

Dear Sir Madam Secretary

23 . June . 2008

I would like to make a submission to the House of Representatives Standing Committee on Family , Community , Housing and Youth's inquiry in to Better Support for carers.

I am submitting to the inquiry because :

I am Kristina mother. She has MS with disability. We don't have any other family member in Australia .

Living in her home she can have the necessary medical treatment as well as emotionally balanced life only with **One in One care**. Because " HOME IS WHERE THE HEART IS " She is 52 years of age. Her absolute wish to live in her environment.

Although I am 78, going in to 79 soon , years of age I have to care for her to give her the quality of life she deserves, to make sure she feels , she is not a number, she is a respectable person, has an important place in the community like the every other one.

### **1- The role and contribution of carers in society**

As a carer, I feel that my role is :

In regards of my age and the health problems I have I should support my daughter emotionally and filled the financial administration duties, which VCAT appointed me, to fill ABA forms every financial year, lodge for the examination to VCAT.

Due to the granted very limited individual care hours I have to care her physically as well. To avoid the pressure sore she has to be turn every 4 hrs, 11x / week is my job. During the allocated hrs. to enable the carers to give her proper personal care, I also help carers such as bed change, showering , washing ironing, to dress, undress her.

### **2- The barriers to social and economic participation for carers**

As a carer, I face the following problems :

**In the daily allocated short hrs.** to give Kristina proper personal care and integrate her in to the community at the same time is not possible without my help to the carers. I also have to do shopping, to pay bills, to bring the mail to the post . I have to be at home with her for the rest of the day and the night. As you appreciate I can not have any social life.

She lives in a Housing Commission Flat in Esplanade since 1994 since the days she was walking. She is very happy here as she grew up by the beach in Europe.

After \$ 150- deducted from her pension left only \$ 393.00. Her care related on counter medicines are also very high . I am wandering under the circumstances at list to have rebate for the rent

Otherwise; when her financial difficulties starts, I have to face that as well. Due to the accidents in 2000 I have to stop working . I am just a pensioner.

### **3- The practical measures required to better support carers**

more weekly hours to be able to get more carers and or to have extended hrs. for the day carers and to provide night , over night helps . to release me from physically helping. So that I can have look after my own health, going to exercise courses, swimming etc In short to have rest and leisure time to socialise with my friends. If the physical load could be taken from my shoulder I won't be too tired to be wither go out to share the good sides of the life to give her more confidence, to give more hope to look for the bright side of the life , to think positively. Honestly most of the day I am so tired, I just can not do all these although I try very hard . In one side I feel I have to on the other hand I can not and I am unhappy because, It is against my personality if I could help to make someone happy it makes me happy even for any person. Imagine she is 52 years of my life.

### **3- Strategies to assist carers access opportunities and choices**

I think the Government can better help carers by

establishing governing bodies without bureaucratic relation to come to our level to listen our problems, enlightening to help us to be able to help ourselves. Recognize us just as a human being in need with our individual problems and not to put all of us in one pot with the bureaucratic laws and regulations. In fact it is the difference between the happy carers happy patients and the others who have to carry the circumstantial duties and couldn't know for how long. I am sure our government will be happy when it's citizens are happy.

With my an my daughter's gratitudes .

AKTEN .

C/O KRISTINA

Herewith I replace the registered letter I sent to you today. I have sometimes problem with this very old computer. I couldn't know when I would be able to use, wanted not to miss the closing date wrote the letter by my old typewriter creating a patch work. I have realized that in a hurry I did not write properly. I apologize for the incidence. Please ignore it. Thank you for your understanding.