

I am a 51-year-old man who is currently living in a nursing home. I had a stroke in 1997 when I was 34. I made a full recovery and got back into the workforce. I had another stroke in 2002 and was admitted to hospital in Box Hill and had rehabilitation in Geelong. I returned to my home in Geelong, where I was living with my parents. A few years later I moved out into my own rental unit. I was able to get by with the help of a service provider and remained there for ten years. I was walking with the aid of a stick but my mobility was deteriorating and I rarely walked outside. In 2012/2013, I had multiple admissions in hospital and rehabilitation and attempts to manage at home and with family. In spite of that, I believe I didn't have access to adequate rehabilitation. If I did, perhaps, my recovery would have been different, with much more improved outcomes. Finally, I was admitted to a Nursing Home where I remained for 12 months. I hated it and with the help of a carer, was able to move to a different aged care facility.

I receive a Disability Support Pension and am now a recipient of an NDIS package as I live within the Barwon trial site.

**Term of Reference (d) the appropriateness of the aged care system for care of young people with serious and/or permanent mental or physical disabilities**

Aged care is not the best place for me. They hook me up on a hoist with no clothes. It is very degrading. They plonk me down on a seat, it is so uncomfortable. I asked them to wash my hair thoroughly because I've had dandruff. I just get told they've got no time and there are other residents to be washed.

I feel like I'm wasting away. I spend a lot of time in bed losing all mobility. I don't have access to decent physio within the aged care facility. I have recently started some sessions outside of the nursing home as a result of NDIS funding. But, I feel it may be all too late.

## **Term of Reference (e) the alternatives to residential aged care for young people with disability**

I had to leave rehabilitation. I was told that I "couldn't take up a bed any longer". The only alternative to aged care that was presented to me was living with family. I tried this but it quickly became apparent that it would not work because the home environment was not suitable.

When I realised I was moving into aged care I felt like it was over for me. Even now, I think about suicide a lot.

## **My Ideal World**

In my ideal world, I would live in a house shared with three or four other people. We would have access to carer/s who could provide support 24/7. I would like to have access to physio and other therapies so that I can continue to improve my level of functioning, rather than deteriorating.