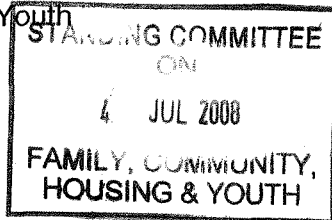


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600



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 am struggling to care for my husband (68) who has been disabled by a severe stroke.

My caring role is 24 hrs a day 7 days a week. I exist on the pension and carers allowance but my husband's needs such as heat + cooling, medical services + aids, transport etc mean that there it is hard to manage physically, financial and emotionally. I am 67.

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...

undervalued and unappreciated. I am lonely and isolated, exhausted most of the time and live day to day hoping I can cope with tomorrow. No one else would do the job I do. The ~~alt~~ alternative is putting Jim in a home. That I will not consider until I'm dead on my feet.

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 ...

In caring for my husband I have no life outside my home. I have no friends, very few social outings and no hobbies. I do everything for my husband

I take care of the house, cooking, financial needs, <sup>wheel</sup> chair, <sup>wheel</sup> chair, equipment maintenance, garden, appointments, medical needs, transportation.

More information is attached on a separate sheet

The list goes on but I have no faith that anyone will read this or care - not even my own government. I suspect this is a bureaucratic exercise

3. The practical measures required to better support carers

As a carer, I need help with ...

Respite services  
Financial assistance  
Home maintenance

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 ...

Providing more financial support by increasing the <sup>Carer's</sup> allowance and Carer's payment.

Abolishing the requirement for families to pay a daily charge for respite. In our case where my husband requires high care, the charge is \$3205 daily which amounts to \$448.70 for a 2 week stay. For pensioners this is prohibitive.

As a result we don't access respite as frequently as we should considering I as the carer am 67 and the caring role I have of an extremely disabled man is exhausting.

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

Rose Mary

Signature  
Rose Mary

Print your name  
Rose Mary

Date  
3/7/08