



reimagine

MENTAL HEALTH, MY RECOVERY AND THE NDIS

Carer's Journey Animation

Story 1 – Jeena and Robina

ENGLISH

My name is Jeena. I'm a single mother of 3 children. We moved here from Iran 8 years ago and live in Western Sydney.

I speak little English, so it's hard to understand things here and get support for my family. We feel very lonely sometimes.

I care for my daughter Robina, who is 20 now. Robina has severe depression and anxiety. This makes it hard for her to do some things each day. Robina needs help looking after herself, going on public transport and sometimes with making decisions. Robina and I get along well, but things with her and her brother and sister are hard.

I have little time to myself. It's hard being away from family. It's hard to make friends and I don't like to ask for help. I worry for Robina that people might make fun of her if they knew her struggles.

A lady at our Mosque, Amira, spoke to me one day. She said she saw we were struggling. Amira told me about the **NDIS**, the support they might give Robina and how we might be able to get an **NDIS package**.

I didn't know much about this and we went to the doctor. They filled out an **Access Request Form** and wrote about Robina's mental health diagnosis. We were very hopeful to get support.

That first application was not accepted. It was very hard news, I felt confused and lost.

I spoke again to Amira who said to talk to a **Local Area Coordinator** and show more evidence of the impact of Robina's **psychosocial disability**.

I went to the Local Area Coordinator in Parramatta and they showed me information in Persian about the NDIS. I read about **supporting evidence**, and got more information from the psychologist, doctor, and other workers... and I wrote a **carer's statement** with a translator's help.

I wrote all about how Robina's life is impacted by her mental health issues... how she needs support with transport, because she finds it hard to catch the bus or train by herself... how her disability makes it hard to look after herself most days, so she needs support getting into the shower and brushing her hair... how her anxiety makes it difficult for her around people, and how she needs support making friends.

This application was accepted. We were so happy to get this news!

Robina now has a support worker that comes to visit her each week. They help with things like brushing her hair and take her out to activities. This gives me more time for cleaning. I even have time to go meet with Amira and other ladies from the Mosque. Since learning about the NDIS, I found this organisation called **MDAA** – they help make sure we're getting the right support with Robina's plan.

I am so happy with the supports Robina gets now. She even talks to her support worker about starting work, or maybe going to TAFE first. I always worked for my children to have a better life. Now with NDIS support I think Robina has a chance.