

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

ROC 2/17/08

Submission No. 988
(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...

I am submitting to the inquiry because. I am the sole carer for my intellectually disabled daughter who resides with me. My daughter Julie requires ongoing full time support & care.

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...

I feel my role is to provide time with Julie. I also see it in my role to daily provide her with advice & provide her with a range of opportunities. My aim is to ensure that her daily routine is filled with stimulation & happiness.

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 ...

Limited interaction with my own peers and other carers in a similar situation. This has led to personal isolation & loneliness. This is perhaps more evident with carers who provide sole/individual support, as it is sometimes difficult to request other people to look after her.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Employing & paying suitable temporary or casual carers to look after Julie, if I am away for more than a few hours, or if I am unwell. Home help support would be socially valuable for her. This would allow me to spend a small amount of time for my own recreation. More information is attached on a separate sheet. It would also give Julie a break from me.

4. Strategies to assist carers to access opportunities and choices

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

Providing respite care for a least 2 weekends a year or ultimately for 1 week a year, which I am would assist me to ~~realign~~ realign & manage my own emotional issues. The above suggestions would enhance both Julie and myself for a better lifestyle & well being.

Thank you for spending More information is attached on a separate sheet the time to read my letter & comments & I welcome your input that may assist people with intellectual disabilities.

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

P. J. C.

Signature

Pam.

Print your name

2/7/08.

Contact Telephone Number

The limited services that are available for the disabled are becoming costly for people on low incomes. The cost of food, petrol and general living expenses has led to re-evaluating current payments for recreational activities. Opportunities, therefore become restricted. Government assistance are funding to help pay for Julie's social, educational and recreational pursuits would be greatly welcomed. Assistance with transporting Julie to various venues and work place would be valued. This could be provided by either increasing the mobility allowance or having a bus or taxi service.