

My name is Annette Harrington and this is my submission in relation to the rescue package. I am a public servant. In the last 12 months making ends meet has become more and more difficult even for a single wage earner like myself and I have watched my own resources whittle away.

I have a long term chronic illness relating to a workplace injury which I now have to manage myself with a variety of health alternatives including seeing a GP and a psychologist.

I do have private health insurance but that costs a lot of money about \$768 to \$70 a fortnight and you have to pay upfront for most of the medical help you get and you really only get ½ or a little less back.

If I were in receipt of a one-off payment or a significant tax break I would be able to make a lot more informed choices about very long term pain management. I would also be able to afford to get home help. I am in an age bracket where I don't automatically get those things. I am 53. I passed out recently in the street and was admitted to hospital and I am getting no home care.

I have two broken ribs and I am now using my rec leave because I've had so much sick leave at work. If I were able to get more pain relief using the needling technique that works for me, it would be so much more useful in terms of my pain management. Also I'm not given access or not finding it easy to get access to medical help. I go to a clinic, I wait for 1 ½ to 2 hours to see a doctor. If I could afford to see another doctor for another opinion, I might find myself getting more help about my condition. No-one can come up with an alternative idea about why my heart seems to be giving me problems. I am on nitro spray for that medical condition. I cannot afford to go on to sickness benefits or an invalid pension because I wouldn't be able to afford to pay my rent or live because there just isn't enough money. So I am holding down a full-time job and paying a cleaner to come in once a month because I actually can't manage my daily work and to pay the cleaner once a month is \$133 for 3 hours work.

So any kind of extra money would definitely be spent by me on my health at a clinic, support for me at home, and I might even be able to afford the haircut that I haven't been able to afford to have and haircuts are approximately \$70 if you go to a good hairdresser.

I am not a waster of money but I haven't seen a movie for a long time. I certainly haven't been able to afford to go out to dinner for a long time.

And I would very much appreciate some very sensible thoughts given to what someone like me would use and I am testifying that I would use that money sensibly. I hope this evidence is enough. I don't know what else to say other than that a rescue package is a sensible use of finances and there are a lot of people like me. We are not all family people. I don't have anyone that I live with and it's me and my dog.

I am hoping that this testimony will be seen as a non-emotional support of the government's initiative.