

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. 791
(Inq into better support for carers)

AOC 16/7/08

HOUSING & YOUTH

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 the wife & main carer of a Korean Navy Veteran with dementia & not much support from immediate family. It is a tough, stressful job & without Carers Aust. it would be impossible

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 & look after my husband to the best of my ability & not to affect my own fragile mental & physical health I am the one who seeks what help & information is available.

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 ...

① To learn I need to put myself (health & needs) first in my family. ② To be a financial wizard & balance pensions in order of priority. ③ To let our Federal & State members realize without more help & support from them they will soon be out of a job.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Finance to train more dementia workers
affordable respites for me & my husband
training courses & transport on dementia
acceptance from many people that
dementia is not contagious.

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 ...

- 1 more finance
- 2 more training courses.
- 3 more help.
- 4 more "me" time
- 5 more "hours in the day"

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

NAIOA

Print your name

Tuesday 1st July 08

Date