

Ngoc Profile

My name is Ngoc and my background is Vietnamese.

I am a mother of 3 children. I have a son who has a disability and who is 22 years old.

I arrived in Australia as a refugee from South Vietnam and I could not speak any English. I learned English after arriving here. I now speak two languages (Vietnamese and English).

I have known the hardships and difficult times that comes when you leave your homeland as a refugee and you are settling in a new country.

As a mother and carer for my son with a disability I have firsthand experience of how difficult it can be to find the appropriate supports that work well for him and which give him the best opportunities to develop his interests and creativity.

I have learnt Makaton, a sign language, which helps me to communicate with my son. It is a sign language which is used with children with cognitive and intellectual disability.

As a peer mentor I feel I bring a positive outlook. I am very committed to support people and in working together to achieve the goals that are important to them. I am a good listener and have a deep understanding in how to overcome difficulties in life.

I am also very passionate to break the stigma that surrounds disability. I think this can be done through community education and community awareness raising about the social barriers that people with disability face. I like to dedicate my life on creating a safe living environment which is accessible too all people with disability. A

community in which all can share their stories, experiences and feel supported .

In my paid and unpaid work roles I volunteered as an assistant librarian and I have worked as an informal support carer for other children with disabilities. I presented at the DDA Peer to Peer Cafés to share information about how to use the NDIS funding effectively. I also completed the training courses, Introduction to Peer Support and Peer Mentoring and the latest Peer Mentoring Refreshers course training at DDA .

I became a research interviewer at DDA in 2018. In this role, I was given the opportunity to interview other peers and give feedback on what is needed to provide cultural appropriate disability support . I also applied for a grant to set up a local children activity support group.

My son receives NDIS support from a speech therapist, a dietician, and a behavioural counsellor. It has helped my son to gain more confidence and independence.

As a peer mentor, I will be able to help you plan your goals of getting the best out of the NDIS . I feel I have a strong understanding about the steps you need to take in applying for the NDIS and using your plan effectively.