one time.

4. Strategies to assist carers to access opportunities and choices

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

The Government could benefit carers by placing more funding in Respite Housing and facilities, carer associations and disability programs/organizations.

I ask for more readily available services with a reprieve on waiting lists or no waiting lists at all concerning disability activities. E.g., swimming programs, outings.

I also would like to request thoroughly researching the effects of the Measles, Mumps, Rubella (MMR) vaccine on the development of Autism in children, (I believe it caused the autism in my son and daughter) as it contains three strains of viruses, exposing the young children to more viruses than their underdeveloped system can handle. Perhaps, if scientifically possible, a test can be devised to 'check' if a child can

'withstand' the vaccine without the risk of developing autism.

Thankyou 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,

Oi Yun

Wednesday 2nd July 2008