

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 have 2 adult children with schizophrenia who need support & after I am the only one who can/will help. I often feel depressed, overwhelmed & desperate.

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...

- Undervalued & unappreciated by health professionals & the general community
- necessary for my children's well being
- too difficult to sustain
- advocate, counsellor, financial prep, problem-solver

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 ...

- Single parent so often no support for me.
- Work fulltime so workshops etc not available - too tired to go out at night.
- Have to make phone calls etc in work hours to doctors, agencies etc.
- No financial security, fears for future.
- During crises, can't be there & often no help available
- VERY DIFFICULT TO ACCESS HELP WHEN NEEDED.

More information is attached on a separate sheet

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

As a carer, I need help with ...

Reliable <sup>Compassionate</sup> backup agencies to step in + fill the gap.

Financial help to loved ones who often can't afford medications & basics -

After hours care - people don't only get sick 9-5 Mon-Fri.

Care for me - if I break down, so do my kids

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 ...

Acknowledging & valuing the work we do including saving gov. money.

Provide more real assistance for our loved ones - just throwing money at the problem doesn't fix it. Better access to good case managers, CAT teams etc.

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.

JULIE

Print your name

9/6/08

Date