Committee Secretary Inquiry into Better Support for Carers House of Representatives Standing Committee on Family, Community, Housing and 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 think the role of a carese is not recognize at all
I think the role of a carese is not recognise at all, carers need access to services if the person whom they
are caring for areadmited to hospital carers need
to know where these services are available
☐ 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
to care for my family and also for myself
☐ 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
loyeliness not enough support centrelink must
loveliners, not enough support centrelink muest let carers know what services are available also
what benefits the corer can get explanation of
what benefits the corer can get explanation of what is actually the difference of a carers pension a carers allowence
sa carers allownce

 $\hfill \square$ More information is attached on a separate sheet

3. The practical measures required to better support carers
As a carer, I need help with
seepport, respete, someone to talk to therapy
☐ 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
once a carer is registered with Centrelink, an
ougoing support for the family so as not to flounder in the impression there is no help or support the family as I was not to have to find out too late what there is available
V ☐ 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
JOHANNE
Print your name
6-6-08

Date

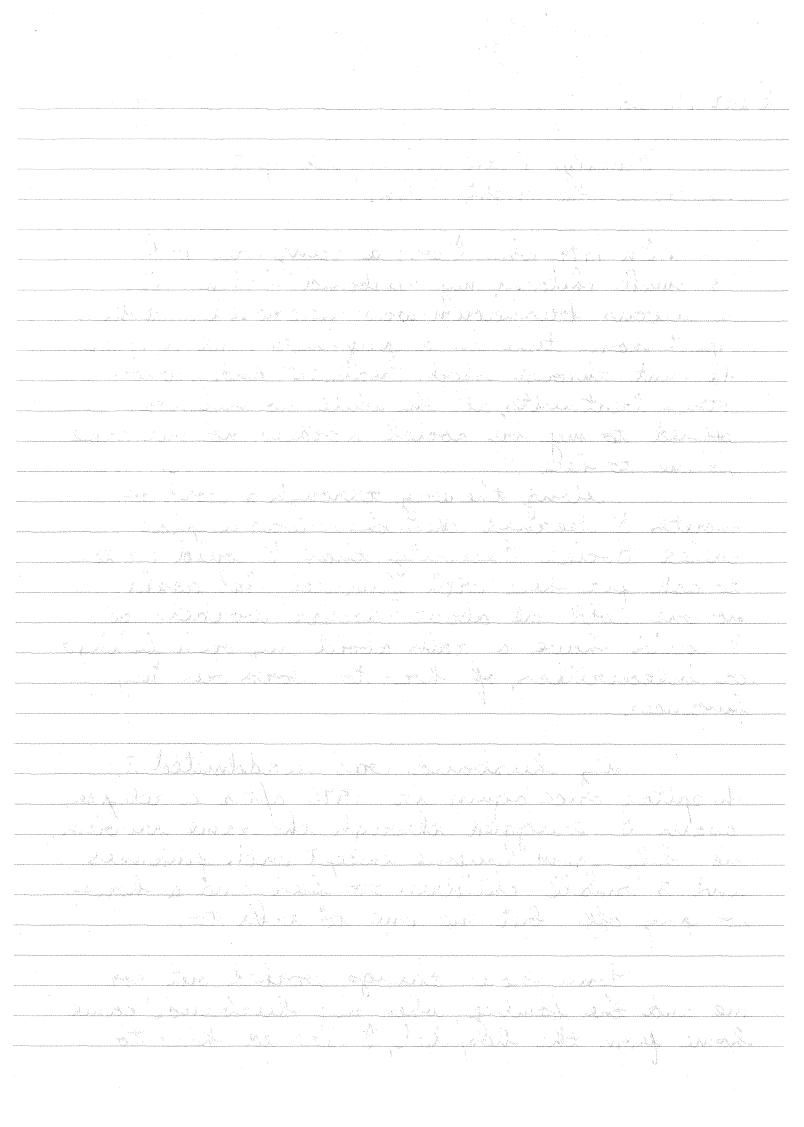
Tinally I can tell my story to romeone who might listen.

