

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... AS A CARER FOR OVER 6 YEARS, CARING FOR MY HUSBAND, WHO HAS DEMENTIA, IT IS FULL TIME JOB, DOES ANYONE REALLY CARE IS WHAT I SAY TO MY SELF, TO MAINTAIN A SENSE OF URGENCY I MUST STAY CLOSE TO MY FAMILY AND FRIENDS WHICH IS VERY DIFFICULT TO DO WITH FULL TIME CARE OF MY HUSBAND. MY SOCIAL ASPECT IS NIL I MUST BE REALISTIC IN MY EXPECTATIONS OF LIFE NOW, I NEED TO KEEP A WATCH ON THE PRESSURES OF LIFE. I AM IN MY 70'S NOW, WE ALL GROW WEARY, IN MY CARE MOST OF TIMES I FINISH OFF TO SAY LIFE WAS NOT MEANT TO BE PROBLEM FREE 'BUT WE NEED TO SHARE OUR PROBLEMS'

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... SHOULD BE RECOGNISED IN MANY WAYS, IT WOULD MAKE A HUGE DIFFERENCE, IF PEOPLE KNEW, FURTHERMORE, THE GREAT COST WE ARE SAVING THE GOVERNMENTS MANY PEOPLE ARE SO WRAPPED UP IN THE AFFAIRS OF DAILY LIFE THAT THEY GIVE LITTLE THOUGHT OF WHERE AN WHAT CARERS ARE EXPERIENCING. MANY PEOPLE TAKE HEALTH FOR GRANTED, AT A CARER DOES IT SERVE AS A MEANS OF SUPPORT, OR AM I REALLY AS SLAVE TO IT?

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 ... WHAT IS MOST IMPORTANT TO ME? MANY OF THE FOLLOWING HAVE A PROPER PLACE IN LIFE, BUT WHEN YOU HAVE TO CHOOSE, WHAT COMES FIRST SECOND AND SO FORTH. ENTERTAINMENT/RECREATION, MY JOB OR MY CAREER, MY HEALTH, PERSONAL HAPPINESS, MY FRIENDS, MY PARENTS, MY CHILDREN, A NICE HOME, FINE CLOTHES, BEING THE BEST AT WHATEVER I DO, ALL I ASK IS THESE ACTIVITIES REALLY HAVE LITTLE PLACE IN MY LIFE, WITH FULL TIME CARE.

More information is attached on a separate sheet

3. The practical measures required to better support carers

As a carer, I need help with ... IN HOME RESPIRE, (MORE OF) MATERIALS, SUCH AS PADS, KYLIES, AND PERSONAL EQUIPMENT IN HOME.

HOW TO DRAMATICALLY, REDUCE STRESS HAVE MORE RESTFUL SLEEP, INCREASE MOTIVATION AND CONFIDENCE IMPROVE EMOTIONAL HEALTH, AND MEMORY. SO AS YOU CAN SEE SUPPORT IS AN ESSENTIAL PART OF DAY TO DAY LIVING IN A CARERS ROLE.

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 ...

AS DAY TO DAY LIVING THE ESSENTIALS PART OF LIFE AND THERE ARE MANY FACTORS THAT CAN INTERFERE WITH THEM BEING A CARER. WE NEED MORE SUPPORT AND EDUCATION, PERHAPS IT IS WORTH CONSIDERING TO MAJOR ROLE WE PLAY AS CARERS.

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

JESSY

Print your name

10/6/08

Date