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Sydney disability advocate Kylie Scott's calls for a more inclusive society are only growing stronger after speaking at the United Nations headquarters in New York.

Kylie, 44, spoke last year at the UN Convention on the Rights of Persons with Disabilities.

'For me, it was a highlight of my life,' Kylie said. 'It was exciting to be there.'

Kylie's speech focused on legal rights and decision-making for people with disabilities.

It also mentioned her support from the NDIS.

'Since the NDIS came into being, I can now access help where I need it,' Kylie told delegates.

When Spain elected its first member of parliament with Down syndrome earlier this year, Kylie knew it was a vote for inclusion.

Mar Galceran's election is proving a catalyst for Kylie, who wants to advocate at the highest level.

'That wonderful lady in Spain inspires me to press on with my public speaking,' Kylie said.

'I'm going to keep advocating, particularly for people with intellectual disabilities, and push the boundaries head on.'

Born in Melbourne, in 1979, Kylie's family moved to Canberra 2 years later.

Kylie became the first child with Down syndrome to attend an ACT public school.

'The other kids were mostly friendly,' Kylie said.

Her mother, Evelyn, said supports were scarce until Kylie became an NDIS participant in 2017.

'We needed speech pathology when Kylie was in school,' Evelyn said.

'It was extremely hard to access back then.

'The only supports were through community organisations, such as the Down Syndrome Association in the ACT.

‘We lobbied for better early intervention therapies, including speech and cognitive, as well as physical supports.'

Upon graduating from school, Kylie studied business administration at technical college.

She secured office jobs with the Australian Public Service in Canberra and later in Sydney, where she moved to with her mother.

Kylie also did public speaking courses at the National Institute of Dramatic Art (NIDA).

‘When the NDIS appeared, I thought, “oh, at last”,’ Evelyn said.

Kylie’s NDIS plan includes help with daily living, improved life choices and support coordination.

She has 4 support workers. They help her with domestic duties, healthy eating, shopping, social outings and medical visits.

They also helped to set up and maintain her kyliedownsbarriers.com.au public speaking and art website.

‘Support workers help me to live independently,’ Kylie said.

‘Receiving good support makes me feel great and less isolated.’

Aside from her speech at the UN, Kylie has already represented Australia.

She played tennis twice at the Special Olympics, winning silver, in Dublin, in 2003.

‘It was a dream come true,’ Kylie said.

‘I try my best with everything, and I always remember what Mum says: “One step or point at a time”.’

Kylie plans to continue being a strong advocate for people with disabilities.

‘My NDIS supports enable me to live independently,’ Kylie said. ‘I love it!’

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