

Submission No. 361

(Inq into better support for carers)

A.O.C. 1/7/08

Sent: Monday, 23 June 2008 10:58 AM
To: Committee, FCHY (REPS)
Subject: Re: Inquiry into Better Support for Carers [SEC=UNOFFICIAL]

23 June 2008

Committee Secretary
Standing Committee on Family Committee, Housing and Youth
P O 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.

I feel that my role as a carer to my husband who had a stroke 6 years ago is a very stressful situation. As I am still working full time as I need to financially, I find it hard to cope with all the caring my husband needs. At the moment, my husband can still care for himself during day time while I am at work. In this way, I feel that by working full time I have contributed to Australian Society. Sometimes I can not fully participate in social life as my spare time is devoted to my husband's cares and needs.

My own experience was about a month ago. My husband usually gets tired mid afternoon and tends to fall because of his balance problem. One night time after our dinner, he fell down and hit his head on one of the corners of the drawers in the lounge room. There was a deep wound on his head and was bleeding profusely especially he is taking the tablets Assasantin and Atacand for his blood pressure problem. I took him to the Calvary Hospital and was attended by the nurses and doctor who was on duty at that time and allowed to go home. He was told to have his bandage for a week and I made an appointment for his GP to take off the bandage the week after. While the nurse on duty tried to take off the bandage the blood started to ooze profusely again and she called the GP to help her. I was helping too by putting more paper towel on his head to stop the bleeding. The doctor just managed to cover up the wound again and told him to go back again in another 2 weeks time in order for the wound to be completely healed. One night before the GP's appointment to see his wound again, it started to bleed again and this time so much blood that two big towels were soaked with blood. I was able to call an ambulance and then he was told to stay overnight for observation. I went home about 1 am so distressed and could not sleep on that night.

I need help like if I can get someone just to do some cleaning or vacuuming the house like 2 hours a week would be of great help to me. It would enable me to do some other works like weeding and cleaning the backyard garden.

I think the Government can better help Carers by understanding their roles and the stressful moments when

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they are caring for the people close to them.

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

Ellen