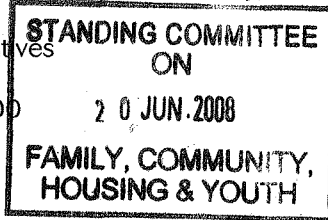


A.O.C. 30/6/08

[Insert date] 09.06.2008

[Insert your address and contact phone number]

Committee Secretary
Standing Committee on Family, Community, Housing and Youth
PO Box 6021
House of Representatives
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.

The Committee is seeking a better understanding of the situation for Carers in Australia. Use any or all of the following starting points to help you write your letter:

I feel that my role is as a full time carer for my nephew + husband.
I contribute to Australian society by ... being the carer & not having the govern-ment
I face the following problems ... as I am doing everything. employ others:
I can't fully participate in social life because ... I don't have time for myself.
I am financially struggling because of ... Doctors, Specialists, Petrol + cost of living
I would like to work (full-time or part-time) but have the following issues to deal with ... I am working
part-time to make ends meet.
I worry about my future because ... I have no outside intrests and
feel its too late to try.
The things that stress me the most about being a Carer are ... I feel alone and with no help.

Remember that it will help the Committee to understand your point if you can support it with examples from your own experience.

* I am also suffering an illness myself.

The Committee would also like to hear of any ideas, solutions or strategies that will support you in providing care. Use any or all of the following suggestions for getting started:

I need help with [insert problem or issue here] and think that [insert ideal] would be the best solution for me.
I need to have [insert a practical help or support here] and this would help me because it would enable me to ...
I think the Government can better help Carers by ...

Remember that it will help the Committee to understand your idea if you can support it with reasons that it will work or examples of things it will help you to achieve.

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

[Type or clearly print your name here]

Ninfa