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Dear Secretary.

A.O.C. 2/7/08
Submission No. 410
(Inq into better support for carers)

I wish to make a submission to the House of Representatives Standing Committee on Family, Community, Support for Carers. My role as a carer of twenty years for my mother has all but taken a terrible toll on my life ~~which~~ is all but over at almost 60 years of age. What happens to me now.

The caring role is all consuming. Friends you used to have don't understand why you have nothing left for them. So of course they like most family members move on. ergo you are once again left alone to care for your loved one. Then financially you are worse off than a criminal in jail after the needs for your person are fulfilled, yes Blue Care or one of those organisations can give you six or eight hours a week so you rush through the stopping paying the bills so you can be home

②) By the time your Relief worker has to leave. So then you are so worn out by rushing, you don't know if it was worth it. Oh my god this is just too hard you don't want to hear this you only want to know what a good job you are all doing. Well we can not go out or have a social life and mentally we are screwed. too tired to care to tired to give up. So like a not so well oiled machine (Robot) on we go. My clothes come from op shops, my alcohol intake is in the form of a not so nice Red wine. cause heavens for lord there naught left around \$8 - or \$10 - left for spending. Work. Oh I remember the days only for years my twenty-four hour a day job is keeping my mother alive, we spend so many days waiting at doctors, Hospitals

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X-Ray, departments, having blood tests done, one doctor one hospital after another, then all the facies, urine soaked clothing and bed clothing oops too hard basket again. Yes my roll as a carer has passed the society of which you speak a fortune. and in return less money to live on than a single mother with children. finally we got a bonus. Yes now the repairs on the car can be done so there it goes. oh yes I know that I should be grateful. Because it is my parent that I cared for. my needs would have been better helped, with more in home respite more money to stop the burden of not enough money so more stress and more Relief for all carers who need to get away from caring so much more in order to keep them well and healthy so they can go on.

9) So when you throw this
out in the rubbish Bin
Because its not cheerfull
and full of gratitude for all
the cares get. just think one
day you may have to live
on around \$290 - to \$300 -
a week, and pay rent, power
phone, rego, car maintenance,
and medications, clothing, and that's
your life every fortnight because
you are not hard ~~hearted~~ and put
your loved one into care / if you
can find a decent facility.

Yours sincerely

LORETTA