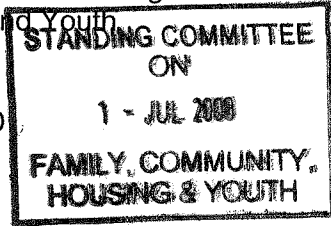


A.O.C. 8/7/08

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



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...

As a former carer - my husband is now in care full time - I always found it difficult to get to do shopping, doctor/dentist appointments. The time allocated each week was soon used up. Even to get hair cut!

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... was

Looking after my husband at home for as long as I could manage to do so.

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 ...

To go out socially was impossible if family could not help out (they did frequently but their lives with young children to take to sports etc etc was difficult to help sometimes) Only 4 hours per week does not allow for much "me" time, & expensive to pay for oneself

More information is attached on a separate sheet



3. The practical measures required to better support carers

As a carer, I ^{needed} need help with ...

*a carer to come more frequently when required.
Doctors/specialists in city - 2 hours gone in travelling
time plus did not allow for any hold ups on transport
system. (I had to go to Breast Clinic in city & was
a wait to see specialist if req'd)*

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 ...

*Increasing the allowance (in my case) to allow
to hire a person to supervise/stay with my
husband whilst I attended appointments etc.
Plus - would have been good to have a day out!*

More information is attached on a separate sheet

*There are more things needed to support carers but
I'm not thinking clearly at present.*

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

BARBARA

Print your name

28. 6. 08

Date