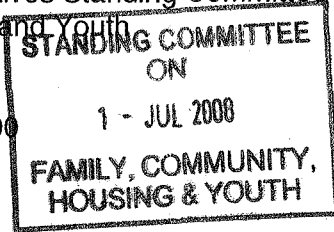


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



A.O.C. 14/7/08
Supplementary Submission No. 48.1
(Inq into better support for carers)

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 am submitting to the Inquiry because...

I am a full time carer for my Husband
24 hours a day 7 days a week and it
is hands on never get any time to myself
my children are too busy as they work and have a family

More information is attached on a separate sheet

1. The role and contribution of carers in society

As a carer, I feel that my role is...

very rewarding, but we are not
recognised, and that the Government
does not understand the amount of
time we spend on our family and
our love ones

More information is attached on a separate sheet

2. The barriers to social and economic participation for carers

As a carer, I face the following problems ...

of being tired run down and
when I have to go in to hospital
there is not enough social help available
and family have their children to care for
and sometimes it happens without notice

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Having a break a few days a week
and the person I care for needs
some time away from me and as he
would like to go fishing and have an
opportunity to go away for a weekend

More information is attached on a separate sheet

4. Strategies to assist carers to access opportunities and choices

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

more money to give or next of kin
a chance to have a holiday and for
us carers to be able to relax and be fit
for when he returns from his holiday have
places besides respite for them like camps

More information is attached on a separate sheet

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

Signature

Print your name

THELMA

Date

16-6-2008