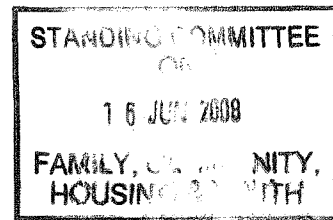


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



Submission No. 135

(Inq into better support for carers)

A.O.C. 25/6/08

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...

I don't feel you understand the role of carers who look after people with emotional/psychiatric problems.

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...

I oversee pill taking, medicines, health issues. Have to be on call all day "just in case" problems will not be handled correctly. My husband becomes "bloody minded" and "independent" and it makes it very hard. He often just doesn't care about safety issues, especially with grandchildren.

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 ...

He tells people I "wear the pants in the family" and it makes it very hard trying to supervise him. Alcohol can be a real problem at times - inhibition's just go "out the window". I am embarrassed by what people perceive me to be, when I am only "caring" for my husband and family.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Emotional support — acknowledgement of the work I do.

Physical support will be an issue for the future.

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 ...

Support them financially so that they can afford to get "respite" or "baby sitters" for the people they care for. Stuck at home with a disabled person is very draining emotionally, people wear out.

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

13-6-07

Date