

Submission No. 907  
(Inq into better support for carers)

Committee Secretary  
Inquiry into Better Support for Carer  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
P.O. Box 6021  
Parliament House  
Canberra ACT 2600

Dear Secretary:

Hi, there. 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 would like to express my grievances as a citizen of Australia and the changes I am experiencing as a carer:

I am dissatisfied with the health services that it takes an hour and a half wait being attended to in a public hospital due to insufficient staff: for a dental check-up it takes a year to wait and for a colonoscopy procedure it takes six months to wait and for immigration services for sponsoring a relative it takes time and money to be able to get one and only on limited time when you can no longer bear the demands of caring because of the wear and tear of the body and as a carer on a regular basis I experienced loss of sleep, anger sorrows and grief as I felt left out and alone . I experienced being treated less favourably than the others who do not have a disability person to care for. Being a mature age student I was denied acceptance to take massage course which I believe would have been very beneficial to elderly people. As the family is the smallest unit of society care starts first with family of course. Then the community where we live as the government is for the people, by the people and of the people.

As a carer, I face the following problems:

I have less time together with my husband as I attend more to my parent.

I don't enjoy life to the fullest as I have divided attention.

I have lessened my social and leisure activities.

I don't get any help from my relations as they are abroad.

I loss friendships and loss my paying job, loss sleep occasionally.

I am not satisfied with my living space as we have only one toilet and my elderly parent is incontinent.

I experienced profound grief when my daughter feels loneliness and can't understand her grandmother because she of language differences so with my husband. The diversity of cultures plays an impact in the caring for the family.

As a carer I feel that my role is deeply engrained, conflict comes as feelings of resentment between husband and mother and granddaughter to parent. Most of the domesticated tasks has to be shared which I am not certain as health wise he is not a hundred percent well either as we are both on our senior year and he's way ahead of me. What happens to the person I am caring for when I get sick?

As a carer I need help in the pursuit of excellence in caring as well as a quality of life for our family as we are getting older. I need a relative reliever my niece or my sister or any relative as long as who understands Mom's lingo and personality.

I need free training to continue my nursing career or further studies as to divertional therapies.

I need to have a break and spend time with my family.

I need discounted petrol costs in every journey as part of caring going to health centers, hospitals, etc.

I need exercise and gymnastic facilities on a discounted basis to families who cares.

I need assistance in caring on a 24 hour basis as when I get sick preferably a relative who knows my parent well .

The government can help carers by .....

- ❖ Providing health services readily tactful in attending to peoples needs as to treatment and medical attention and free medications as health is wealth.
- ❖ Providing carers free continuing education to update their skills.
- ❖ Providing free relaxation and respite services or on discounted rates
- ❖ Each family should at least have one or two relative here to help them in family needs and not some have all their family while others didn't even have one around in times of need which is essential. Caring is a demanding job and feeling of depression and exhaustion is adamant.
- ❖ Increase more relaxation and fitness centres for carers and clientele.
- ❖ Giving them incentives for their caring role in the family, community as well.

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 to carers in Australia.

Yours sincerely,

Evangelina

Phone: 4July2008