

Rec 16/7/08

## Submission No. 818

(Inq into better support for carers)

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

STANDING COMMITTEE  
ON  
3 JUL 2008  
FAMILY, COMMUNITY,  
HOUSING & 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 am raising a child with a disability and living below the poverty line totally on government benefits as a single parent for 10 years. So govt action in relation to family, community + housing all affect me and my child.

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...

No appreciated in the difficulties I experience daily, socially excluded because I often can not afford to pay for care and have nobody to ask for help. I know my work load is not valued by the government by the "welfare to work" legislation. As a single parent carer I constantly face discrimination that the media promotes.

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 ...

A lack of respite, time just to be an adult with other adults. I live in poverty + often cannot afford to pay for a carer, 4 nights off a year is not enough to recharge and be the best parent I can be for my child. Raise my income or make respite FREE<sup>and regular</sup>, otherwise it will continue to be inaccessible to poor and socially isolated unsupported single parents like me.

More information is attached on a separate sheet

### 3. The practical measures required to better support carers

As a carer, I need help with ...

Money. I spend all day every day helping my child directly or setting up appointments + services, only to find long long waiting lists on the public system or pay money I don't have for quick access. Paid work on top of my current work load only increases my exhaustion. I am permanently in demand but don't even have respite or help to look forward to because I  More information is attached on a separate sheet live in poverty on a govt pension.

### 4. Strategies to assist carers to access opportunities and choices

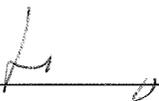
I think the Government can better help carers by ...

Pay us a wage, not a pension. Provide FREE Regular respite to all unsupported solo parent carers, ~~one~~ <sup>one night</sup> every 2 weeks would go along way to give us a chance to be part of the community. Give us the services we keep asking for our kids, not long waiting list or expensive private services - we only want to help our kids to become  More information is attached on a separate sheet independent productive members of the community.

ABOLISH welfare to work, we are already working hard.

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

  
\_\_\_\_\_  
Signature

LILY  
\_\_\_\_\_  
Print your name

30 JUNE 2008.  
\_\_\_\_\_  
Date

\_\_\_\_\_  
Postal Address

\_\_\_\_\_  
Contact Telephone Number