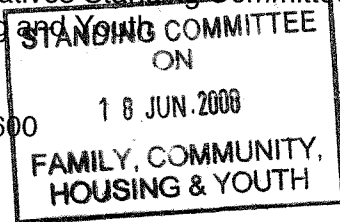


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600

A.O.C. 27/6/08
Submission No. 227
(Inq into better support for carers)



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...

as a carer of my 94 yr old husband, I am finding the situation very stressful and this, in turn, affects my health and my relationships with others.

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 adequately for the needs of a very demanding husband who, besides being illiterate, also wears a colostomy bag which he frequently spills everywhere, leaving me with a stinking mess to clean up.

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 ...

Before any social occasion, I must cook any food he demands, as well as doing laundry/cleaning jobs. After I am too tired to be bothered going. Although I was a French teacher, home commitment prevented me taking any part-time employment or participating in U3A which provides a wonderful social interaction.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

more home help. Respite for me if he was taken for drives/poolings
but he is stubborn and will not co-operate.
If I go away for a couple of days when I am over-stressed
it would help if someone could take him shopping.

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 ...

being aware of the dreadful stress carers endure.

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

Souad (Sue)

Print your name

13/06/08

Date