

Anne's NDIS story

"I've been incredibly lucky and also had great help along the way"

Anne lives in Queensland and has retired early after a successful career in education. Anne lives with several disabilities related to MELAS, including muscle weaknesses and fatigue. Anne's key goal in her NDIS plan is to maintain her independence. She also uses her NDIS supports to improve her mobility and maintain social connections. After previously receiving physiotherapy through health, Anne applied for the NDIS as a way to receive funding for ongoing maintenance physiotherapy.

It was a friend who helped Anne to realise how important it was to prepare well for her first planning meeting. This friend helped Anne learn the language of the NDIS.

"What the NDIS want to know is what your goals are and what you need to achieve those goals. Without this lady's help I would have had absolutely no idea that this was how I was supposed to present my information. They can't tell what you need unless you tell them what you need."

Anne assembled reports from her health professionals, including her GP, specialists and audiologist. It was her occupational therapy report that Anne believes was vital, even though it was a large expense out of Anne's tight budget.

Mito Foundation's nurse also assisted Anne to explain MELAS to NDIS decision makers and support Anne to write her own impact statement. "I can't sing Michelle's praises enough. She listened and was enormously supportive."

Some of the supports Anne receives through the NDIS are:

- Physiotherapy and exercise physiology
- Transport
- Support workers to assist with household tasks such as cleaning and hair washing where Anne's muscle weaknesses prevent her from doing these tasks independently
- Technology that assists with independence, including large items like her mobility scooter and smaller items like a kettle that more easily tips.

Anne's NDIS plan also includes funding for a support coordinator and a plan manager. Anne recommends that others consider requesting this, particularly in their first plan. "You need all the help you can get. For me, they were stepping stones to learning this new system. My support coordinator was able to match me to providers that fit in with my life."