

A.O.C. 23/6/08

10th June 2008.

The Secretary,
Inquiry into Better support for Carers,
Standing Committee of Family, Community, Housing and Youth,
P.O. Box 6021,
House of Representatives,
Parliament House,
CANBERRA. ACT. 2600.

Dear Sir / Madam,

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.

In 1981 our family of Mother, Father and three beautiful children was turned upside down when our eldest child was diagnosed with a brain tumour. Our life since then has been one of juggling the raising of proud upstanding citizens who contribute to society while supporting each other as we contribute to the community through volunteer positions in schools, scouts, sports, Religious Education, Senior citizens, Carers groups, Unions, Respite Committee and caring full time for a disabled daughter.

My husband's expertise is in the coal industry and as a result we live in a small town.

- The advantages are Tara (32 year old uncontrolled epileptic with brain damage) is known and loved in the town.
- She is accepted into many of the activities with mainstream activities eg. Pottery, art group, and exercise classes.

My plea to the committee is to consider:

- **Respite.**
- **Quality Respite.**
- **Respite accessible to all Australians.**
- **Funding to transport clients to Respite.**
- **Respite that incorporates exercises and social activities.**
- **More Respite.**
- **Regular Exercise Programs.**

Queensland Health provides an exercise program to the seniors and disabled in Blackwater once a week. This provides our daughter with series of exercises, weight training, and stretches which helps her overall balance, walking ability, confidence and weight control as well as a social outing.

It has been impossible for me to work in paid employment.

The above suggestions can assist many people unlike the individual programs that only help a select few – often those who cry the loudest.

I look forward to hearing the results of this inquiry and hope that our ideas will be given careful consideration.

Yours Faithfully,

Mary