# **Transcript – NDIS StorySue’s taking control with the right supports**

[Sue] Hi I'm Sue, and I am 49-years-old, I live in Mount Martha with my husband and my two children, Holly and Jack.

I was diagnosed with MS nine years ago. Being diagnosed and the years following, depression, was huge.

I definitely would say fatigue, and the heat sensitivity, the balance issues, and the feeling of you're going to fall. I do have cognitive impairment.

So when I first went down to my NDIS support person in Rosebud which was Clare, I knew that I really wanted to have an exercise physiologist after doing a little bit of research on my own, and I knew that was the sort of person that could get me back into exercise, and she then also suggested that maybe some in-home support might be of benefit, as in cleaning or occupational health to help me, so that's how we ran with the plan.

[Elise] Exercise physiology for MS patients is really important. MS patients have a progressive disease and this meant that we needed to work on Sue's balance, her strength, her endurance, reducing her weight and waist circumference.

So if we can better manage someone from the start of disease progression and improve their ambulant ability without then losing that independence, they're gonna have a much better outcome and try and avoid things like ending up in a wheelchair, ongoing.

[Sue] The NDIS has been amazing for me and I'm so grateful and very appreciative because I've been able to do this and it's changed my life, it's made me a different person that I'm happier, I'm happier in myself so therefore I'm happier with my family, I'm happier with my friends, and I want to be living and I want to be doing things. That's extremely important.

[Voiceover] For more information visit ndis.gov.au or phone 1800 800 110.

[End Transcript]