

**Submission
No 19**

**INQUIRY INTO IMPACT OF THE REGULATORY
FRAMEWORK FOR CANNABIS IN NEW SOUTH WALES**

Name: Mr Jeff Tarrant

Date Received: 8 May 2024

I am 74 years of age I am a dad a grandad and an active member of my community encouraging older people to keep fit and healthy. I help run a local pickle ball club for all ages and involved with a committee to engage with council to install exercise equipment into our remote suburb.

I am medically diagnosed with ADHD and associated insomnia, I am also Dyslexic.

I could not tolerate familiar ADHD medication after several attempts of different medications and was subsequently approved by my doctor and the TGA to use medicinal Cannabis to help control ADHD complications and insomnia. I found the medical cannabis to greatly improve my sleep after many years of struggling to get much sleep at all, The MC also helped control my ADHD symptoms. After initially using the prescribed dosage to get things under control I was able to minimise the dose to a very minute amount at night to assist with sleep. I found if I slept well and my ADHD was less concerning and I was able to function without any other medication. I have now ceased to take the medical cannabis as I am aware it is an offence to drive with any amount of THC in your fluids regardless as to whether you are affected or not. This has caused me great anxiety as I am now put in a position of choosing to drive whilst suffering sleep loss or driving after taking a small amount of MC at night (not driving for 12 hours) that has no effect whatsoever on my driving ability and in fact it is the opposite. This situation is in fact highly questionable as I know for a fact through friends and family that there are many drivers on our roads that are highly affected by prescription drugs that advise not to drive whilst taking such medications however there is no testing for such drugs which I am sure contribute to many road accidents. The situation needs to be urgently revised and relying on fact rather than the stigma attached to the use of MC as an alternative to other prescribed drugs. Time for change. Thank you.