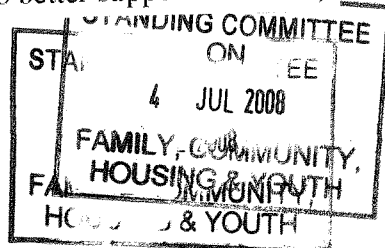


Submission No. 920

(Inq into better support for carers)

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...

I am a carer looking after several people. My husband and I are in our 50's. I know what other carers go through & understand that we all take care of our loved ones before we even think about ourselves

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...

to look after my loved ones, but it would be good to get some recognition for what we do, and a helping hand sometimes if only for some respite or social outings etc.

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 ...

as best that I can, - lack of finances governs how much I can do, even to my own health. Like me, most carers I know go without ourselves, even neglecting our own health so the we can help our loved ones. This can be very hard with no income of my own. fuel prices +

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Coping with increased expenses, just taking my father to + from medical treatment takes me some 200 kms and 2-3 hours travelling so therefore takes up a lot of my time, not to mention costs.

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 ...

giving more attention to carers, medical expenses and more opportunity for respite for carers.

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

Signature

GM

Print your name

GWENITH MARIE

Date

30th JUNE 2008

Postal Address

^{cont}
2). ... great distances to specialist medical help and attention is often difficult. I have had a heart attack & therefore no longer have paid employment. I am often stressed and have been hospitalised through depression. I now try to think of my self but this is not always easy. I belong to a carer's support group & find the same thing with many others. Our wellbeing is definitely second to our loved ones care. Many carers don't live with the person they are caring for, being unable to get funding we then go without ourselves. More respite for carers and time out for carers would be most welcome.

epm