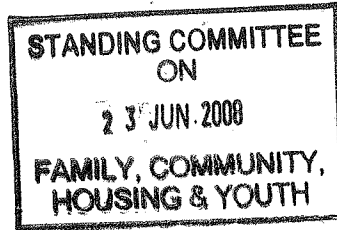


Committee Secretary  
Standing Committee on Family, Community, Housing and Youth  
PO-Box 6021  
House of Representatives  
Parliament House  
CANBERRA ACT 2600  
AUSTRALIA



17/6/08  
[Insert date here]

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.

As a Carer, I feel that my role is ....

*Relentless, challenging, rich, never ending, and teaches me about what really matters in life - that all lives matter.*

I face the following problems ...

*Having to find supervised activities for my teenage daughter - other teenagers are out with each other - Mine is at home with me, wanting constant attention & activity - I can't provide all she requires and I need some free time to myself.*

I need help with ...

*Having time out to rejuvenate, grief counselling - someone / some safe forum in which to talk, &*

I think the Government can better help Carers by ...

*Funding more respite, More community activities that will accept my daughter. <sup>School</sup> Holiday care / programs.*

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

[Sign your name here]

*Beth*

[Type or clearly print your name here]

**Inquiry into Better Support for Carers**

House of Representatives Standing Committee on Family,  
Community, Housing and Youth