

22nd June 2008

Submission No. 732  
(Inq into better support for carers)

A.O.C. 14/7/08

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

As a carer, I find that I am essentially living alone. Often my loved one cannot/rarely speaks, gets confused, or panics and does not know why. He needs constant attention to prevent falls/urinary accidents... My stress as a carer is doubled as I, in common with most carers, suffer from a chronic lack of sleep.

I need:

- 1. Dedicated High Care homes used ONLY for short term respite of 1-3 nights. A few days to Sleep and catch up with neighbours and friends works wonders :-)
- ● 2. 24 hour Carers Helpline (possibly through Carers Qld) to include 24/7 over the phone counselling to help deal with immediate issues. When there is only you and it is the middle of the night, what do you do? Often you just don't know how to deal with This Immediate situation. Please HELP! Thank you.

Thank you for taking my views into consideration as part of the Committee's Inquiry. I look forward to reviewing the recommendations you make in order to improve support for carers.

Yours sincerely,

  
Jocelyn D.

Ps. 25/6/08 Don has just been accepted for the EACH programme. This is going to make life so much easier for both of us, contributing to Don's quality of life and continuing care, and allowing us to spend true time together. Many thanks.