

A.O.C. 217th2

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 been a carer in the past, first as a parent of a physically disabled child, later of aged in-laws of whom my now deceased husband - when there was no help at all things have improved but there is still a long way to go as I have friends who are in need of care + I do my best to help them.

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 provide care 24 hours a day, physically + mentally. Had to give up all social activities. To be nurse, housekeeper + on duty regardless of my own health for many years

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 ...

High cost of equipment, medicines etc.
Lack of recreation for myself, always tired and very limited respite - especially of high care respite in country towns.
Loneliness when family not living near - isolated

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Repetit reimbursement when travel ^{by} public transport
not suitable. Help with equipment cost, alterations
to shower etc - easier accessibility to home
where there are steps. Handyman access when
male partner is invalid, home help to lighten household
duties

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 ...

Better payments for carers - who keep patients
out of nursing homes, more publicity about what
is available to carers as often carers don't know
this. More information & funds available as
most carers do a wonderful job under very difficult
circumstances & at high cost to their personal lives

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

MAVIS

Print your name

24.6.08

Date