

**From:** Hayley  
**Sent:** Thursday, 5 June 2008 7:34 PM  
**To:** Committee, FCHY (REPS)  
**Subject:** Inquiry into Better Support for Carers

5 th June 2008

To 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.

My role as a carer/parent to my son who has moderate Autism and Intellectual Impairment- is challenging. He is nearly 8 years old. He has been diagnosed since the age of 3 years. I have been caring for him and his two sisters (6 yrs, 10 yrs) on my own for 3 years. We broke up because of Domestic Violence. [REDACTED] behaviours include sensitivity to noises, lights, changes in routines. He headbangs the floor/wall etc, he will scratch/punch/kick if distressed. He is verbal but mostly is repetitive.

My caring role affects my life by having to avoid a lot of family activities because [REDACTED] behaviours are challenging such as markets, movies, football, camping, shopping centres and medical centres. I also get tired often by not getting enough sleep each night. My son stays up late. He is incontinent. He is picky with his meals.

I find it difficult financially to stay at home, I have continued to work part-time to keep the money coming in to pay for bills, food, petrol, car expenses and clothing/shoes also school costs.

I contribute to society by volunteering my time on multiple school p/cs (as my son attends a special school and other two children attend a mainstream school) and at the tuckshop, I donate financially to Autism Queensland and support their fundraising.

The practical measures that would better support me are regular inhome carer and assist us as a family to attend weekend outings without leaving early or feeling stressed. Regular massages would be good for my back (I have scoliosis) I do have lift my son when he is asleep.  
Some help for my parents who care for my children when I go to work etc.

Thank you for taking my views into consideration as part of the Committee's Inquiry. I look forward to reviewing the recommendations you make in order to improve support for carers.

Yours sincerely

Hayley