

**Submission No. 956**  
(Inq into better support for carers)

**From:** "Pat"  
**To:** "Better Support Carers" <fchy.reps@aph.gov.au>  
**Sent:** Sunday, July 06, 2008 4:38 PM  
**Subject:** re submission

The Secretary,  
**Better Support for Carers.**

**Return name and address:**  
**Patricia**

4 I H JULY, 2008

I wish to make a submission to the House of Representatives Standing Committee re Better Support for Carers.

Firstly I wish to state that I am 80 years old and have ongoing disabilities.

I am responsible for caring for my brother, Kenneth, aged 83 years for 24 hours each day. I live with my brother, Ken at who owns his own home.

He is a "high care" patient and is only able to leave the bed or chair with the aid of the hoist. He also has the use of an electric bed.

I do have the assistance of Blue Care nurses under Each Program. These nurses assist him 17 hours a week.

The nurses start at 7.00a.m. each morning (except Sunday) to get him ready for the day. This takes 1 1/2 hours. The care is usually good.

Part of the EACH PROGRAM consists in cooking in our kitchen food provided by us for our main meal of the day. They have offered to cook five days a week, but because of circumstances, we have accepted only 4 days.

Whilst here they place Ken in bed whilst meal is cooking and come back at 2.00p.m. to hoist him into his chair. They allow one hour for cooking meal, etc.

Once a week, whilst here in the middle of the day, they do 1 1/2 hours cleaning floors etc.

We also have each week help from Centacare, St. Mary's Community Services for 2 1/2 hours. This is to help with washing, ironing and other jobs as time permits. Because of Ken's condition, it is necessary for washing to be done daily.

They also help on Sunday morning for 2 hours dressing Ken, massaging his arm and shoulder and other duties for which we are grateful.

A lot of my work is required to be done in the evening as this seems to be the time when Ken needs to go to the toilet and shower. The time taken for this would be roughly 2 to 3 hours, which means that sometimes I do not get to bed

until 11 o'clock. This exercise requires:-

1. To hoist him into bed.
2. To be undressed for shower and toilet.
3. Remove from bed to chair.
4. Taken to toilet.
5. Taken from toilet to shower
6. Taken from bathroom to bedroom
7. Hoist from chair to bed.
8. Finish drying him and attending to various rubs and powder.

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9. Dress him for bed.
10. Make him comfortable for night.
11. Massage his back and arm which are causing him great discomfort.

At times, Ken goes to toilet at different times. It would be helpful for us if there was someone "on call" who we could ask for help, if required.

Ken, in spite of his disabilities does important voluntary work for Beaucare and is on the Board of that Group. As a result I am required to assist with some secretarial work including computer work.

I consider I contribute to society by doing my duty as carer.

I do not want any recognition, but would appreciate anything that can be done to help me to find time to read and relax more and overcome stress which I experience,

My caring role affects my life by having to give up outings, etc. There is little time to do my exercises ordered by my specialists.

The practical measures to support me are having an "on call" nurse, when required and the possibility of having some meals brought to my home provided they do not lose too much of the home cooked flavour. This would help in two ways as I would have less shopping to do and also would not have the interruptions of people coming in to cook.

Yours sincerely,

PATRICIA



~~I will send you a copy of this submission duly signed.~~ *P.J.M.*

7/6/2008