

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. 329  
(Inq into better support for carers)  
A.O.C. 30/6/08  
HOUSING & YOUTH

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 have recently become the full time carer of my 3yo daughter. Until you are faced with being a carer you have no idea of how demanding a job it is (I certainly didn't) the impact it has on siblings and relationships and how hard it is to get other people to understand.  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...

to care for my daughter, making sure she gets the attention and best possible care I can provide. As well as caring for siblings other family members and keep up to date with what is happening in the world. Society would not run without carers of every sort.  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 ... Extreme exhaustion!

Extreme isolation, which is made worse by living in a rural area. I get very depressed and find it hard some days to keep it all together. I would love to study as I have access to the internet but

our family budget does not allow ~~with~~ this. The increasing fuel cost have a big impact also  More information is attached on a separate sheet as we have no access to public transport.

### 3. The practical measures required to better support carers

As a carer, I need help with ...

Some times it is just having someone to help out i.e mowing the lawns for me. financial assistance with study would be good, I think this would improve the mental health of some carers as it gets our mind off our 24/7 job.

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 ...

- 1) Providing a yearly health checkup for carers.
- 2) Providing handyman/women to help out with some domestic maintenance i.e) cleaning house gutters / mowing lawns
- 3) More support groups in regional areas.
- 4) Better recognition in society in general
- 5) more access to support services i.e stress / relationship management.

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

Shannon

Print your name

19/6/08

Date