



reimagine

MENTAL HEALTH, MY RECOVERY AND THE NDIS

Carer's Journey Animation

Story 2 – Nick and Jorge

ENGLISH

I'm Nick. I live in Footscray, Melbourne, with my son Jorge.

My wife, she died, 16 years ago... we never had other kids.

I work hard, as a labourer. I've done that for 35 years and I'm ready to retire.

I love to go out when I can, sometimes I have people around at home or go to a friend's – I like the simple thing – good food, good company. And gardening.

Jorge. He was worried as a boy. When his mother died it got worse. That was like a trauma for him.

Our relationship is hard. I work very hard for him.

I pay for everything, organise his appointments, and look after him with everything.

He is a good young man when he's doing well, he chats with people. But more often he doesn't look after himself. He doesn't wash, he drinks and smokes, he sits around and doesn't do much.

He yells at me.

I have my sister in Melbourne, too, and some family. There is good community here, and I have family I talk to back in South America.

Until Jorge got the NDIS, I was struggling to balance work, looking after Jorge, helping friends, and having any time for me.

I can't support Jorge forever. I am getting older, and more tired.

How did I find the NDIS? I heard about it from a lady in our community, so decided to ask the Doctor. The Doctor didn't know a lot either but found the Local NDIS office and helped us fill out the forms.

I got a letter from the Doctor, Jorge's psychologist, and I wrote a letter, too. The psychologist explained why Jorge's situation will be lifelong and how the supports are necessary for him.

There was a lot of information, but with people's support we did it, and got Jorge a plan.

With the NDIS, I have more time with Jorge as his dad.

When Jorge is having harder times, a support worker comes to get Jorge up and looking after himself. Another person comes to help him learn skills to cope with being around people and in public.

This **Support Coordinator** helps him work on his goals, too – Jorge now wants to go to TAFE soon so he can learn to work in IT support.

They put our community into Jorge's NDIS plan too. They do things like events, with music – and people will pick Jorge up to go places... it's a good reminder they're here to support us, too.

Life is still not simple, but things are better now that Jorge has NDIS support.