

## Submission No. 1041

(Inq into better support for carers)

ACC 28/7/08

**Sent:** Monday, 7 July 2008 2:06 PM  
**To:** Committee, FCHY (REPS)  
**Subject:** Spam: Carers Submission

7 July 2008

Committee Secretary  
Standing Committee on Family, Community, Housing and Youth  
PO Box 6021  
House of Representatives  
Parliament House  
CANBERRA ACT 2600

Inquiry into Better Support for Carers

I submit the following comments for inclusion in the Committee's considerations-

1. Carer Burnout: The constancy of care can cause burnout, both physical and emotional. The effect can be disastrous on all the family. Other children in the family suffer and it can often be the cause of family unit breakdown. The need for reasonable respite is a must. This includes a lengthy respite period which will allow a decent yearly family break – a week is not long enough when travel is included.
2. Employment: Even casual employment can be difficult to obtain and retain. For a carer with a school aged disabled child work is limited to the school time. The problem of having to be home all during school holidays causes employment to be not only disrupted but usually terminated.
3. Superannuation: This very difficult to accumulate and aggregate with the limited work choices.
4. Retraining: Because carers usually have to withdraw from the permanent workforce and unless there is an opportunity to work from home, deskilling rapidly occurs. Financial help could be given to enable carers to set themselves up for work at home. Opportunities should be given for retraining and help in gaining employment when the need for care no longer exists.

9/07/2008

Yours faithfully,  
John