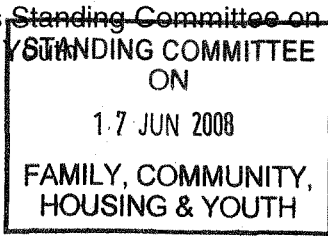


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600



Submission No. 210  
(Inq into better support for carers)  
A.O.C. 27/6/08

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 believe Carers contribute an enormous amount (in all ways) to the less fortunate in our community & are working/living with very high stress levels, causing deterioration of their own health.

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 provide quality of life & love for my husband <sup>(of 39 yrs.)</sup> who suffers from chronic anxiety & depression. I also work professionally as a (low paid) community carer. I provide both physical & emotional support to all my clients & have done so for 4 yrs.

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 ...

I get very tired from the emotional stress & strain of my husband's <sup>volatile</sup> unpredictable moods & his late nights. - is frequently up at 6am & <sup>pm</sup> retires 12-2am. As a paid worker I also get very tired as I attend to my clients' need. I also pay for my petrol & car maintenance - a job requirement.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ... Opportunities for (discounted) self-care -  
e.g. massage etc. (as. prof<sup>n</sup> carer)

Opportunities to socialise; Increase in Pay -  
currently \$17-\$18 p/hr. Respite - Holidays (ideally) regularly every 3-6 mths. Greater empowerment & inclusion with decision-makers (doctors etc) in management of care provision for those who are family/key carers.  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 ...

Increasing Carers' Allowance; <sup>substantially</sup> providing greater respite for both carers & their loved ones. Ongoing professional support - cost free - for Carers - to help them understand issues they face & <sup>to</sup> meet other carers.   
↓  More information is attached on a separate sheet  
esp. in times of transition to institutions.

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.

MAREE

Print your name

Date

6/6/2008