

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. 1166
(Inq into better support for carers)

AOC 4/8/08

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...

For 29⁺ years I have been a carer for my
intellectually disabled daughter & now also for
my husband with Muscular Dystrophy.

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 24 hours a day care to my loved ones.
Provide personal care - dressings - physiotherapy
Socially stimulation - entertainment.
Spiritually guidance
To keep them safe & happy in their own environment.

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 ...

Cost of petrol for transport to medical
appointments & therapy is too high.
The high cost of equipment is unreal.
Lack of sleep & lack of opportunities to follow
my own pursuits.

More information is attached on a separate sheet

Need to ask for help - other family members -
feel guilty when I can't always manage by
myself. Feel under valued.

3. The practical measures required to better support carers

As a carer, I need help with ...

finding out what my entitlements are
Such as vehicle modification to
accommodate wheel chair & associated
costs involved.

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 ...

Providing more funding
More easily accessible.
Being more understanding of carers needs

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

Print your name ANNE

Date 28. 6. 08