

From: Brian
Sent: Friday, 4 July 2008 2:56 PM
To: Committee, FCHY (REPS)
Subject: Inquiry into Better Support for Carers

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Dec 17/2008

Submission No. 876
(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'm the primary carer of a daughter with multiple disabilities, autism being the main one. I'm aged 67 and therefore feel that I am in need of more help (mainly respite) than a younger carer.

1. **The role and contribution of carers in society.** As a carer, I feel that my role is saving the government a great deal of money towards my child's living.
2. **The barriers to social and economic participation for carers.** As a carer, I face the following problems: I had to retire early from my profession as a registered nurse; I often cannot pursue a recreational life as I did in the past (i.e. before being a carer).
3. **The practical measures required to better support carers.** As a carer, I need help with more respite, transportation (I don't drive), better communication from relevant departments.
4. **Strategies to assist carers to access opportunities and choices.** I think the Government can better help carers by offering more respite opportunities and engage us in information of care plans for our children's futures so that we lead more peaceful and secure existences while we're still around.

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
Caroline