

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. 1165  
 (Inq into better support for carers)

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...

Carers need all the support & recognition  
 they can get, as well as more financial  
 help, and because carers don't work 9-5  
 we can't turn off our job and go home.

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...

Very important to the person I care for  
 and all of my family. I became my husband's  
 carer 10 yrs ago, I was 54 years old, I gave up  
 work. So for 10 yrs I missed out on a full weeks wage  
 and got no Super to fall back on - No Holiday or sick pay.  
 I think this should be taken into consideration

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 ...

Isolation, Health problems, Financial Hardship  
 No Holiday, No Job opportunities, as what you  
 earn P-Time gets take off you in Respite fee's  
 So Pointless trying to go to work.

More information is attached on a separate sheet

Follow on Form 1).

Now my Husband has gone into Permanent residential care, as he developed Dementia and it became too hard for me to look after him as much as I wanted to, I have health problems myself now. And having to look after him 24/7 became impossible. Take into consideration, on the go all day and having to get up 4-5-6-7 and sometimes more every night to change the bed, or take him to the bathroom, or just to tell him that it was still night or early morning, was very frustrating and heart breaking. Now I don't know which is worse, having him home or leaving him in the home.

I still consider myself a carer as I go to see him almost everyday, I bring his washing home to do myself as I'm afraid I wasn't very happy about the way the laundry was done & so many articles of clothing got ruined, I had to buy new ones for him. Might I add that that expense came out of my Pension as his is \$ taken up in the cost of the home. Also I had to pay for his medication until we finally reach the 'Net' Thank god I don't have to pay anymore now until next Jan. I'll save \$50.00 Per mth

So now I'm 64 yrs old, don't have any Super to fall back on, and on having to watch every cent I have. I think carers should still get part of the Bonus even if they don't have the person they care for at home. At least then they could maybe have a weeks Holiday or treat themselves to something that they would probably be able to have if they were still working for a salary each week.

I still take my Husband for any appointments he has, so I'm using my car and I have to have petrol so I

P.T.O

3. The practical measures required to better support carers

As a carer, I need help with ...

Transport for Appointments - Free Parking.  
Councillors to talk to, Aids such as Incontinence  
Products, need to be more accessible, & FREE.

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 ...

Respite programs at the cost.  
Provide more financial help for the carers  
Most Carers get exactly the same Pension  
as the one being cared for. Carers should get  
a proper wage with all the benefits, maybe  
the carer can have a P-Time job, and not be  
penalised for it. Provide  More information is attached on a separate sheet  
free Respite in the home.

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

Pauline

Print your name

25/06/08

Date