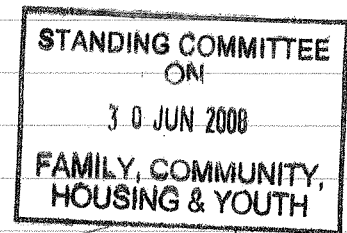


27<sup>th</sup> June, 2008

Submission No. 618

(Inq into better support for carers)

A.O.C. 9/7/08



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

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 feel that my role is of importance  
and needs to be taken as such.  
I contribute to Australian society  
by keeping an even balance  
with family, friends, neighbours  
and society as a whole, which  
I have done a lot of over the  
years, having been a member  
of neighbourhood watch.

I face the following problems  
being on call all day, every day,  
twenty four hours a day, 7 days  
a week. Sleep deprivation - being  
woken during the night - no social  
life, being on call day & night.  
I have used my respite allowance  
of 1 month from D.V.A. which covered  
2 weeks for an operation and  
2 weeks recovery. Beside an

elderly mother to care for, with some dementia, I have a son seriously injured in an industrial accident, due to negligence and doing my best to keep him stable.

I can't fully participate in a social life because because I am on call 24/7.

I am financially struggling because I have been a victim of crime which has affected my health and need to be in a Benefit to cover health problems. Also the care of my mother and an injured son eats into my budget and savings.

I worry about my future because I don't know how long I can keep coping at the rate I am, at present.

The things that stress me the most about being a carer are, being woken during the night. Then endless calls, during the day and <sup>no</sup> one to help, keeping my own appointments and not having a carer to help, while I am away. My son does his best but is very limited with what he can do, due to the nature of his injuries and is on heavy patches which sends him to sleep and

does not hear my mother's calls.

I need help with Caring and think that a Respite <sup>Relief</sup> Carer, would be the best solution for me.

I need to have Respite <sup>Relief</sup> Carers for help and support and this would help me because it would enable me to get shopping, appointments & Business sorted out, without worrying and stressing out, so much.

I think the Government can better help Carers by providing Respite Carers, for 10 or 15 hours a week, to give us time to ourselves for a short time. Providing they have a security clearance, I think this would be a good idea.

Thank you for taking my views into consideration as part of the Committee's Inquiry. I look forward to reviewing any recommendation you make to improve life for Carers in Australia.

Yours sincerely

Sarice