

Submission No. 1275

(Inq into better support for carers)

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STANDING COMMITTEE  
ON

4 AUG 2008

FAMILY, COMMUNITY,  
HOUSING & YOUTH

Mrs Lee

Ms Annette Ellis MP  
Committee Chair  
Inquiry into Better Care for Our Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
Parliament House  
CANBERRA ACT 2600

Dear Ms Ellis

As a Carer, I wish to make a submission to the House of Representatives Standing Committee on Family, Community, Housing and Youth's Inquiry into Better Care for Our Carers.

As a carer, I provide the following support .... For my younger brother with autism; my older brother in final stage of dementia and frail aged 99 y.o. aunt; all live with my husband & I. I face the following problems ... Daily personal care for 3 people; meal preparations, 2 who have special dietary requirements; balancing time between 3 people who all have special needs. I can't ~~fully~~ participate in social activities because ... No time to myself (or for my husband). We have no social life at all. My "social" outings are to the grocer & chemist. I am financially struggling because of ...

The inability to consider applying for "paid" employment due to the commitment to care for loved ones at home.

I need help with ... Additional in-home support from trained carers, including weekends which might allow "time-out" for my husband & I.

I would like to work (full-time or part-time) but have the following issues to deal with ...

Caring for 3 high-needs family members eliminates the possibility of considering outside employment even on a part-time basis. My terminally ill older brother requires 24/7 care.

I need assistance to ... Provide better care for my family at home → with increased trained support staff hours; provision of allied health services for in-home visits. ~~Increasing carer allowance/pension~~

I worry about my future because ... I have no time to care for myself; no relaxation time. I am permanently sleep deprived, on anti-depressant medication, & physically exhausted.

The things that cause me stress are ...

- No quality time for my husband & 2 sons,
- Not enough time to tend to maintenance of house & farm.
- Deteriorating health.

I think the Government can better help Carers by ... Creating a "support team" to assist in putting carers in touch with services who will help find solutions to problems specific to looking after people at home.

Thank you for taking my views into consideration as part of the Committee's Enquiry. I look forward to reading the report and reviewing any recommendations you make to improve life for Carers in Australia.

Yours sincerely



**Lee**