

Laura

AOC 6/1/09

Submission No. 1296

(Better support for carers)

Dear Ms Ellis,

I am writing to you today to
comment on "Better Care for our Carers"

I note that 25 HRS a week is allowable
time each week for Carers to seek
WORK outside the home environment.

That's all very lovely, but who then looks
after the frail, old, disabled people
at their Home? Is it the Man in the Moon?

I notice some may get family help to pitch
in and do the caring, but there are
those, and there are many, who get NO
family support at all. It's all too common.

Some carers cop a lot of flack from
family members, and often carers don't
get a decent break because family
members are far too selfish to
give up some time like a day a
week to help a carer relative.

THIS IS VERY, VERY TRUE!!

Therefore I ask that You consider more respite care available to Carers that is affordable, on a weekly basis.

It's common that limited No of respite care is available through agencies in connection with the Government

A pitiful 2 hrs a fortnight and 2 hrs a week, if you're lucky, very lucky

It's a **JOKE** + Private agencies cost too much
MORE RESPITE HOURS MEANS MORE AUSTRALIAN JOBS

How do you expect Carers to maintain proper health and especially a healthy state of mind, a mind that does not fall into a depressed state?

Chronic depression is often brought about by people not resting or having no time at all to themselves.
ASK BEYOND BLUE THEY ARE THE EXPERTS

One does not have to be a scientist to figure it out. It's common sense and it has been ignored dreadfully, by Parliament House, for a decade.

Carers should get at least 5 to 12 hrs a week as personal time to themselves to stay healthy
thankyou for YOUR understanding.

Sincerely
Laura

Will there
be a positive
outcome?

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