

Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth

S Submission No. 80  
(Inq into better support for carers)  
A.O.C. 16/6/08  
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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, I know how difficult it is to cope both socially and economically especially when it comes to full-time shift care. The isolation that comes from this position for those who are not in this situation do understand why I can no longer participate at past levels.

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 care, love and make sure my hoord one is keep safe and well do my best possible ability. To keep hoord ones in a environment that is ~~for~~ known to them so they are comfortable. My role is to also make the right decisions concerning care and to find the best possible facility when I can no longer care full-time for hoord ones.

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 ...

People don't understand the amount of time involved in looking after care recipients, especially with mental illnesses or physically disabilities. Finding people who you both trust and like to help is difficult. Paying for extra care help becomes difficult if you are losing any pensions, as there is no extra money for these luxuries. So over time friends drop off as you can no longer maintain

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**3. The practical measures required to better support carers**

As a carer, I need help with ...

Day to day care, respite that may be cost & might be enable social outings  
Handyman or maintenance care around home. Understanding within the  
community of my role and what it entails. Better Communication between  
services, both medical and support and the carer. Retaining when role is  
over and also extra support that may help with keeping a job longer.

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 ...

Making care packages more user friendly, so carers stay with their package  
Education about the best of mental a care experiences along the way during  
their caring role. Using care packages to also effectively plan a long term future  
for both carers and recipients. More funds would be fantastic but the money must  
be used wisely by doing direct action support, and education on retaining

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

Robyn  
Print your name

10/6/08  
Date

Paul Carter - Facilitator of Care, relinquishing Support Group

## Question 2.

the same levels of interaction as your life needs more and more around the care recipient. Having well paying jobs or even jobs that allowed only visits (e.g. wedding plans, outings, work around house.) make managing very hard, when you are looking at a care role which could last up to 20 yrs. This role also affects you all the time as if you are for a parent as a young child, disruption to schooling and homework, is the same as disruptions to a weekday as you are always on call for emergency.



4.

Independence and work preferences.

More focus on what happens after retiring, role is ending, how to cope after the role is finished, with even more isolation and loneliness.

Please note loneliness is one of the major hardships of aging is our connectivity and we need to find ways to maintain contacts between family & friends while cars are doing important jobs for all of us.

I have no quick or easy way to fix these problems, but if everyone works together we can surely work through these issues, with some success.

