

Part 1: Radio advertisement

Are you a person with a disability?

If you are an Australian citizen, a Permanent resident or a recently accepted refugee or humanitarian entrant under the age of 65, you are able to apply for access to the National Disability Insurance Scheme.

If you have met access requirements, the National Disability Insurance Scheme, also known as the NDIS, will help you access the government-funded supports you need.

To find out more, visit the NDIS website or go to your nearest 'NDIS Partner office', and ask for a language interpreter to help you.

Part 2: Podcast 1 – Female

My name is Mariam, and like many others, I didn't really understand what disability meant. I wrongly believed that most people with a disability had a visible form from birth and that their loved ones were committed as full-time carers.

I was appointed 'carer' after my husband was diagnosed with Dementia, a condition that gradually decreased his ability to think, remember and actively participate in social life. With the support of Dementia Australia, our case manager strongly encouraged us to apply for the National Disability Insurance Scheme, or the NDIS. I met with an interpreter and a support coordinator at an 'NDIS Partner office', who helped me understand the application process better, and after a period of waiting, our application was approved.

When faced with a disability at any stage of life, your sense of independence and freedom feels threatened. The stigma attached to disability in our community adds another layer of complexity when dealing with disability challenges. So, when our support coordinator asked my husband, "What is your goal for the next 12 months"? After a forced retirement at the age of 55, memory loss, emotional withdrawal, and anxiety, it was difficult to answer, as all his goals and dreams seemed unsuitable.

But it shouldn't be that way. Today, although we have accepted that dementia is irreversible, my husband is a much happier man. As a carer, I have resumed part-time work as my husband regularly participates in social and community activities. On some days, while I'm at work, he receives help to go to the shops and even cook meals. Thanks to his NDIS plan, he now gets to maintain his independence, choice, and confidence, while I get to work to support my family further - I can testify he has overcome many of his earlier challenges, and our goals have been refreshed since accessing the NDIS.

Part 3: Podcast 2 – Male

Hi! My name is Nabeel, and I have had cerebral palsy my entire life. As a result, I was frail with weak muscles, recurring spasms and cramps all over. When I was bullied at the age of 13 for having a disability, I couldn't defend myself, and this affected my self-esteem and mental wellbeing. I used to rely on my parents a lot and doctors told me I would require full-time home care by the age of 25.

That's no longer the case. After a couple of years, I enquired about the National Disability Insurance Scheme at my 'NDIS Partner office' and made an application using the free language interpreter service available. I chose to manage my own plan, received translated copies of my plan, and began exercising with the help of my physiologist. The exercises helped me get stronger and improved my mental wellbeing.

I now train 4-5 times a week and am much fitter. My support carers help me with personal care and assistive technology items; like my new scooter, it provides the mobility I need to go wherever I want and do whatever I want. Through the NDIS, I also receive speech therapy lessons to help improve my speech. This journey has been a great learning experience and has helped me recognize my strengths.

With the supports and services, I receive, I have allowed my Mum and Dad to do less for me. Thanks to the NDIS, I now feel more confident and independent.