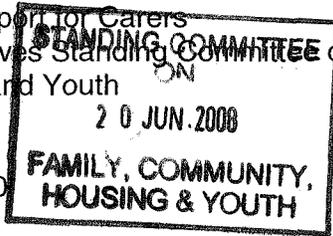


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



Submission No. 311
(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...

More help is needed in every direction for
Carers to do their job efficiently

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 help those in need with compassion &
understanding. I have personally totally given
my life to caring for the last 10½ years in as much
as my own health & well being has suffered immensely.

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 ...

The job of caring is very demanding,
when you are on call 24 hours a day it can
be very wearing, we could all do with some
extra help, after all we are saving the Govt.
heaps of money, surely our health counts for something.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

Finances - sometimes a base is needed.
The carers allowance barely covers normal
expenses.

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 ...

We do need a break roughly every
six months (holiday) + depending on the
needs of the person being cared for some time
to ourselves weekly would be nice.

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

Judith
Print your name

16/6/08
Date