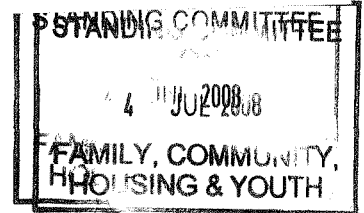


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



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...

I care full-time for my 3 year old daughter with Down syndrome. As a result she also has a congenital heart defect (Complete AVSD), mild hearing loss, lymphocyte abnormalities. I also provide some care for my elderly widowed mother who is 74. 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...

completely undervalued. I feel forgotten. The dreams I had for my future - post graduate law replaced by the day to day grind of caring.

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 ...

I am unable to work & the lack of income means I am unable to save as I had hoped to study law. My marriage nearly broke down - my husband now has the financial burden of supporting us. We rarely get to go out & a night away without the kids is a pipe dream but I know it is what we need. More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

- Good quality respite
- 'Think outside the box' funding eg. a gym membership - the luxuries you can no longer afford but help keep you sane!
- Easy access to medical services eg. psychiatry / psychology
- Free / flexible study More information is attached on a separate sheet
- Special needs childcare options


4. Strategies to assist carers to access opportunities and choices

I think the Government can better help carers by ...

- Streamline & simplify services
- Fund excellent providers eg. MOIRA
- A comprehensive website so I know where to find, for example, a modified bike, yoga for carers - everything is so difficult to access - from information More information is attached on a separate sheet to services.
- Means testing can further isolate carers - rather than test the 'financial' look at the level of care being provided.

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


Signature

Janine

Print your name

July 1, 2008