

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. 792  
(Inq into better support for carers)

DOC 14/7/08

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...

I want the government to know and to help me with the kinds of problems I have.

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...

very important. This is because I can help my Mum more than anyone, because I know her and understand her behaviour better. If anyone else helped her they would run away from her!

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 ...

I try to listen to my Mum, but after 4 or 5 hours I can't listen anymore. My work is everyday and every night. I can never rest, I can never help her enough.

More information is attached on a separate sheet

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

As a carer, I need help with ...

making my Mum happy. I need a rest from my Mum but I feel guilty if I'm not there.

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 ...

listening to carers more, understanding their feelings and problems. Maybe when they can't solve problems by themselves, have some people come to help them.

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

Print your name

AMENEH

Date

30/06/08