

Submission No. 36

(Inq into better support for carers)

A. o. c. 12/6/08

6th June, 2008

Secretary
Inquiry into Better Support for Carers
Standing Committee on Family, Community, Housing and Youth

Dear Secretary,

I wish to make a submission to the House of Representatives Standing Committee on Family, Housing and Youth's Inquiry into Better Support for Carers.

I have been a fulltime carer of my quadriplegic husband for almost **thirty-five** years; and I've got to say that the most practical measure that would help better support me and I'm sure the majority of female carers, the ageing ones especially, is a **HANDYMAN!** I am now 63 years old and finding some of the chores, especially outside the house are becoming harder to manage. I guess some people have family members and friends who would do this sort of thing for them, but we have no family here and don't want to lose our friends by continually asking them for help.

When you look at the figures of what percentage of carers are women and I know this to be the biggest percentage by far, wouldn't it be practical to give help with the things that most women find hardest to do - for instance, cleaning out the gutters and everyday general maintenance around the home that a man would normally do.

We are given help now, for which I am most appreciative, but some of the things the personal support workers **are** allowed to do I can still manage to do easily myself - they are not allowed to lift both feet off the ground at the same time - so can't even wipe over a ceiling fan. The other day a girl half my age and three inches taller than me, watched while I struggled to get a box onto a high shelf which she could have done so much easier, but rules say they are not allowed to as she would have had to step onto the bottom rung of a ladder!

So clearly, someone who is allowed to do these types of things would be a blessing!

Thanking you for your time in reading this.

10/06/2008