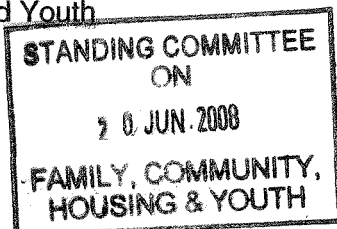


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



Submission No. 271
(Inq into better support for carers)

A.G.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...

As a carer I realize the important role carers are contributing to our society and feel we need every support possible so that we can continue and remain strong physically, emotionally + spiritually.

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 husband (81 years, I am 76). He suffers from severe emphysema (COPD) and becomes very short of breath with any exertion (walking, bathing, eating etc). He is also prone to lung infections. Our main aim is to manage his chronic illness through education and support and so keep out of hospital.

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 ...

Our life is restricted and there is a danger of him becoming isolated. I do not leave him alone for long periods and so find it difficult to live a normal life. I am responsible for all home duties and become tired. We go out with a small electric scooter but I am finding it more difficult to dismantle + put it in the boot of the car. When he does have a lung infection everything gets harder.

3. The practical measures required to better support carers

As a carer, I need help with ...

House cleaning, lawn mowing, transport to
doctors, specialists, pathology, Xrays etc.
emotional support, respite in the home.

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 ...

Supporting self-help carer groups. Increasing the
HACC scheme - more respite in the home situations.
If carers are encouraged and assisted in their role they will
be able to continue and the Government will save money by
assisting the patient to remain at home.

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

CHRISTINE

Print your name

13-6-08

Date