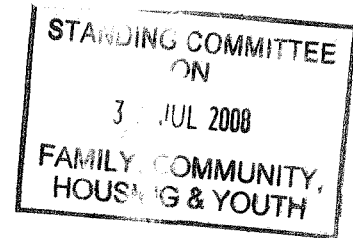


AOC 16/7/08

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



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...

TO OFTEN THE CARER/CARERS ARE THE FORGOTTEN PEOPLE
CARING FOR SOMEONE WITH A PHYSICAL OR MENTAL ILLNESS IS A VERY
DEMANDING JOB AND A BREAK FROM THE CARING ROLE IS EXTREMELY
IMPORTANT AS IT CAN BECOME OVER WHELMING 24 HOURS A DAY 7 DAYS A WEEK

More information is attached on a separate sheet

1. **The role and contribution of carers in society**

^{FORMER}

As a carer, I feel that my role is...

TO CARE FOR A LOVED ONE AND YET TRY TO LEAD A "NORMAL"
LIFE CAN BE VERY HARD, A BREAK FROM THE CARING ROLE
IS ABSOLUTELY VITAL TO REGAIN ONES WELL BEING + STRENGTH
FOR THE FUTURE OF ALL CONCERNED
RESPIRE IS PARAMOUNT, EXTENDED FAMILY IS NOT ALWAYS
AVAILABLE TO HELP IN EMERGENCY

More information is attached on a separate sheet

2. **The barriers to social and economic participation for carers**

^{FORMER}

As a carer, I face the following problems ...

UNLESS INVOLVED IN A CARING ROLE THE GENERAL PUBLIC
SEEM OBLIVIOUS TO THE DAY TO DAY HAPPENINGS OF A CARER
JUST TO HAVE TIME FOR ONESELF IS ALL IMPORTANT
TO BE ABLE TO GO SHOPPING OR DAYS OUTING IS A
MAJOR OPERATION FOR A CARER

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

TO ENABLE A CARER TO ATTEND A DR'S APPOINTMENT REQUIRES
SOMEONE/SOMEBODY TO COME INTO THE HOME ALBEIT FOR A
SHORT WHILE - MORE STRESS IS NOT WHAT A CARER NEEDS
CARERS ALLOWANCE SHOULD BE REVIEWED MORE OFTEN
AS RISING COSTS ARE CRIPPLING.

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 ...

APPLICATION FOR CARERS ALLOWANCE SHOULD BE SIMPLIFIED
TOO MANY "PLAYERS" IN VARIOUS ORGANISATIONS
PERHAPS A NURSE PRACTITIONER COULD BE OF ASSISTANCE
BOTH TO THE CARER + TO THE PERSON BEING CARED FOR.
INCREASE IN THE CURRENT RESPIRE TIME AVAILABLE
PARTICULARLY FOR THE CARER WHO IS TRYING TO WORK + CARE
SHIFT WORK INVOLVES THE CARING ROLE CONCERNS
CARING IS NOT A 9 TO 5 JOB!!

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

RONALD

Print your name

30TH JUNE '08

Date