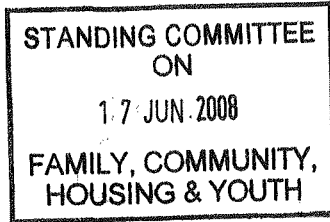


Committee Secretary
Standing Committee on Family, Community, Housing and Youth
PO Box 6021
House of Representatives
Parliament House
CANBERRA ACT 2600
AUSTRALIA

Submission No. 197
(Inq into better support for carers)
A.O.C. 27/6/08



11/6/08.

[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

appreciated, needed, necessary, helpful, encouraging,
tactful, to be patient & a good listener.

I face the following problems ...

loneliness without life with the partner you had (before this)
a lot of self sacrifice - window shopping, movies, outings
travel, camping etc. worry & stress; but most of all
transport to appointments & cutting out expenses to cope.

I need help with ...

transport to appointments.
gardening
maintenance in the home / finance

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

considering the things we cannot do anymore
and think of the things we have to give up & do
without in order to cope financially. At our age we
have a different kind of expenses like medications etc.

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]

[Type or clearly print your name here] PAMELA

Inquiry into Better Support for Carers

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