

Doc 418108

# Submission No. 1150

(Inq into better support for carers)

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

STANDING COMMITTEE  
ON  
2 - JUL 2008  
FAMILY, COMMUNITY,  
HOUSING & 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.

I am submitting to the Inquiry because...

Because I need all the help I can get to cope. As I am on anti depressants and need to talk to others on how they cope and get advise how they cope.

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 help my husband cope with everyday life.

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 ...

Getting help and advise how to handle certain situations like alcohol abuse money issues and general advise

More information is attached on a separate sheet

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

As a carer, I need help with ...

Counselling, advise, someone to ring in times of need.  
Help with things that my husband can not do anymore.

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 ...

Providing more information as to what help is available.  
Respite etc.

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

Print your name

CAROL

Date