

From:
To: [Community Affairs Committee \(SEN\)](#)
Subject: MY STORY
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My Story

In 1997, I had a massive stroke. I was 47 years old. I NEVER SMOKED. It left me unable to speak, and unable to walk, paralysed down the left side, so cannot use left hand, I would like to go one day home to W.A, but cannot at present transfer interstate. My needs are simple. Just personal care and just to get me out of bed and dressed and put to bed at night. I also require a driver who can be insured to take me about.\

I spent 5 years in a nursing home which was no fun. No one spoke to me, except the staff. I would be a well behaved prisoner.

I communicate with an ipad app and Lightwriter, a machine I type, one finger, also a communications board. Therefore I need someone who can spell! I can use SMS and email well.

I have had wonderful and disastrous carers. Some cannot understand English, African and Filipino especially. I mention these cultures as have been told that 457 visas will be given to these people to do carer jobs. I feel they need help by their employer before caring.

I have prepared a folder of my gestures with explanations. I have also written a book, Dare to be Different, written a blog. If you want access let me know with an email address, Recently, I did a Power-point presentation for a U3A group locally. A CD has been made of this presentation, but I have not heard it yet.

People often make the mistake that I am deaf, unfortunately sometimes! I wonder if I should wear a coloured plastic bracelet highlighting to people my disability? So please talk to me.

I do not get any pension, so do not have something to show I am disabled. THIS IS NEEDED for accommodation bookings, etc.

Heather Dare