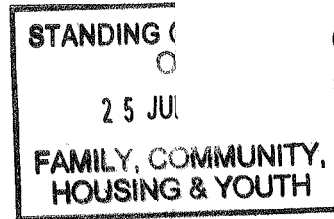


Submission No. 349

(Inq into better support for carers)

A.O.C. 1/7/08

21<sup>st</sup> June 2008  
Alvira



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 ...

Personally rewarding but stressful in coping with various assessments necessitating loads of time spent with assessors and relevant paperwork apart from dealing with the everyday chores of the house.

I contribute to Australian society by ...

Paying my taxes, caring for my son to the best of my ability and some voluntary work as well as assisting my grandson who is at university.

I face the following problems ...

Social isolation, appropriate care for my son when I'm no longer able to care for him -option to have him cared for in his own home. Group homes not suitable for him. Would like to buy into a self care unit with hostel provision and nursing care to provide for our future needs. Am trying to wind up my legal affairs - best way to make my will - unsure whether it provides sufficiently for my children, pre-arrange my funeral

I can't fully participate in social life because ...

Both my son and I have anxiety problems and is difficult to socialise.

I am financially struggling because of ... N/A

I would like to work (full-time or part-time) but have the following issues to deal with ... N/A

I worry about my future because ...

I am ageing and fear of losing my driver's licence in view of the fact that we can't use public transport

The things that stress me the most about being a Carer are ...

Social isolation; what will happen to my son when I'm no longer able to care for him; looking after his hygiene and dress; keeping medical appointments; home and garden maintenance; general chores such as shopping; constant assessments; coping with disability legislation; inconsistencies in delivery of Respite Care and Supported

PTD

Accommodation (who gives it) in cases of dual diagnosis. Centrelink have declined Respite for my son through their usual channels due to "primary disability being an issue of mental health" when the primary disability is actually - "intellectual"

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

*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 (Supported Accommodation) and think that [individual funding for my son to live at home] would be the best solution for me.

I need to have [government support] and this would help me because it would enable me to ...

Have peace of mind when I'm no longer able to care for my son

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

Clearly defining their guidelines re availability of respite and supported accommodation which should be geographically appropriate. Ideally (in my particular case) to be provided in the home. Provision of Individual Funding would be desirable as all people with disabilities have different degrees of need, therefore more cost effective. Dollars to be spent wisely in employing service providers and their staff who should know their subject and be properly trained.

*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 and look forward to my submission being acknowledged and hope that my recommendations will improve the lives of Carers in Australia.

Yours sincerely

Alvira