Posted on:
30 September 2026

For much of Tarsha’s childhood, her parents Jackie and Matt were more than mum and dad. They were also her carers, therapy coordinators and constant supporters, while younger sister Lara played an important role too.

Today, life looks very different.

With NDIS supports helping 29-year-old Tarsha build skills and independence, her family has more time to simply enjoy being a family.

‘The supports available to Tarsha have made a massive difference to our family,’ Jackie said.

Tarsha lives on Queensland’s Gold Coast. From around 9 months of age, she has needed daily support and regular therapies. Matt stopped working to care for her while Jackie continued working.

When Tarsha joined the NDIS, her family hoped the Scheme would provide access to supports that could help her pursue her goals and become more independent.

Today, Tarsha accesses physiotherapy, exercise physiology and speech therapy. Jackie said those supports, combined with Tarsha’s determination and years of hard work, have helped her build strength, confidence, communication skills and independence.

A key part of that journey has been her support workers.

‘They have been fantastic,’ Jackie said. ‘A couple are older and some are around Tarsha’s age, but they all share similar interests. That’s really helped her build trusted relationships outside our family,’ Jackie said.

Tarsha is learning to do more daily tasks independently and works 2 days a week at a church op shop helping make coffees.

‘Tarsha’s goal is to keep her job. She loves it more than anything in this world,’ Jackie said.

Tarsha’s also an accomplished frame runner, recently completing the Gold Coast Marathon 10-kilometre event.

As a self-funded Disabled Wintersport Australia member, Tarsha also enjoys skiing and snowboarding. She’s also passionate about art. One of her pieces, “Dance Beneath The Blue”, was recently accepted into The Doyles Art Award’s All Abilities Adult category.

‘Tarsha does whatever she wants to. She’s just so gutsy,’ Jackie said.

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