

Supp. Submission No. 1284.1
(Inq into better support for carers)

Aec 24/9/08

Dear Coordinator,

I was away for a break & found your letter lately and decided to write to you.

As a carer to my husband Ken is a huge job to me who was formally trained as a professional teacher and now a relief teacher and a part time student of education.

Though i can't deny the compassionate nature of caring for someone who I wish i can really care for from his physical, mental to emotional needs.

The issue that bothers me is still the same since i started as a carer in June 2007.

I am a trained teacher & would always love to be with students a few days in a week. This makes me feel good and capable at the same time i need to earn some extra money to pay for my Uni Fee.

By being a carer which was upon my husband's request & critical situation, after a few days/fortnight of relief work, my carer allowance was usually cut a large amount which left me to only a few dollars for an an hour work after minus the petrol which was almost of no help to my financial situation to improve life as i desired so far.

We have bills to pay as you all do, car loan and rental to be deducted.....It was so discouraging when Centre-Link said that i'd worked "too much" last Winter as schools did need relief teachers to shoulder the workload too & i went though it was exhausting.

So what do i do to stay healthy, happy and self-sufficient as a carer?

I am a new migrant of 5 years standing wishing to improve my life and to benefit the society when chances allow..

I am writing to you with an open heart trusting that things will change for better and to get some advice on how to live live as a carer in a more healthy and manageable way. I did go for counselling & it was one of the great services provided to ease the burden of a carer when things got rough.

Please let me know if this is the case with other carers and what do we do to face it ?

Thanks for allowing us carers to voice up our needs for a support system to strive on for the ones we love.

Be well.

Have a good night to all.