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Damien’s dreams of fulfilling healthy pursuits and crafting a promising future are now a reality after accessing the NDIS.

Where once the 44-year-old from Loganlea led an unhealthy lifestyle from the effects on his physical and mental health due to arthrogryposis multiplex congenital - the development of multiple joint contractures affecting two or more areas of the body prior to birth – Damien is now full of optimism and drive.

“I have become quite serious about daily exercise and healthy eating. My NDIS goals were to live healthy and as independent as I can,” he said.

“With my exercise physiology and physiotherapy, and my occupational therapist, I have been able to overcome my depression without medication by exercise and a healthy lifestyle.

“After receiving support to take the stress out of my daily living activities and the options to get into exercise through my NDIS plan, I have now been without alcohol for over six months and I haven't smoked in over three months.”

With NDIS supports in place, Damien sees an exercise physiologist to enable better eating and fitness goals, an occupational therapist, and physiotherapist to ensure he continues leading a healthy lifestyle.

Damien has recently taken up swimming at Beenleigh Aquatic Centre two to three-times-a-week doing resistance training, as well as accessing support workers to continue pursuing his goals.

From the pool to the pillow, and everywhere in between, his renewed focus has opened up a whole new world for Damien, who has committed fully to the mental and physical approach.

“Now my lifestyle is just the opposite of what it was; I am exercising regularly, eating right with food cooked with my support workers, and feeling confident that I can achieve more in the next year,” he said.

Thankful for the NDIS and for the assistance received from Carers Queensland’s NDIS Local Area Coordination (LAC) Partner in the Community Program for the Brisbane region in applying for and implementing his NDIS funding, Damien is full of optimism in what can be achieved in the future.

However, like the steps Damien has taken towards turning his life around, he has committed to taking the same step-by-step approach to his holistic wellbeing and achieving all-round happiness.

Setting his sights on nailing day-to-day living, Damien – no stranger to rolling up his sleeves - is focused on completing tasks around the home, as the former mechanic shop employee works towards his next long-term goal of getting back to work.

“I have only just started to get myself in order; my grass mowed, my house cleaned, and baby steps to get fit. I do think I’ll get back into work at some point.

“Everything is going well now and it wouldn’t happen without Carers Queensland and the NDIS.”

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