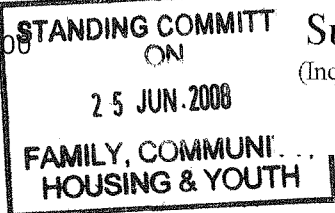


Committee Secretary
Standing Committee on Family, Community, Housing and Youth
PO Box 6021
House of Representatives
Parliament House
CANBERRA ACT 2600
AUSTRALIA

PATRICIA

A.O.C. 1/7/08



Submission No. 345

(Inq into better support for carers)

22nd 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

a strenuous, mentally & physical and a very demanding job. It is 24/7 full on job. Carers only get a 3 hr week respite break. who else works this amount of hours & only gets this pitiful few hours break.

I face the following problems ...

At times physically & mentally drained. I have found myself at times fighting of depression through loneliness and little contact with other people.

I need help with ...

some maintenance around the house when things arise. We should have someone available to do small jobs at a very small charge.

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

giving more respite care weekly. Also give carers and their charges a group holiday, with the help of others who can take on the role of looking after that person while the carers relax together for a few hours. Some may enjoy fishing, or even a boat trip. Carers would be better

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.

of with this

Yours sincerely

[Sign your name here]

[Type or clearly print your name here] PATRICIA

Inquiry into Better Support for Carers

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