# **Transcript – Participant Story:Krystal Matthews**

(Krystal Matthews) My name is Krystal Matthews. I'm 36 years old, I live in South Australia and I also have cerebral palsy which affects me from the waist down.

So for me, I went on NDIS in 2019. That's when I got my first plan and it has completely changed my life and I don't know what I would do without the support it provides me because it's allowed me to kind of reflect back on me the disabled person that needs physio, that needs occupational support, that needs help doing things; I need to swallow my pride sometimes and accept that help.

Then there's another part of me where I'm the professional person - I'm a qualified social worker.

There are a lot of different issues that affect women with disabilities and there are a lot of particular issues that affect parents who have disabilities.

With my NDIS plan I've really been able to build up my confidence in being a mother, being the best mother that I can to Zara and I've also been able to get the support that I need, but I'm still doing all of the motherly activities that I want to do.

So, those attitudes and those ways of working with difference is changing along the way because a fifteen year old girl does not need to hear that she cannot be a mother because that's not the case.

It's not easy, it's not easy for anyone to be a mother, but the fact of me having a disability does not make me a bad mother.

(Narrator) The NDIS is now supporting more than half a million Australians.

To find out more, visit ndis.gov.au

[End Transcript]