



## Video: What are you doing now with NDIS support that you didn't do before?

### **Debbie:**

00:07

I tell you what, I wouldn't walk three times a week with, you know, I'm walking

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an hour and a half three times a week, and I am so much better mentally,

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physically, because of that it enables me to do the things I really want to do,

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the things that give me give me a value in my existence.

### **Michael:**

00:27

It could be things as simple as hanging out the washing,

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doing the washing up, you could have someone

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come in and coach wellness, in other words teach you how to identify your

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early warning signs, your triggers, and help you identify some strategies that

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can help you stay well.

### **Erika:**

00:48

For the first two years all I wanted was somebody to take

00:53

me for a weekly grocery shop and I couldn't organize that, it was heartbreaking.

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And now I've got people to help me do that,

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I've been able to employ people so I can go away to a theatre festival and have

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somebody that will help me do all the bookings and be there and negotiate

01:14

crowds and find out where I have to go and it's been amazing.

### **Paz:**

01:19

This lady, her name is Anna and she comes from Compeer

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and NDIA helps me to meet her once a week

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for an hour and NDIA is really good at that, they help me have a social life.

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Like, she wants to do is have a chat for an hour and go somewhere if we want to

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go somewhere, we can go shopping, we can go to restaurant, have a cup of tea,

02:01

cup of coffee.

**David:**

02:02

I was living in Blacksmiths and it was a real hole,

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there was a pub down below and even Marty'd tell you this, I'd get on the booze

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and then I was gambling all my money away, and I was getting all cranky and uptight.

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They got me out of there and moved me into Windale and I like it, it's good.

02:25

I can play my music and when I get a new turntable in a couple of weeks then

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I'll be able to play all my records.

**Stephen:**

02:36

I'm going to get taken to practice with my

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band when it's in Newcastle and just getting

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out and about and stuff like that you know.

**Karen:**

02:48

If you are looking to grow in

02:52

your capacity to connect with the community build, your capacity towards

03:00

living independently, building your capacity in an area of interest that you like,

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that might lead to study or work.

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These are some really important areas that are associated with the NDIS

03:17

where it is looking to support people.