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## Physical and Mental Health Disabilities – NDIS

### The National Disability Insurance Scheme (NDIS)

There are many different types of disabilities such as intellectual, physical, sensory, and mental illness.

People with physical disabilities are also more likely to suffer from mental health issues. Some of the mental health issues are stress and anxiety, depression, grief and bereavement, relationship problems, identity issues, post-traumatic stress disorder (PTSD), anger problems, loneliness, and substance abuse. These mental health issues can affect how we feel (our emotions and life satisfaction) and how we function (relationship with others, personal control, purpose in life and independence).

In the Bible disability is often portrayed as a disease, and even though the word depression is not mentioned in the Bible there are references to symptoms of mental health illness recorded. We need to remember there are other health conditions that are also not specifically in the Bible as well, like heart failure or diabetes.

The Bible mentions some physical disabilities as it is recorded for us that Isaac was blind, Jacob limped, Chushim was hard of hearing, Moses stuttered, Samson died blind, Mephibosheth had crippled legs, and Edud had a shrivelled hand.

As brethren and sisters, we are blessed, as we are not alone as we have God who gives comfort in our affliction, as He is the Father of mercies and the God of all comfort, as it says in 2 Corinthians 1:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God". God knows that we will be fearful and need comforting, which is why He encourages us not to be fearful, as He will uphold us, allowing us to stand firm. Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand".

Even though we know we have God on our side, it does not mean that we will not need to seek professional health from a health care provider. If you or your loved one are suffering from changes in mood, particularly feeling sad or down, isolation and withdrawal from friends, family, meetings, or other social circles, excessive worry and preoccupation with fears, changes in energy levels and sleep cycle, changes in mood and behaviour, including appetite, or any other concerning changes, seek help for yourself or your loved one. Remember you are not alone, and there is help available. Talk to a friend or your GP, seek out professional treatment and care, just like you would for a broken bone or an infection. Medications may be needed, just as you would take medication for diabetes or high blood pressure.

The government scheme that funds people with disabilities to get the support and services they need to achieve their goals is called *The National Disability Insurance Scheme* (NDIS). The benefit of the NDIS is that it can provide you with funding for supports and services as well as connect you to information and supports provided by other organisations and government agencies, to help you cover some costs associated with your disability. You need to be assessed for your eligibility, which involves paperwork and reports from your treating doctor, this can be your GP or

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other health provider. You must live in Australia and be an Australian citizen. Your disability must result in an impairment which affects your ability to perform certain day to day living activities, the disability/impairment must result in substantially reduced functional capacity or psychosocial capacity relating to one or more of these activities, communication, social interaction, learning, mobility, self-care, self-management. These impairments need to be ongoing, and you need to provide evidence of this from your health provider. NDIS will then review the evidence and develop a NDIS plan which outlines your goals and the types of support you need. NDIS may include things like support in the home, allied health and help to participate in the community or at work. All the information needed is on the NDIS website, but at times the process can be difficult, so please reach out to someone that can help and answer your questions regarding this process.

People with long term disability resulting from a mental or physical health condition may qualify for the NDIS. With NDIS funding, it doesn't matter what caused your impairment, for example if you've had it from birth, or acquired it from an injury, accident, health condition, or another situation. It also doesn't matter if you have one impairment, or more than one impairment. NDIS will need evidence that you'll likely have your impairment for a long period of time or your whole life, it doesn't matter if you might have some periods in your life where there is a smaller impact on your daily life. If you feel that you may be eligible, please go to the website or ask your GP.

<https://www.ndis.gov.au/> (They also have a web chat you can use. )      Phone:1800 800 110

### Other support

#### Christadelphian Help-Line - 08 8270 4115

Beyond Blue - [beyondblue.org.au](http://beyondblue.org.au)

Black Dog Institute - [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

Blue Knot Foundation - [blueknot.org.au](http://blueknot.org.au)

COPE – Parental Support - [cope.org.au](http://cope.org.au)

Dementia Support - [dementia.com.au](http://dementia.com.au)

Multicultural Support - [embracemantalhealth.org.au](http://embracemantalhealth.org.au)

Torture and Trauma - [fasstt.org.au](http://fasstt.org.au)

GriefLine - [griefline.org.au](http://griefline.org.au)

Headspace - [headspace.org.au](http://headspace.org.au)

Kids Helpline - [kidshelpline.com.au](http://kidshelpline.com.au)

Lifeline - [lifeline.org.au](http://lifeline.org.au)

MensLine - [mensline.org.au](http://mensline.org.au)

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Kylee Mingham

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