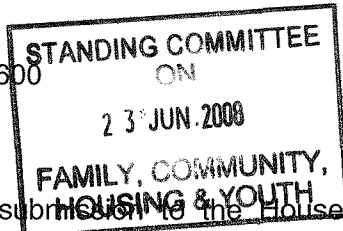


Committee Secretary  
Inquiry into Better Support for Carers  
House of Representatives Standing Committee on Family,  
Community, Housing and Youth  
PO Box 6021  
Parliament House  
CANBERRA ACT 2600

Submission No. 418  
(Inq into better support for carers)  
A.O.C. 2/7/08



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 exhausted both physically and mentally by caring for my 8yr old child who has multiple disabilities. I am unable to work due to how tired I feel and constantly suffer from back complaints due to heavy lifting etc - with my daughter.

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 offer myself as a sacrifice to look after my child to my best ability. I gave up my work and now find I have given up many things in life due to lack of money and the pressure of being totally on call 24/7. My daughter wakes constantly in the night - her best is eleven times. This is every night, not one week or two - This has happened since she was born. I now feel old, worn out and lack the enthusiasm in life I used to have.

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 ... my child suffers, anxiety a lot, this causes lots of problems taking her out. I used to have so many friends, now I can't them on one hand. You do start to feel lonely, rejected by society. I worry daily what my new life has to offer in the future. If something happens to me, who will look after my child. If you think about your own child what would you want to offer him/her for their future.

More information is attached on a separate sheet

Stability, financial security, love, care, health and happiness, my child now survives on budgets and a worn out mother.

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

As a carer, I need help with ...

- Closer options to a good school, I drive 134 klns per day to get my daughter to school and back.
- More money, so we as a family have a little extra money to do things to make life more fun.
- Full access to all medical, physiological help and counselling.

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 ...

I find dealing with Centrelink very stressful, it is very time consuming and each person you contact at Centrelink give you different information. I have called 3 times in one day and been given three totally different answers. This leaves you open to having to pay back debts.

More information is attached on a separate sheet

~~\*~~ I love my daughter to the bottom of my heart, I wish she was never born this way, but I have to be strong and give my life to her, because if I can't nobody else will.

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

Michelle

Print your name

19 June 08

Date