

Submission No. 75  
(Inq into better support for carers)

A.O.C. 16/6/08

[Insert date]

[Insert your address and contact phone number here]

Committee Secretary  
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, Community, Housing and Youth's Inquiry into Better Support for Carers.

**The Committee is seeking a better understanding of the situation for Carers in Australia. Use any or all of the following starting points to help you write your letter:**

I feel that my role is .... *full time carer for my husband has dementia*  
I contribute to Australian society by ... *cooking, look after him full time.*  
I face the following problems ... *less help in the house & garden.*  
I can't fully participate in social life because ... *be lacking self confidence*  
I am financially struggling because of ... *I managing OK*  
I would like to work (full-time or part-time) but have the following issues to deal with  
I worry about my future because ... *Where will my husband go to be looked after*  
The things that stress me the most about being a Carer are ... *No time to myself.*

**Remember that it will help the Committee to understand your point if you can support it with examples from your own experience.**

**The Committee would also like to hear of any ideas, solutions or strategies that will support you in providing care. Use any or all of the following suggestions for getting started:**

I need help with *[insert problem or issue here]* and think that *[insert idea]* would be the best solution for me.  
I need to have *[insert a practical help or support here]* and this would help me because it would enable me to ...  
I think the Government can better help Carers by ...

**Remember that it will help the Committee to understand your idea if you can support it with reasons that it will work or examples of things it will help you to achieve.**

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.