

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. 736
(Inq into better support for carers)
Doc 14/7/08

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... As a full time Carer;

there needs to be more attention to, and given help in supporting us. To keep a quality life and life-style as to our needs, and to maintain a reasonable level to continue to care for loved ones.

I love what I do! But I realized too late of the importance of care for me, But hopefully that will change in the future.

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... a very needed role. -

does need to be recognized more - it becomes a high cost to the carer, as years develop - to one's own health issues - with financial cost, to the carer, 24 hour relay a week position. When respite care, break was required, unable to get it. NO vacancy! One, when urgent - only way was a high cost of \$550 a week.

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 ... My health issues, does not allow me now, to

participate in social areas. Some more restrictions, as an Age Pensioner. Scared for 5 years for each parent. Then husband 51 years, a Type ONE, Diabetic also in 1971, Fairfield Hosp. 6 weeks with Hepatitis, with other virus' year later. Unable to work full time, hours of 28 a week, till 1983 after 3 months, then on Disability Pension, no wife Pension. Husband was finally diagnosed in 1991. ME/CFS.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

NOT so long a wait for RESPIRE for both or one ^{husband} when can.
A complete refreshing change of routine, with a bit of fun and
entertainment, with pleasant surroundings! To remind us, we are
not alone, also recognized, but how one feels in health and
energy, really counts and helps to contribute to recovery.

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 ...

Medibank Private cost us a quarter \$57k.90 (Blue Ribbon) (Hospital only)
My medical needs has risen quite a lot. Many not on P.P.S. with more cost.
My Carer Allowance contributes to medication, my Carer Bonus, tends to
orthotic fitting and new shoes; to help my spine. Also used for
Physio when needed. Most carers would be living on low budget,
financially. So we often put off.

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

Iris
Signature

Iris
Print your name

Date
30.6.08

Continued

Eris Rankin

Question 2

Having many rough issues, with 2 illnesses up to present time. — Need recognition by All Medical Profession's. It is an illness.

Question 2 (continued)

My need is to tend to my whole body, as best I can! Now 70½ — was going to gym, after 10 weeks of Personal Trainer care, — but after 15 months of Complex Health Issue's, has set me back, at this time not able to return. My goal is to! Better, energy and health, also need help to, if out of the Village here at Baxter. I had "Age Strong Course".

I am on Ros Q10 — as Heart, with 3 valves concern of many years. I only have, one a day, have for many years since 1985. But hear, Heart Specialist say, 3 a day. Can these be put on P.P.S. to ease many areas.

Thank you, for the opportunity to share briefly our journey.

Eris Rankin

Myalgic Encephalomyelitis – What Does it Mean?

| | |
|------------------|---------------------|
| MYA | muscles |
| ALGIC | painful |
| ENCEPHALO | brain |
| MYEL | nerve |
| ITIS | inflammation |

ME / CFS – Chronic Fatigue Syndrome
ME / Myalgic Encephalomyelitis

