

From:
To: [Community Affairs Committee \(SEN\)](#)
Subject: Submission to the Inquiry into the National Disability Insurance Scheme Bill 2012
Date: Tuesday, 22 January 2013 12:53:10 PM

Please consider this email a formal submission by me to the Senate Standing Committee on Community Affairs Inquiry into the National Disability Insurance Scheme Bill 2012.

The current disability system has many problems that need to be addressed.

I have chronic P.T.S.D. and have been involved with a couple of mental health groups and a couple of disability return to work groups in Maroochydore Sunshine Coast. I found one art group very helpful, but the other not. I was dealing with all sorts of disabilities e.g. over eating, paranoid schizophrenic, bi-polar and two young men doing community service sitting around doing nothing & having a punch up. Medication change in behaviours in both groups is very nerve racking for P.T.S.D.

The employment groups one was good and very helpful for me to maintain a more fulfilling life yet with no readiness for return to work. The other group kept offering me similar work in the area I can't work in now and courses I wasn't suited to e.g. Aged care or disability services which is all under university specifications now.

There's not much going on at all with Mental Illness Fellowship Qld which I paid a fee to join. A lot is going on in other areas around the Coast but nothing in Maroochydore which is important as I can't afford a car and don't feel comfortable driving at the moment.

There's a walking group I joined which was great, Mind it, for older people mainly for dementia avoidance. We would do coffee once a week and breakfast once a month and a cheaper rate to do an exercise class once a week, but the funding got cut and it's over.

Then there's the heart foundation's walking group they run once a week. I'm seeing Oz Care this week to see what they may have in place for people with my disability because it's not wise to clump us all together. Someone with P.T.S.D. has to accept and realize a drastic change in live & circumstances, where as someone born with a disability is suffering differently. Plus some disabilities can trigger others, some can get along fine. Everyone's different. I'm still searching for recourses in my area. I see a psychologist once a week or fortnight, but have had 3 different ones in less than a year. Continuity is very crucial.

The main features of the NDIS that will make a difference to the community are:

More rights for people with a disability, Minimising the number of times people have to tell their story in order to get support, Removal of age barriers to services for children

The most important services for the NDIS to provide are:

Recreation and community access, Crisis and emergency support, Positive behaviour support and psychological services

I support the introduction of the NDIS.

Because I am one and I've seen first hand we need all the help we can get.

I agree for my submission to be made public

Regards,

Ms Yulan Lawson