

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. 954  
(Inq into better support for carers)

FAMILY, COMMUNITY,  
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 find caring exhausting, lonely, demanding. I am constantly on the run because my husband is on oxygen & has dementia. ~~That~~ the oxygen deducts <sup>financially</sup> from the extra help I can get.

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...

Nurse, house maid, office worker, gardener, maintenance, co-ordinator, cook, CAREA, co-ordinator of services,

If you get respite <sup>care</sup> the work involved is so much its not worth it (for a holiday)

Carers allowance doesn't cover all the extra costs

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 ...

Financial loss the costs of extra needs is great.

you are not free to go out if invited, must plan well ahead. As a result friends stop asking. If you have a visitor, you are constantly interrupted they stop coming. you are too tired to keep up your work. I am an artist have a studio, its going. I am not producing any work. I had to give up my students, financial loss

More information is attached on a separate sheet

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

As a carer, I need help with ...

I am drowned in paper work. My respite time is used in necessary needs for myself medical, dental, chemist. Its not respite its giving me 5 hours a week to cram in my immediate needs. Its not time out.

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 ...

Having an infrastructure to co-ordinate all the services, medical, help services, district nursing

There is no overall care plan that can take over in an emergency. There is no central

umbrella that can pass on necessary information on the person cared for  More information is attached on a separate sheet

My children are very busy working + bringing up a family.

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

Jill

Signature

Print your name

Jill

Date

1 - 6 - 07