

Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600

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...

I was caring for my husband  
for nine years after he had a stroke  
This I found very tiring & stressful

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...

Undervalued  
I was providing 24 hr care  
The made footpaths were very uneven  
& a great problem  
& they caused many falls & much anxiety to me

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 ...

Many appointments with Drs. who were always  
late. I provided transport to Drs, Therapies,  
Physio, Podiatry, etc, costly in time &  
dollars. & my health  
Theatre, Cinema seats could be less expensive  
during week (day time)

More information is attached on a separate sheet

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

As a carer, I need help with ...

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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 ...

*Better Funding*

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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

Print your name

*LILLIAN*

Date

*3-7-08*