



reimagine

MENTAL HEALTH, MY RECOVERY AND THE NDIS

## Carer's Journey Animation

### Story 3 – Mei-ling and Sam

#### ENGLISH

Hi, I'm Sam. I'm 25 and live with and care for my mum, Mei-ling.

I like to read books, maybe go out with friends sometimes to a movie.

I grew up in Australia. I work full-time in a bank and spend most time looking after my mum. It's hard.

Mum is 48 and migrated to Sydney over 30 years ago. She's alone, except for me, and doesn't speak English very well.

Mum has trouble with her mental and physical health.

Mum's mental health issues started in high school, when she was bullied. She was bullied and beaten by other children in China and then in Sydney, things didn't get better – the bullying was just more racist.

Mum was also raised alone by her mother, and they didn't have much. Mum was in and out of hospital a lot when she was younger.

When I was little, mum worked in a packing workshop. She told me she used to receive services from Disability Services Australia – and that their transport support was very good.

She got pregnant with me quite young, and I think it was hard looking after me. I was ok though.... I went to school and didn't have trouble there.

About 10 years ago, there was an incident at the workshop, and the work stopped. We moved to Hurstville, I finished school and then studied business at uni.

Mum was in and out of hospital again, for years, seeing psychologists.

When the NDIS became available in our area, mum got moved onto a package quickly. Mum didn't understand how to use it, and nothing happened, and they reduced her plan. I was busy working and didn't understand how the package would help, either.

I took time off to take mum to an NDIS information session in Mandarin. We learnt more about the NDIS and worked out how to use the money in mum's plan. We asked for a plan review.

Now, the plan pays for mum's support provider to assist with personal care and participate in community activities, for a few hours per week. It's a relief for me, mum seems a lot more content.

We have a review with the NDIA coming up and will ask for a **Support Coordinator** to help mum organise her different supports in future. And we'll ask for a 2-year plan, to save mum some stress.

Now that mum has support again, I have more time for myself and we get more quality time together.

It's time that isn't just taking care of her and it feels like we have nice time together again.