

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 caring for my husband and I do not get enough money to be able to give him any outings, or pay for council help as it all cost money plus medication AND for his aquiment.  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...

Being able to recognise how far you can go, and to be able to have a support system to enable us to be able to take a step back caring does not get any easier in fact, it gets harder - physically mentally  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 ...

stress tiredness emotions it is DAY to DAY life managing a Disable person it is adjusting to their needs their are many different changes and losses carers experience our lives may never be normal again.  More information is attached on a separate sheet

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

As a carer, I need help with ...

more Respite more help with the Bills  
Reward cards for carers to receive  
discounts on some goods and services  
We carers & families need much more in  
the way of support, accommodation and services

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 ...

increase the Carer's Allowance  
and the services need to be more available  
for instance we could use in home respite  
some can have a few hours a week to do  
something enjoyable, so it will help to sustain my sanity

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

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Signature

Print your name

THELMA

Date

6-6-2008

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