# Transcript – Reaching goals with the NDIS

TROY: One of my short-term goals is to go and visit one of my friends in Ballarat, and hopefully by the end of it we’re both still in one piece.

WILL: I am working on my independent skills, learning to plan meals, grocery shopping and cooking.

PRUE: Would you like me to talk about this for you?

NAOMI: Yes.

PRUE: So, Naomi’s goal is to continue to live independently and live healthily as she lives independently. And through the NDIS, she’s able to do that.

TROY: I’m doing exercises on a daily basis with the help of my support worker, Matt. And one of my longer-term or life goals is to get back into my walker and be able to weight bear and walk around by myself.

WILL: My long-term goal is to become a farmer. Cows make me happy and I want to be able to look after them. I would also like to have other animals so my friends and family can come and visit.

PRUE: You got your NDIS package, and you are able to move into the house independently with support.

NAOMI: Yep, I love it.

TROY: It would make me feel overwhelmed to achieve that goal. Be persistent, you can do anything you set your mind to, and remember that slow and steady wins the race.

VOICEOVER: Created in partnership with YDAS, the Youth Disability Advocacy Service.