

Committee Secretary
Standing Committee on Family, Community, Housing and Youth
PO Box 6021
House of Representatives
Parliament House
CANBERRA ACT 2600
AUSTRALIA

Submission No. 439

ST (Inq into better support for carers)

A.O.C. 2/7/08

30 JUN 2008

FAMILY, COMMUNITY,
HOUSING & YOUTH

25 June 2008

[Insert date here]

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.

As a Carer, I feel that my role is

As a full time carer my role is exhausting
sometimes frustrating without physical & emotional support
from family.

I face the following problems ...

- Isolation, no social contacts with friends
- No proper training on handling the frail especially
people with Parkinson's ie, getting in & out of chair or bed.
- Losing control with my temper at times especially when
he has hallucinations.

I need help with ...

Basic needs, ie showering, haircut, bothing for my husband
lawn mowing.

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

fully subsidising the cost of respite care ^{for} at least 4 hrs/week
& other community-based services, otherwise carers
allowance & part of the pension will be spent.

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

[Sign your name here]

[Type or clearly print your name here] VIRGINIA

Inquiry into Better Support for Carers

House of Representatives Standing Committee on Family,
Community, Housing and Youth