

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. 1012

(Inq into better support for carers)

Dear Secretary

Doc 28/7/08

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 got a complete shock when I took over the full-time caring of my "frail-aged" elderly mother, who had recently lost my father. Talk about being taken for granted! And not just by siblings.

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 engender, as seems to be necessary (!), maintain, ensure and further the dignity and self-respect of the 'caree'. To try to discern and understand the differences between anger and frustration, disdain and shame - and to mitigate, emotionally, where possible. To encourage autonomy of the spirit.

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 ...

⇒ Skill set degeneration; fiscal barriers to addressing this

⇒ Lack of opportunity to feel like an independent adult (it's always about someone else)

⇒ Knowledge and experience of the fact that the 'caree's' demands (mostly emotional - very draining) go up the more

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ...

- ➔ Skillset (mainly computer) maintenance and improvement;
- ➔ Access to Lifelong Learning Principles and products/opportunities (unaffordable at present);
- ➔ Once-a-month, face-to-face professional counselling.

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 ...

- ➔ Providing free online CBTS (Computer Based Training) with content focused on self-care, skillset improvement, guilt & worry issues, and hobby interests - weekly.
- ➔ Free broadband connectivity through Government sites to research sites, such as ABS, Carers Aust., various think tanks & policy sites, etc.

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

JOHANNA

Print your name

01.07.08