

**INQUIRY INTO 2022 REVIEW OF THE WORKERS  
COMPENSATION SCHEME**

**Name:** Name suppressed

**Date Received:** 27 June 2022

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Partially  
Confidential

Good Morning to the Members of the Committee and all other relevant parties.

I write my submission as a person who is currently on the Workers Compensation scheme for an injury in December 2020, so this one is a personal matter for myself.

We appreciate that there is now concern surrounding the mental health impact for persons on the scheme and what it means for them. I personally have suffered greatly from my injury, mentally, physically and financially which places further impact on my mental health.

I have jumped through every hoop during my injury and recovery to try and get myself back to as close to my pre injury state but this has taken an extreme impact on my mental health. I have felt like medical professionals do not believe that my injury is ongoing simply because I have had surgical intervention and do not believe that mental health has taken an impact from this.

I have felt let down and neglected by my treating professionals, I have been let down by my insurance who sent me to an IMC who told me in the appointment that I needed certain treatments and options but reported the complete opposite in his report. Noted that I needed to exercise - I would if I physically could. Do medical professionals not realise the mental impact it has when you cannot walk for more than 15 minutes? Or that you lose parts of your previous life after an injury.

I have not been able to work for nearly two years. I have had to give up driving manual - my preferred option of driving due to the injury, I have had to give up going out with friends because I cannot stand for more than 10 minutes without being in excessive pain. I have had to remove myself from gatherings where seating is not available. I cannot even do the basic of getting groceries if it is going to take more than 10-15 minutes because of the pain. I cannot wear closed shoes due to swelling and pain.

All of this takes a massive toll on my mental wellbeing. I can't function as I normally would prior to my injury - but have been told by treating professionals there is nothing wrong. I had 30 years of functioning at a high level both professionally and personally.

In my schooling years I played A grade netball from the age of 12 - 18, I played softball, hockey and numerous other sports. I had a successful career in real estate, I could drive whatever vehicle without restriction. I could simply walk and function.

The mental impact this has had;

I don't sleep. I substantiate in my head why I am not able to do normal things. Do you understand how incredibly depressing it is to not do the things I once could 18 months ago? That I now require my husband to help me get pants on because I cannot move my foot/ankle to get through pant legs, how mentally draining it is to not function at a normal level. I require assistance to get off our driveway due to its slope.

I am increasingly frustrated that us with injuries are told to carry on and its in our heads when the injury is not. I have a dear friend who is currently battling with his insurance to even get surgeries approved and their telling him to return to work when he physically cannot do what he was qualified to do prior to his injury. The toll it has taken on him and his family. He can no longer pick up his kids or play with them.

The impact the injuries have on us is immense. But we are told time and time again to just simply pick up the pieces and carry on.

I know there are people who have sadly taken their own life due to the mental anguish they have been put through due to the injuries and inability to provide for themselves and their families

What is it going to take for the insurance scheme to understand that are injuries are never just only physical but they are mental and financial too.

Financial impact this has also puts pressure on our mental health. We feel inadequate that we cannot financially support ourselves. We lose things because we can no longer afford them which puts further strain on our entire wellbeing. We feel less of a human because we cannot do things for ourselves anymore.

I am fortunate that I have a very supportive husband who has taken care of me when I feel less than human. When I couldn't bathe myself he did. When I can't get in bed because of the pain he is there. When I wake during the night because of the thoughts and the pain, he is there.

If I did not have him I hate to imagine where I would be.