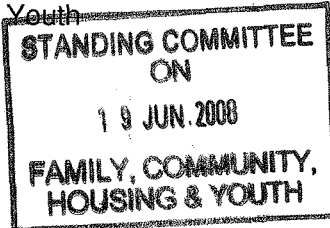


Committee Secretary
Inquiry into Better Support for Carers
House of Representatives Standing Committee on Family,
Community, Housing and Youth
PO Box 6021
Parliament House
CANBERRA ACT 2600



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 am a carer to my husband who
has mental & physical disabilities (Rhand amputee)
I have mental disabilities too
He's now on old age pension. We are carers to each other.

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 give physical and emotional support.
Assist with personal hygiene.
Sometime help dress & feed, wash if his arm isn't working or
if back pain too bad. Cook. Change wet bed at night sometimes.
Help him up if he falls. Try to calm him down if in a rage
Try to stop him working & make him rest if overdoing it. Do all the
accounts. Most of the shopping. We both drive but sometimes neither
of us can. We've had names More information is attached on a separate sheet
on waiting list at Doctors surgery close by for 12 months & have not got into GP yet!

2. The barriers to social and economic participation for carers

As a carer, I face the following problems ...

↑ RATES ↑ PETROL ↑ DIESEL
GST Everywhere!
↑ FOOD costs
Most entertainment unaffordable (At least we have TV.)
We were asked out to dinner (Restaurant) only \$20 each
but couldn't afford that. More information is attached on a separate sheet

Husband is not bad enough for respite care
but very possessive. wants me with him 24/7
I go to church on Sundays but had to fight hard for that.

"trapped"
"Loss of freedom"
"Loss of mates"

My opinion: Men need help with losing jobs ^{no money + income} & adapting as carers - giving medication, wiping bottoms etc. complain they are "not a nurse". They need help with anger & frustration & with partners who refuse respite care.

3. The practical measures required to better support carers

As a carer, I need help with ...

(Get it when I ask)
my mental health - counselling - [Am going to writing workshops - Art escape. love it!]
my time out

Would like to do martial arts but cost of petrol + classes + uniform + person I'm caring for has

panic attacks if I try to go out alone, at night. [Free transport with a woman would be good.]
Have been abused & would like to teach eventually

More information is attached on a separate sheet
I would like to be a writer as I could work from home

4. Strategies to assist carers to access opportunities and choices

I think the Government can better help carers by ...

Continuing to support small workshops - books - websites.

Suggest Free parking & Free "Tip" waste management trips.

Give us a meal somewhere free monthly basis lunch time

Free internet of value \$30/month

Find a way for us to have confidence & self esteem.

A free trip to hairdresser once or twice a year. A free massage once a year for 1/2 to 1 hour!
 More information is attached on a separate sheet
\$1.00 bus rides all day ticket anywhere in cities.

A voucher to go to picture theatre once or twice a year & receive an ice cream
A voucher for a pair of stockings for Christmas.

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

Peggy

Print your name

Peggy

Date

16/06/08

Postal Address