



## Video: What does psychosocial Disability mean to you?

### **Erika:**

0:07

Before I heard about psychosocial disability I just thought I was extremely bad at life.

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I thought I didn't get it and I thought I was just hopeless because I knew what I wanted to do

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but I couldn't do it

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and I've only really heard the term since the NDIS and I guess the way I

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look at it is that people with psychosocial disability find it hard to

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function in society.

### **IC:**

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Personally, psychosocial disability means that I have a mental health condition

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that affects me to the extent that I have long-term difficulties

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engaging with the rest of the world in terms of

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the way I perceive and communicate with other people

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as well as flow-on effects on how I manage things such as

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my household, work, social participation and economic participation,

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so it's pretty complex, to be honest.

### **Tina:**

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The way I describe it, and there's no one perfect way,

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I'd say it's about problems of everyday living.

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You know it's about having a lot of trouble

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doing the things that we all take for granted in our everyday lives

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like managing a house, getting and keeping a job, having a healthy social support network

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of friends and family around you.

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It's about struggling with those things.

**David:**

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When you go outside into the community

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before, very easy, it seems.

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Now it's very hard to cope with it and

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for me I just think, people don't understand you anymore.

**Simone:**

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I've Googled it, and even then it sounds so clinical, it really does,

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considering that you actually live it

**Michael:**

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Psychosocial disability, a lot of people that I know have a problem

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identifying that they've got a disability because they think it's a bad thing.

**David:**

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Afterwards, I felt that I had completely changed

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you do not know if you are the same as before.

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Firstly, you have to fight against yourself

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How can I be like this?

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Then, when you go out, you suddenly find that people do not understand you.

**Sue:**

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If you split up the “psycho”, meaning that there’s

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some sort of mental illness or psychiatric impairment

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and that is then affecting a person’s social abilities.

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Engagement in communities

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appointments with professionals, other things like that.

**DJ:**

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I think the world “disability”, I don’t really like that identification

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but it allows you to access certain things that might help your wellbeing.

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More focus should be put on the way people deal with people

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who have a lived experience of trauma or suffering or distress

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and I feel that if more responsibility was taken

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by the way people handle other people

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then there’d be less reason for these labels.

**Erika:**

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I guess you just kind of struggle through life and because it’s invisible it’s not really recognised,

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so I think more people have psychosocial disability than we realise,

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including people that don’t realise they have it.