



A00 17/7/08

Submission No. 874
(Inq into better support for carers)

Committee Secretary
Standing Committee on Family, Community, Housing and Youth
Po Box 6021
House of Representatives
Parliament House
Canberra ACT 2600

Dear Secretary,

My name is _____; I wish to make a submission to the House of Representatives Standing Committee on Family, Community, Housing and Youth inquiry into better support for Carers.

I am a 17year old young carer and along with my mum and brother I help care for my dad. I feel that my role as a young carer is very hard and even though I know I am important it is also very hard because unlike other kids my age I have far more responsibility, sometimes making it feel like I have the weight of the world on my shoulder.

As a carer my roles may include sitting with dad, being an emotional support, helping with daily things like shopping, putting out the garbage, getting his medicine for him and being available to provide him with his oxygen hose, (because sometimes he can not get these things on his own).

I sometimes find it hard and have to face problems like trying to juggle school, work and sport. One big problem I have had this year is I have had to miss some school to help with dads appointments, when mum really can't get of work. This is when it is really hard because dad's appointments are important, mum needs to work to help cover all the expenses of having a sick person as well as every day living and I really have to go to school. How do you chooses what is the most important thing to do? Yes, that's right they are all important.

I miss out on doing a lot of social things with people my own age because I have to help look after my dad because he is sick or in hospital.

I worry about my future because I always self doubt my self; I worry about how my mum and dad will cope with out the extra help around the house and other things. I am always worried about if my dad is ok with his health. How my mum is coping and if money is ok, because they travel to Sydney a lot the cost of petrol just keeps rising and when you add on the extra problems of a person with an illness the cost of living keeps rising at a fast rate.

Things that would help me and my family more is more financial assistance, so my mum can have a break from the house work or driving by paying someone else to

help. My mum doesn't just look after my dad she also has to work and is always busy this leaves no time for normal family things to do or even to go on a holiday.

I think the government can better improve help for young carers by improving financial assistances and supporting the services that try to support me and my family.

I get to go to one camp a year this is very important for me because I meet people that are in a similar situation and feel the same as every one else for a few days in a year. When I return home there is no one there to help take away the added pressure we all have to put up with because my dad is sick.

Last year my dad had a Double Lung Transplant; this meant that both of my parents had to stay in Sydney leaving me and brother to care for ourselves. I have never felt so alone and afraid. My mum and dad came home at Christmas time but dad is no better and the pressure on my family is harder than before. Please do something to help change the help carers receive.

My life as a carer is very hard, this is my dad and I love him and would do any thing for him but this doesn't mean that my life is easy.

Thankyou for taking my views into consideration as part of the committee's enquiry. I look forward to hearing about the out comes that will hopefully improve the lives of young carers and my family.

Yours Sincerely