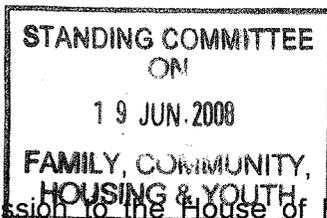


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600

Submission No. 287
(Inq into better support for carers)
A.O.C. 30/6/08



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...

Carers need better support financially, emotionally & physically. They carry huge burdens in all these areas and are often left out of professional ^{liason} ~~opinion~~ between patient + Dr because of confidentiality.

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 direct & help with decisions - everyday things as well as more important life decisions eg, career or study goals, money issues, eating patterns, structure in day to day matters, time managing, & many important emotional needs attended to. The list goes on.

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 ...

Time & energy constraints. Lack of support often from those closest. Social occasions & leisure time is diminished by worry & stress. Sleep is even disturbed often by unreasonable behavior which impact 24/7. Jobs are often at risk as carers time is stretched beyond normal 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 ...

Support networks for our consumer/patient is as important as a network for ourselves as this becomes respite knowing they are happy in that social setting

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 ...

Giving more carer allowance so they can decide how best to spend the money on leisure activities & outings. Also for better food & nutrition etc.

There are some very good organizations eg. ReLink & Outdoors Inc. which need financial help.

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

LYNNE

Print your name

Date

11/6/08