

**Submission
No 75**

**INQUIRY INTO IMPLEMENTATION OF THE NATIONAL
DISABILITY INSURANCE SCHEME AND THE PROVISION
OF DISABILITY SERVICES IN NEW SOUTH WALES**

Name: Ms Belinda Lockwood

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The NDIS has been an incredible initiative that has benefited my son so much . Since the allocation of funds in form of a package he has done so much. Twice weekly cooking lessons where he has learnt about nutritious eating , healthy meal preparation and collaborative interactions . These have been in his own home in a real life setting. Also the NDIS has provided staff to assist Tim in an exercise and weightloss program at the local gym the staff support him in his choivmced at the gym . My son is alao attending a dietitian monthly and has lost 13 kg since attending the dietitian.This has reduced his risk of heart disease and diabetes significantly. My son has also been able to socialise more going to dances with staff and meeting people has own age .All this has given him the confidence to independently travel to the shopping centre hang out there , get a coffeee and frel like everyone else. The bebefits are enormous as people without disabilites may take all this for granted but it means the world to my son.