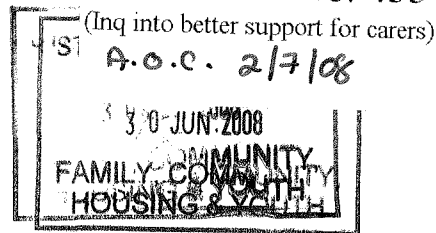


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600

Submission No. 435



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...

WE ARE UNDERPAID  
us carers have 24-7 Job but we  
don't get overtime paid to us.  
NO COMPANY CARS NO FREE PETROL.

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  
SON THE BEST I CAN  
BUT AT THE SAME TIME  
I have my 87yo Mother and 3 grand<sup>3PO2 NO TONE IN</sup>children  
and my Husband. WE HIT OUR HEADS AGAINST  
WALL EVERYDAY

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 ...

OUR WILL TO WRITE YET.  
WE WANT TO LEAVE EVERYTHING  
ORGANISED FOR THE KIDS EASY  
TO UNDERSTAND + AND IT COSTS MONEY  
NOT BEING TO AFFORD THINGS IS A PROBLEM.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

OUR AIRCONDITIONER HAS BEEN BROKEN  
FOR 3 YEARS WE CAN'T AFFORD TO  
FIX IT. SIMPLE THINGS AROUND THE  
HOUSE THAT SHOULD BE DONE YET  
CAN'T AFFORD TO DO IT. NEW ELETRICAL GOODS.

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 ...

MORE FUNDING  
4 weeks HOLIDAY PAY IN DECEMBER  
LIKE EVERYONE ELSE THAT GOES ON HOLIDAYS  
SUPER PAID TO US FOR OLD AGE  
+ SUPER PAID TO OUR SICK ONES.  
PLUS THE BONUS WE ALREADY GET

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

FILOMENA

Print your name

27-6-08

Date

## **“THAT’S WHAT IT’S LIKE” TO BE A CARER**

My task is to try to encapsulate what it’s like to be a carer.

To impart to you the anguish, the fear, the mourning you go through and the mental fatigue you suffer. All people suffer fits of depression and anguish at some time in their lives, but this does not go away. It haunts you like a nightmare you don’t wake up from.

**“THAT’S WHAT IT’S LIKE TO BE A CARER.”**

To be terrified of your own flesh and blood (scared of them, scared for them) but loving them at the same time.

**“THAT’S WHAT IT’S LIKE TO BE A CARER”**

Hiding alcohol, hiding anything that could be a weapon, which they could use to harm themselves or even harm you. To talk yourself hoarse in an environment that lacks logic or reason

**“THAT WHAT IT’S LIKE TO BE A CARER”**

To watch a beautiful healthy child disintegrate in front of you.

Watching the effect of the mental problem along with self-abuse of alcohol and drugs.

To see a family tear itself apart; each person individually trying to handle the mental pressure-cooker environment in the best way they know to survive. To sit, telephone in hand desperately seeking help but unable to speak; the words just won’t come out.

**“THAT’S WHAT IT’S LIKE TO BE A CARER.”**

You surface; like a drowning man you stick your head above water to take another breath to carry on once more only to be pushed back down again, and again and again.

You operate on automatic, going through the motions. To most, nothing appears wrong; to them you may seem a little sad but only you know that your stomach is being torn to shreds in side.

**“THIS IS HOW IT FEELS TO BE A CARER”**

You seek help time and time again. This group, this psychologist, this shelter, these people, this time, around and around it goes only to end back where you started. Nothing or nobody seems to be able to help! What do we need? What can reduce the trauma we are going through?

We need trained professionals who recognize my son does have strengths and intellect, who comprehend the difficulties he faces getting on top of his dependencies and can work with him to overcome these difficulties.

He needs support from professionals as well as from those who love him! To work with him to help fight this disability which seems to plague our modern society. My son is not just an idle nohoper acting weird; he is sick! And his family is suffering too and has done so for years. Finally we need suitable accommodation options that do not leave the sufferer feeling an inferior citizen or worse, and the carer’s, burdened with the guilt because their child is living in such hideous places.

**“THIS IS WHAT WE NEED!”**

PICKED THIS UP AT FINCHLEY SUPPORT SEVIRCE