

Submission No. 465

(Inq into better support for carers)

A.O.C. 2/7/08

21 June 2008

Committee secretary

Inquiry into better support for carers

House of Representatives

Standing Committee on Family, Community, Housing And Youth

Dear Secretary

**\*the role and contribution of carers in society and how this should be recognized**

There needs to be more media attention about carers and the vital role they play in society.

I am a counsellor, a social worker, a manager, an administrator, I am also a mother and a wife.

It would be nice to feel appreciated and valued .

**\*the barriers to social and economic participation of carers, with a particular focus on helping carers to find/or retain employment;**

Due to the stresses of caring you have low self esteem, you lose your confidence, your tired, you lack assertiveness, your depressed. For me the thought of employment just feels like a weight pushing me down, my body is soo warn out physically and mentally .

**\*the practical measures required to better support carers, including key priorities for action; and;**

To provide carers with a gold card like DVA recipients so that we can access better health care to services we otherwise cant afford. To extend the carers sa psychologist counseling to 10 visits as 5 is not enough. To provide a gym membership subsidy for carers , this would also help in improving on fitness but mental health too. The government dental scheme needs to prioritise carers dental needs aspecially when half a tooth falls out and its cutting into your tongue but as you are not in pain you are told to go on a waiting list and you will get looked at in 18months, this happened to me just recently, I was so upset I said to the girl on the phone well I don't think I could live with this till then I may as well put a gun to my head. I suffered all weekend and went there the Monday as an emergency, its all fixed now.

**\*strategies to assist carers to access the same range of opportunities and choices as the wider community, including strategies to increase the capacity for carers to make choices within there caring roles, transition into and out of caring, and effectively plan for the future;**

I am already been thinking about my future, I am looking into doing some volunteer work which will not be related to caring. Im having a training day coming up, I see this as a challenge and I'm wanting to give it a go.