Posted on:
30 October 2026

For John, the right supports mean more than practical assistance. They’ve helped him build confidence, independence and the freedom to pursue a life he wants.

The 44-year-old NDIS participant from Queensland is thriving in his community and embracing opportunities he once felt were out of reach.

‘I'm living a good life and loving it,’ he said.

For years, John wondered what independent living might look like for him. Moving into his own home in 2024 marked an exciting new chapter, but it also came with challenges.

‘Every little thing I did, I had never done before on my own, so I was second-guessing myself,’ he said.

‘I was thinking, “Am I loading the dishwasher the right way? Is it going to break? How do I clean the sink?”’

With support from his family and the NDIS, John gradually developed the skills and confidence to manage day-to-day life independently.

‘Once I gained my wings and got into the groove, it all became second nature,’ he said.

Today, John manages most household tasks and has support with a few, like cleaning and taking out his bins.

‘My supports mean I can spend more time and energy on other things that bring meaning to my life,’ he said.

A passionate performer, John attends choir each week, performs at open-mic nights and is currently rehearsing for a musical where he plays the lead.

After spending 6 years teaching wheelchair and parasports in schools, John is planning to start a master's degree in social work. He hopes to use his lived experience to help others navigate housing and support systems.

‘All of this has come from the confidence I've gained from living independently,’ he said. ‘It shows when you have the right supports around you, anything is possible.’

For John, his NDIS funding helped to create a foundation for a more independent and meaningful life. He now has the confidence to pursue his goals, contribute to his community and to focus on what matters most.

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