

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. 326  
(Inq into better support for carers)

A.O.C. 30/6/08

HOUSING & YOUTH

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 feel that the important work of carers often goes unrecognized and I would like to help the inquiry to better support myself and others in a similar position.

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...

extremely important - I assist and attend to the needs of someone I love dearly. I don't have any formal training and feel there is less importance but on my role than that of paid carers who assist my daughter.

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 ...

I have had to reduce my employment from 31 hours to 12 1/2 hours per week. I cannot participate spontaneously in social functions. Planning our future, retirement, where best to live etc. is very limited. No recognition of unpaid carers hours.

More information is attached on a separate sheet

**3. The practical measures required to better support carers**

As a carer, I need help with ...

Training to deal with the specific needs of the person I care for.

Regional support. I live in the country + often seminars etc are run in the metro area.

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 ...

Offering more respite places especially in regional areas. Taking <sup>away</sup> the means test or raising it or reducing tax for families with adult children to care for. Monitoring residential care facilities better + creating for facilities for young adults.

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

JULIE

Print your name

Date 17-6-08