



Submission No. 302  
(Inq into better support for carers)  
A.O.C. 30/6/08

19<sup>th</sup> June 2008

Secretary  
Inquiry into Better Support for Carers  
Standing Committee on Family, Community, Housing and Youth  
PO Box 6021  
House of Representatives  
Parliament House  
CANBERRA ACT 2600

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 care for my husband on a daily basis and the day in, day out commitment becomes a burden. It means not being able to make plans in advance because each day can bring a new problem. I try to find time for myself so that I can still pursue some of my interests but mostly this is of a night after my husband goes to bed and therefore they are solitary pursuits (which of course I still enjoy).

I utilize the 6 weeks respite allowance my husband is entitled to through having had an ACAT assessment and each time my husband has been a respite patient in an aged care facility I have travelled to Sydney to visit my aged mother. However, I would like to have the occasional time away with a friend to go bushwalking and enjoy an overnight stay. This is not possible as the waiting lists at aged-care facilities are very long and my times away have to be planned months in advance.

The practical measures that would better support me are having access to a "casual" facility where my husband could be cared for over a period of one or two nights and with only a week or so's notice. Spontaneity is a missing ingredient these days.

Another suggestion would be to have access to a team of local carers available. one of whom could stay overnight in my home and tend to my husband. At present the amount of money this would cost is beyond my means.

Yours sincerely

Jéanette