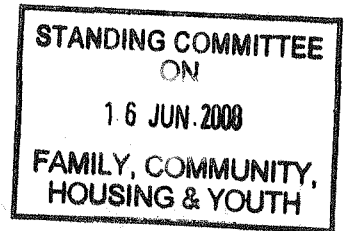


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600



Submission No. 143  
(Inq into better support for carers)  
A.o.c. 25/6/08

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 FEEL MORE HELP & SUPPORT  
SHOULD BE GIVEN TO CARERS

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 CARE FOR MY WIFE WHO HAS  
PARKINSONS AND IS UNABLE TO CARRY  
ON WITH A NORMAL LIFE. AS A RESULT  
IT FALLS ON ME TO DO MOST OF THE  
HOUSEHOLD DUTIES. INCLUDING TO HELP MY WIFE  
TO SHOWER - DRESS ETC

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 ...

UNABLE TO HAVE A NORMAL SOCIAL LIFE OR  
TAKE PART IN SPORTING ACTIVITIES WITHOUT  
ARRANGING FOR A "SITTER"

More information is attached on a separate sheet

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

As a carer, I need help with ...

NORMAL HOUSEHOLD CHORES → COOKING CLEANING  
WASHING AND STILL LOOK AFTER THE  
GARDEN AND JOBS OUTSIDE THE HOUSE

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 HELP TO CARERS  
MORE EDUCATION TO ASSIST WITH ANY  
MEDICAL PROBLEMS THAT MAY ARISE  
MORE FACILITIES FOR RESPIRE FOR BOTH  
CARER & PATIENT

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

XIOMMAN  
Print your name

11/6/08  
Date