

Doc 18/8/08

Committee Secretary  
Standing Committee on Family, Community, Housing and Youth  
PO Box 6021  
House of Representatives  
Parliament House  
CANBERRA ACT 2600  
AUSTRALIA

[Insert date here]

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.

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

an important one, but not always treated as such with some people.

I face the following problems ...

• Justify my role as care to some of our friends who do not see my husband as sick (He has depression (severe) Post traumatic stress and many physical problems.) I do hesitate to tell some people I am a carer for this reason  
• 'Needing time out' for myself, as living with someone with depression is very stressful.

I need help with ...

• Emotional support  
• Some degree of social isolation, as my husband is quite withdrawn and this affects our social life

I think the Government can better help Carers by ...

• We do need respite from time to time.  
• Acknowledging us, for we do 'above and beyond' our duties unbeknown to many.

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

[Sign your name here]

[Type or clearly print your name here]

PATRICIA

**Inquiry into Better Support for Carers**

House of Representatives Standing Committee on Family,  
Community, Housing and Youth