

A.O.C 8/7/08  
Submission No. 628  
(Inq into better support for carers)

Committee Secretary

26th June 2008

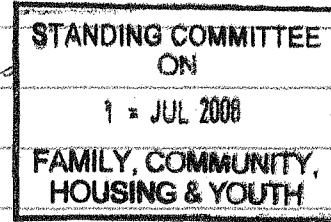
Standing Committee on F. C. H. and Y.

P.O. Box 6021

House of Representatives

Parliament House

Canberra ACT 2600



Dear Secretary,

I would like to make a statement to the above Committee enquiring into Better support for carers.

My role as carer for my wife I feel goes further than that of her husband, and as such I contribute to Australian society by reducing the cost and physical burden of professional staff to assist her in her disability.

My main problems include that altho there are 168 hours in a week, I can only get time to leave her alone

for 3 hours Mon morning (when I have to pay for a care group person to be here) and 2 hours Thurs. night for a personal relaxation event, and as I worry about her needs, I find that I don't sleep too well, and rarely get more than 5 hours/night.

Social life is restricted to these 5 hours above, and altho' I have a run about to go fishing in Lake Macquarie, this now is virtually impossible, and I have only had the boat out once in the last two years, when my son & daughter-in-law (who stayed with my wife) came to visit.

As the family all live in Sydney, where their jobs are, I cannot expect too much, other than maybe one weekend per month, by way of

visits etc., which they try to do as much as possible.

Before my wife's disability, we regularly spent two weeks at the Gold Coast each year. This is now not possible, as we cannot be away from our medical group, and my wife cannot now stand long car trips.

As I am a veteran of WWII & thus 83 yrs old (my wife is 77 yrs old) the task of saving is not as easy as it would have been 30 yrs ago, but we manage, and this fact causes me much concern.

Our main source of income is pensions from D.V.A. and altho we own our house & have

4

no debts, we can only survive  
with a limited lifestyle, including  
that neither of us drink or  
smoke, and eating out is a  
rare treat.

Trusting this is of some  
assistance to Committee

I am

Yours faithfully

Roy