

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

DOC 12 21/7/08

Submission No. 1004  
(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 a mother of three young children;  
my eldest has Aspergers Autism Disorder,  
my middle child was born Down Syndrome  
& I'm constantly tired !!!  
my youngest suffers  More information is attached on a separate sheet  
major food allergies & eczema.

1. The role and contribution of carers in society

As a carer, I feel that my role is...

to look after & nurture our son who  
just needs more help & attention than our  
other children. I feel we alleviate a huge  
financial burden off of the Government's  
shoulders.

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 ...

It is quite difficult for me to obtain paid  
work as my children have to come first!  
I'm often told the reason I don't get the job  
is because I'm just not as flexible as other  
applicants. When your child has a disability

More information is attached on a separate sheet

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

As a carer, I need help with ...

- regular respite so as to recharge my batteries
- more continence dollars; the bigger they get does not mean they urinate less!
- more respite houses built, more staff, more availability, more often
- one weekend every  More information is attached on a separate sheet month would be HEAVEN

**4. Strategies to assist carers to access opportunities and choices**

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

Helping us get some training to be able to "attempt" to go back to the workforce!  
Perhaps a basic computer course?  
Some of us mums have been out of it for 7-10 yrs, that doesn't look good on your resume!!!  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

GABEE

Print your name

11-7-08

Date

## 2. The barriers to social & economic participation for carers

& it is all quite often you need to be able to care for them & this requires time off work - NO employer will put up with the length & frequency that we need to look after our kids. I don't blame them as they're trying to run a business & survive.

The hardest part is having to constantly justify to outside parties why you "don't work"

I would love some of these people to live my life for a month & then see that even though I don't go out to paid work I do in fact "work" damn hard.