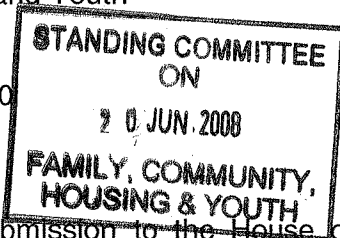


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600

Submission No. 269  
(Inq into better support for carers)  
A.O.C. 30/6/08



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 this is an extremely important matter in today's society. Support for carers both emotional and financial to ease the very many pressures that have to be faced.

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 provide care, physical and mental 24/7 to both my now grown up children, one who has Bipolar disorder (1) very severely and my son 22 who has schizophrenia.

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 ...

① My own health is not good therefore limiting my work prospects at age 59.  
② My time is fully occupied with either one or two of my children needing help, this restricts my getting a job.

③ A carer's payment is hardly sufficient to meet daily needs and financial outgoings, particularly the cost, at petrol when one visits their child in hospital.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

① Some form of respite / holiday place, where a carer can stay and share company with other carers and receive emotional support, with meals provided etc, (of course at a reasonable cost) - for even a week <sup>/accommodation</sup>  
② Finances - it is difficult managing on the Carers payment  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 ...

① Committing to the \$1,600 per year as a permanent thing - Carers I think are worth more than this with what they do in the community - \$1,600 is minimal compared for example to the Baby Bonus of \$4 or \$5,000  
② Serviced and staffed accommodation centres for carers who are unwell and need an emergency break so they can carry on  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

Nuraini

Print your name

16/6/08

Date