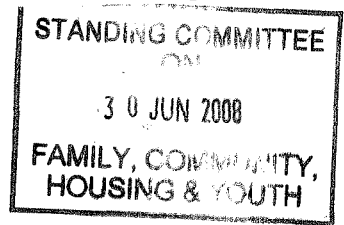


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600



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...

Overnight and daily respite are important issues long neglected. Improved rest breaks for carers mean better in home care provided for a disabled person.  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 break down the barriers between formal and informal care. Would wish to build a good relationship with paid carers so that if my health fails they could take over. Also at 63½ years need to plan for the future.  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 ... I cannot go anywhere unless my son wishes to go. Cannot leave him home alone except for a short dash to the shop because he is subject to daily falls. Have sometimes neglected my health which means I live with pain on some days caused by inflammation.  More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Respite that is wanted and enjoyed by my son  
Do have access to in home respite which is good but need overnight care sometimes.  
Would like  Family Based Care better funded to provide more overnights  
 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 ...

Causing regular respite that is nearby so that carer's health does not keep running down.  
One 24 hr a week is surely reasonable but not obtainable  
63 days per year allowed by Centrelink but never accessible  
 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

ELIZABETH

Date

18 / 6 / '08