

Dear Secretary,

I am eighty years old and my dear husband eighty six and I have been his carer (he has Dementia) for about two years, though looking back I feel it started long before that, when he suddenly gave up all his social activities around the same time and became more and more reliant on me, to the point when my own pleasurable pursuits are practically non-existent.

Last year was a horror year when we lost six close friends, and most of those left are scattered or unable to help as they have problems of their own.

I have one son who works shifts, and doesn't know when he is on or off until a couple of days in advance, so is unable to help much apart from going out to a Restaurant occasionally.

My husband has four children, one lives overseas, the three others in W.A.

All are working with busy lives, one rarely visits, the other two come when they can for an hour or two maybe.

They all have homes with spare bedrooms, and it would mean so much to me if only they would offer to take their father for just one weekend.

a year each which I don't think is too much to ask, do you?

It would mean so much to me, something to look forward to, to feel like a normal person again, to be able to sleep on my own, in peace, for two whole nights, and visit a friend or go out for the day without feeling guilty and having to watch the clock! Heaven. So I would ask the Government to print a small Booklet aimed at Family members, who may seem oblivious to the needs of a sole Carer, listing all the problems left to one person, including down to personal hygiene.

As more and more people are being diagnosed with Dementia or Alzheimers I feel a Booklet explaining the consequences to Carers in simple language should be delivered to every Household in Australia. I feel I have aged 10 years in the last year, and sometimes I don't know how much longer I can keep going, and I am better off than some people.

Please Secretary, HELP Carers to regain a little bit of LIFE!