

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

AOC 18/8/08

13th June 2008

[Insert date here]

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.

As a Carer, I feel that my role is

over-looked and that all the focus is on the welfare of my husband who I care for.

I face the following problems ...

extreme stress because of looking after my husband. I have my own disability and a lot of times I think of suicide. I do everything with no help and alot of times I can't cope.

I need help with ...

to be able to have a couple of days away on my own, but can't afford to because my husband and I are both on a disability pension. Please help me.

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

giving practical help, not just words. also by giving more money to carers so they can have a break from the ones they care for and to be able to spoil themselves once in awhile.

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

[Sign your name here]

[Type or clearly print your name here]

Julie

Inquiry into Better Support for Carers

House of Representatives Standing Committee on Family,
Community, Housing and Youth