

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

Submission No. 99
(Inq into better support for carers)
A.O.C. 23/6/06

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 care for my husband with an ABI & I have breast cancer. I wasn't aware of 63 days respite for carers until 3 years into my husband's stroke. Why don't medical facilities, medical personnel tell you these things from the start?

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 under paid, and a thankless job. In the last 2 years I have undergone radical breast surgery for cancer 6 months of chemo therapy & 6 weeks of radio therapy. Who looked after me? - myself! Very very stressful & difficult. Why doesn't society look after the carer when they are ill?

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 ...

My husband's never wants to go anywhere with me. Most days are based around misunderstood conversations which turn into nasty fighting. Doesn't like me going out on my own, the feeling of isolation, he never wants to socialise, & spends

3. The practical measures required to better support carers

As a carer, I need help with ...

More regular respite breaks, with other carers.
Getting my husband to participate in weekly outings
Access to "de-stressing" myself, relaxation classes,
yoga, reflexology - with vouchers. Maybe if these practices
were there from the start my cancer may never have
developed. Now the Govt More information is attached on a separate sheet
has to look after me as well as my husband?

4. Strategies to assist carers to access opportunities and choices

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

We save the Government millions by looking after ill
people, We need a boost in our pensions, discounted
petrol & Grocery Shopping Vouchers. Free access to
training facilities, more (aged) care facilities for
mid aged persons.

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

940 June 2008

Date