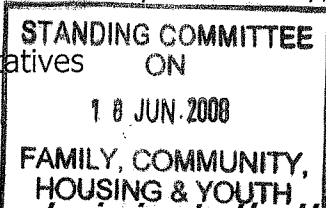


Committee Secretary
Standing Committee on Family Community, Housing and Youth
PO Box 6021
House of Representatives
Parliament House
Canberra



A.O.C. 30/6/08
Submission No. 246
(Inq into better support for carers)

I wish to make a ~~submission to the~~ House of Representative Standing Committee on Family, Community, Housing and Youth's Inquiry into Better Support for Carers.

I feel that my role is

not recognized to society and it has to be a way of life.
We are forgotten. Overseas people are recognized with funds given to them. Charity starts at home.

I contribute to Australian Society by

Leaving my life on hold, "no life" for the past 10 years.

I face the following problems

Depression, not have interactions with friends and going out once in a while for a coffee and keeping up with friends.

I can't fully participate in social life because

My full day and night is spent at home.

I am financially struggling because of

The prices are going up every week in the supermarket. I have to shop in three shops for the specials to save a few dollars each fortnight.

Its getting that way I would not afford to ~~buy~~ buy small gifts for my grandchildren for their birthdays and Christmas.

I would like to work (full time or part time) but have the following issue

no one would employ me, being out of the work force for 10 years; the only job I would be good for would be voluntary work.

I worry about my future because

Obtaining enough money to live and pay the bills.

The things that stress me the most about being a carer are

Caring for my mother with bad issues and she suffers with her pain every day its worse, and I am the only one ~~when she~~ that is there to ~~not~~ abuse over anything.

I think the government can better help carers by

Caring about them, and what they have to put up with day in and day out.

Regards

Helen

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.