



## **TERESE MILLHOUSE NAMED AS FAMILY CARER CATEGORY WINNER FOR TASMANIA**

**Terese Millhouse has been selected as the state winner in the Family Carer category.**

Terese is finding new ways to slow down and experience life with her five year old daughter Eleanor now that their life has changed beyond what she could have imagined.

She will always remember the laughter and love and great times she shared with her husband, Iraq War veteran Matt Millhouse.

At just 36 years of age, Matt passed away on August 28 2015 after a short battle with rapid, younger-onset dementia. Terese and husband Matt had been together for 12 years.

They were both incredibly brave. When Matt had been deployed to Iraq with the Australian Defence Force, fulfilling his career responsibilities, Terese formed an unbreakable bond with a group of other wives and partners. Within the group, Terese was the rock. She was described as being "like the big sister with the words of wisdom and comfort she provided, even while she was going through the same emotions".

Moving to Tasmania after Matt's second tour of duty in Iraq, Terese and Matt looked to new horizons and a return to their home state and to being around their families. They married in Hobart and in 2010 their daughter was born.

Shortly after, and with little warning, their lives changed again when in 2013 Trooper Millhouse was diagnosed with post-traumatic stress disorder and depression, and later with early onset dementia and Alzheimer's.

Terese resigned from her full time employment and became Matt's carer, staying strong by his side, encouraging, helping and loving him, while also caring for their daughter. Her focus was on ensuring he was comfortable and surrounded by love and happiness and also getting everything he needed.

Together they made a commitment to focus on raising awareness of his illness to help with education and research efforts.

They participated in various media interviews and Terese has participated in major community events including Kayaking from Kingston to Sandy Bay to raise awareness.

Terese says she will continue to share Matt's story on a national scale. She says her major goals are to raise awareness of PTSD, depression, traumatic brain injury, dementia, and the need for more accommodation for young people living with serious illness or disability.

One of the people who nominated Terese for the award said “After all she has been through, she is so selfless and would not once complain, or do things any differently, I am so proud to call her my friend.”