



Video: What are your goals?

Janet:

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Thinking about goals is very difficult,

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and I mean, goals don't mean like I want to be, you know, an astronaut or something

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It's more like, it could be like I want to get out of bed in the morning

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or I need, you know, have a shower or go to the shops.

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It can be something small and you can build up

Erika:

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I think for me I had no idea how to make a goal.

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I was so used to living day to day I didn't believe I had a future,

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so I guess I felt as long as this money was invested in me, I couldn't not take

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advantage of it.

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So my goals at the moment are getting a dog, and under that getting a dog of course

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is getting my house organized and getting my fitness up

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and being able to manage my life so I can actually include a dog into my life.

Debbie:

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In the beginning my goals were very different to what they are now.

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So I've got some very specific goals now which are around getting fit,

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and also I was going to go to university this year and so I'd arranged for one of the support workers

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to help me just get organised for university because it's been so long.

David:

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I'm working on my goal to go to Florida, that's just my main goal at the moment.

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and then maybe later on I'll travel up around Australia a bit, when I've got enough money.

Paz:

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My goal is, I've done level one and level two Commercial Cookery,

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and I still got 18 months to complete it.

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It'll be level five and then I will be able to work as a cook because I love cooking.

Simone:

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I'm pretty well at the moment and I'm actually achieving a lot of goals on my own accord.

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Goals I would like to achieve through NDIS or needs I would like to be covered is my learning.

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I'd like to do future learning but what I find is, after the last time I was unwell,

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it's really affected my ability to retain information,

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so I'd like supports to help me with that,

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and help with my memory.

Cathy:

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When Daniel became unwell he's lost all of those skills,

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so you know shampooing his hair, putting deodorant on,

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just the simple things he has to be prompted and reminded to do

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So yeah we just only got small goals at this stage

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but it's already making a difference in his life.

Paz:

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I'm really really happy, I'm glad that the NDIA helped me.

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It's also helped me emotionally

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and that makes me feel I'm special.