



The Carers Association

Carers Stories

Anne Hughes

Anne Hughes cares for her daughter Debbie, now aged 31, but with the mental age of a five year old. “Sometimes I feel trapped”, says Anne

Anne’s Story

Anne Hughes has been providing loving care for her daughter Debbie for 31 years. Debbie is autistic spectrum and has an intellectual disability. Like most carers, Anne’s day is extremely busy. She prepares all of Debbie’s meals and administers her medication.

Anne gets a Relief Carer for 6 hours per week from the Carers Association. These respite hours are flexible, which is really beneficial to Anne.

“Debbie has no interest in TV. Caring for Debbie is both tiring but also rewarding. Sometimes it feels like a thankless task. There are no breaks when Debbie comes home. I have to do everything for her. You can often feel trapped.”

Anne says there is one thing that keeps her going in her caring role.

“Love. Debbie did not chose to be this way. She doesn’t have the ability to care for herself. I am simply doing my best to care for her as best I can, in spite of the fact that we have an uncaring government.”

The support Anne has received from the Carers Association has been important in her life. She explains, “three years ago I came here. I was literally walking the streets to pass the time with Debbie and feeling desperate. I walked into the Carers Association resource Centre and met the Centre Manager. She listened to my story. I actually felt she was the first person to really hear what I was saying. Immediately The Association set up Respite Care for me. It is fair to say that I would not be able to get through the week without the support of The Carers Association.”

Anne feels that it is vital to keep highlighting these issues due to the fact that “Carers”, she says, “are the forgotten workers.”