



Video: IC's Story

IC:

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A lot of people don't even know what it means.

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It's funny, people used to say "Oh, it's all in your head"

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Exactly, it all is in my head.

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It's going to be in my head and it's gonna have

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flow-on effects to how I perceive and communicate

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with the rest of the world.

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And people think that it's just something

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you can snap out of. It came, or it took me a long time

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to accept that this is my lived reality, I'm not just

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gonna be able to take a pill and miraculously get better,

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and I think that the seed of stigma is ignorance.

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It's also affected, I guess initially, how much I was willing to ask for in my plan.

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I've had to learn to actually fight for what I need,

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and not view it as some sort of optional extra.

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I wanted to live independently, I wanted to be able to live on my own

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and I certainly know that at the time, I was in my early 20s,

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and my mother's not gonna be around forever, God bless her.

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I wanted to become independent, the same way that any other young adult wants

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to be able to live independently.

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I wanted to be able to complete the university degree that I finished last year,

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I wanted to look for work and I wanted to continue seeing my therapist and not

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being massively out of pocket every year as a result of psychosis and trauma

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that I certainly didn't cause, and even if I did cause it, who am I to not deserve those services?

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If you don't give me what I need, I'll appeal or I'll put in a review.

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I have the double whammy, or rather the double advantage of being both a person

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with lived experience and a professional in the field itself.

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I've learnt a lot over the last four or five years,

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and I think things are going to improve.

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And the great thing about the NDIS now is that we, as consumers can say

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"well, actually I don't wanna go with that service, I wanna control my own funding,

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I wanna hire this person that I already know to be my support worker,

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I wanna go with the therapist that I already have,

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and I don't need to go where you tell me"

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So it's not perfect, but it's certainly an improvement on what we already have.

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But it's not about them, it's about us.

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Anyone who's considering applying to make sure that you have all your paperwork in order

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and make sure your treating professionals are very familiar with the kind of language

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that they need to use in their documents and reports in order to get you included.

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I would recommend that they talk to other people with psychosocial disability who have applied,

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there are some great Facebook groups and resources out there

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that people can talk to other people or look at.

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And also too, when you do get accepted, plan ahead for your planning meeting.

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Don't just go in there not knowing what you want, not knowing what your goals are

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and not knowing what you might be entitled to, because if you do that

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you're not going to get what you need and what you deserve.