



Video: How has having an NDIS package made a difference in your life?

Erika:

00:07

Before the NDIS I lived a very restricted life and I didn't have any future at all

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and now I have this future I have this commitment from the government that I have a future

Cathy:

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Daniel used to just sit on the lounge and watch movies all day.

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Since we've had the NDIS it's great, we have support workers come in,

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help Daniel with his personal care, his life living skills, take him out for outings.

Stephen:

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I was kind of out of control,

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you know, not doing the right thing, so it's pulled my head in, doing this.

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I go shopping as well every Friday, so that helps me out, instead of eating nothing.

David:

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For the past two years, for my plan— as I mentioned, I'm very happy with that one—

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It firstly, lets me go out into the community.

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Then you have the support, and you have the desire to do something.

Debbie:

01:19

I'm the sort of person who, intermittently, is unwell and the rest of the time I'm alright.

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When I've become unwell the package has been able to pay for for a bit more support,

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just having someone to help me with my housework,

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I really want to get fit and so I have someone walk with me two or three times

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a week and that stuff kind of buoys me being well and enables me to do other stuff.

Annaliese:

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My NDIS plan helps with inclusion in that it allows me to participate in

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social and community activities a lot more. I have funding for a support person to come along

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and support me when I wanna do something that might be challenging for me.

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For instance, I have a lot of trouble going into shopping centers and going to health appointments,

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and so having someone with me means that I can go and do those things.

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It also means I've been able to engage a support person who is helping me

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participate in more creative endeavours. At the moment

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I have just applied to be part of the Melbourne International Comedy Festival for the first time,

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and the support that I've gotten through the NDIS means that I have a level of independence

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and a level of support to get that independence so that

those types of things are possible for me now.

Paz:

02:44

So when I went home last year they given me \$2,200 to pay for the lady

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that support me in Philippines.

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Without NDIA I would never have able to go home.

David (subtitled):

03:04

After you apply for this scheme, and if you get the scheme and funding,

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of course we have a lot of people to see.

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For example, a speech therapist.

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Or a professional person to guide and help you participate in social activities

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to support you both mentally and physically.

Janet:

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Having an NDIS package means that we're no longer a charity case, we're not

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waiting for the crumbs off the table to be thrown at us, we actually have some

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control over it and we can actually get supports that we actually need.

Erika:

03:53

I asked for, I was really obese, I was morbidly obese, and I asked for a dietitian

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and was turned down. But because I was self-managing

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I was able to go to the mental health dietitian and say: would you be my

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health mentor? And I was able to pay him as a health mentor and so I have

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that weekly support and it's enabled me to totally change my way of eating and

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I've begun to lose weight and it's, yeah, it's great.