

APC 16/7/08  
Submission No. 815  
(Inq into better support for carers)

Secretary  
Inquiry into Better Support for Carers  
Standing Committee on Family, Community, Housing and Youth  
PO Box 6021  
House of Representatives  
Parliament House  
CANBERRA ACT 2600

Dear Secretary,

My role as a Carer is looking after our mentally disabled son. He is Autistic, 32 years, lives independently and plays sport. We still take him to a lot of places, Doctor, Naturopath, Chiropractor, Podiatrist, Sports Training, Tournaments, Special events and wherever he needs to go.

We do get help from Mamre and Youth and Family Service for grocery shopping and social events,

I contribute to society by doing our share to make sure he is happy and leads a reasonable life and not sit at home twiddling his thumbs and putting on weight.

I think this should be recognized by anyone to make them realize what it is like to live with a disabled member in the family.

My caring role affects my life because we do not get as much help as we would like. We need more help in respite, camps and transporting them to wherever.

I find it difficult because we do not get any help financially from Centerlink because our son has left home but we still help him.

It affects our health as it wears us out trying to keep up with his needs. Our life is ruled by his needs and we do not have much time to ourselves.

Because of all this I have been unable to work. We are retiring soon and we would like to have a rest by going away.

The practical measures that would better support us are more help in respite, camps, and transporting to wherever they need to go.

This support would assist us in a better lifestyle, as I do suffer from depression from time to time as life with a disabled person can be very stressful and I realize life can be stressful no matter with whom you live. At times I have been suicidal.

There are families worse off than us.

Thank you for taking my views into consideration as part of the Committee's Inquiry. I look forward to reviewing recommendations you make in order to improve support for Carers.

Yours sincerely,

Mrs Cathy

A small, handwritten signature in black ink, appearing to be the name 'Cathy'.