

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

A.G.C. 12/6/08

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.

I am submitting to the Inquiry because...

The way things are going I will end up dead before my mother

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 take care of my ill mother at all times

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 ...

I am tired all the time.  
No social life - no time for myself.  
No help from family or friends.  
No one understands.

More information is attached on a separate sheet

**3. The practical measures required to better support carers**

As a carer, I need help with ...

I really just want more in home respite.  
That way I can go out and not worry.

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 ...

Allowing more hours for respite.  
4 hours a week not enough.  
Need to give local councils more money  
so they can give more hours as well more  
money to aged care places that offer in home respite.

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

Signature

Deirdre

Print your name

6/6/08

Date