In 1974 when I was a young wife with 3 small children my husband became ill, a vereous breakdown was diagnosed and he spent some time in a psychiatric word where he went through shock treatment and various other treatments, all the while no kelp was offered to me by rocial workers, no one came to me to kelp

Hong the way through a word of mouth I learned that there was a place called Social I eccurity that I could go to to ask for help with finances but again no one told me about rocial workers so I could have a talk about my own feelings or insecurities, of how to work out my finances.

beginstal once again in 1975 after a release, again I struggled through the same problem no help from anyone except with finances and 3 small children to feed and a house to pay off but no one to talk to.

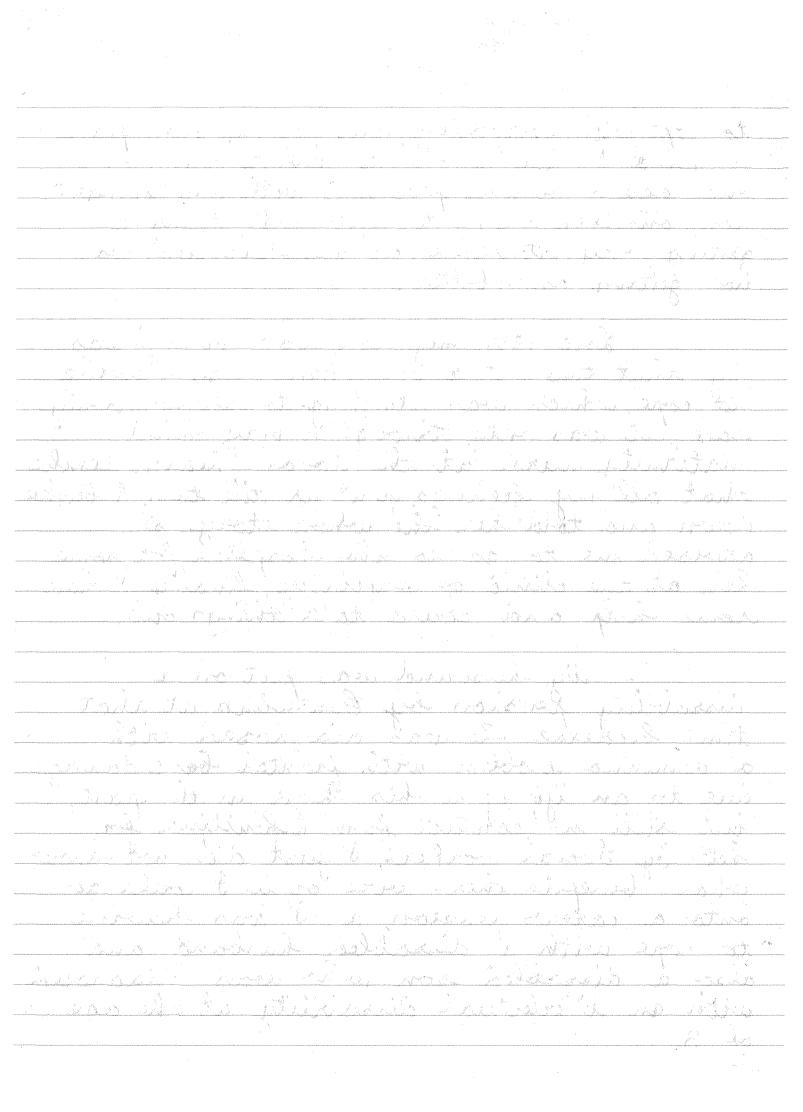
Some how things worked out for me and the family, when my husband came home from the hospital. I learned how to



of mind I had no one to talk to, in 1981 I once again became pregnent with my youngest ron, another thing to cope with things were getting very stressfel as my husband was not getting any better.

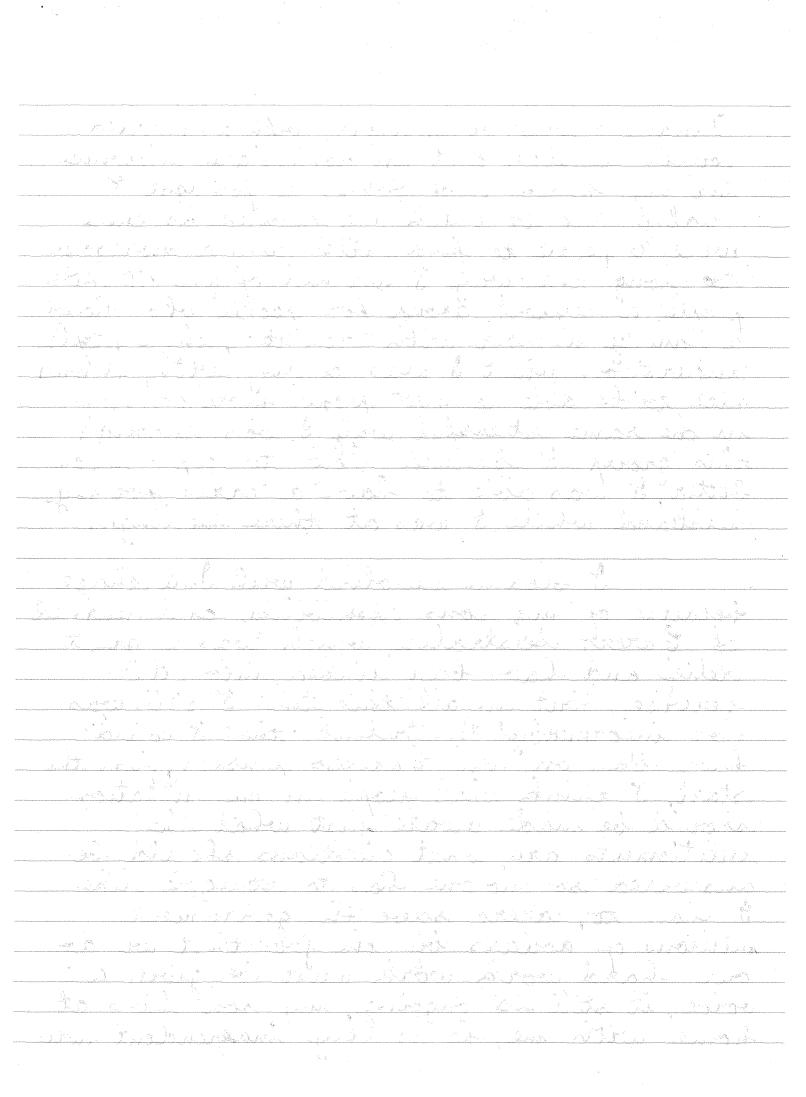
by that time at a very bad stage having to cope, which was starting to show in my face it was only through a very hind maternity neerse at the local health centre that all my feelings pent up till them I broke down and told her the whole story, she advised me to go to the hospital for some help at the clinic of psyciatry, finally I had rome help and could talk things out.

dissobility pension by Centrelink at that time because he was diagnosed with a dementio problem with frontal lobe damage due to an injury to his head in the past, but still no contact from Centrelink for help by Social workers, I just did not know what benefits there were or if I could go onto a covers pension as I was having to cope with a dissabled hurband and also a dissabled son who was diagnosed with an interlectual dissability at the age of 3.



Tinances were very tight with a married couples pension and an domicilarly allowence for my husband of \$52.00 a fornight of really had to watch my pennies as there were to people to feed, bills and a mortgage to along the way I learned of the ADARDS people, a support group for people who have a family member with dementia, these people understood what I was coping with it was nice to be able to meet people more or less in the same stressful way I was through this group I learned how to cope much better I was able to have a carer for my hisband while I was at these meetings.

because of my sons dissability and learned of Exert shistralia which was a great relief and have been linked into other services, but in all this time I still was not informedly be entrelink that I could have been on the bareres pension, from the start, I think that people in my situation should be made aware just what the entitlements are what questions should be answered so no one has to stouggle like I had to, carers save the governments millions of dollars by the job that we do our hard work must be given a voice, it still is ongoing, my son lives at home with me, he is very independent now



I prefer he lives at home, and not in a community house as he has his freedom and is in a stable environment which he needs, my hersband now lives in a special accomodation, but comes home once every 5 weeks to spend time with the family for the weekend, I can cope with that, I here learn't through all of these 34 years lots of learning has been done by me things don't get me down so much, I still feel sad about the things I've lost along the way my husband, my bread winner my lover, the father of my children, they have also lost someone whom they loved I still have a cree rometimes. I do get lonely because I don't have someone just for me, whom I can received a hug from just for me, whom I can received a

But then I'm a mother, I'm the earer, I look after everyone, but through the Earers accosiation I have lawrit how to care for myself, thankyou.

> Lincerely Johanne

W. STANDING COMMITTE 1 2 JUN 2000 FAMILY, COMMUNITY HOUSING & YC