

One of the hardest things about keeping a job is finding a workplace that's willing to work with me to accommodate me. I'm always being pushed to take on more hours than I can actually handle and it's hard to maintain my boundaries, and to call in sick when I need to. When I'm in the psych ward I can't contact my workplace so I get in trouble for calling out too late or not doing it through the right channels. I also find most places don't explicitly explain rules and procedures and just assume that you'll figure it out which is really hard.

Public transport is hard when it's not on time or predictable, and having an app or boards with live data would help with that, like they have in Brisbane.

Probably the biggest issue with housing is the cost, and also how draining it is to do applications for rentals. I can't keep track of all the places I've lived in over the last 10 years and the exact dates I moved in and out, all of the phone numbers of past landlords etc.

Having access to telehealth has made accessing healthcare so much easier, because when I'm too depressed or in too much pain to leave the house I can still get healthcare. Also when I can't afford petrol or the bus doesn't go to the clinic. I think more doctors should offer discounts or bulk billing to pension card holders, especially specialists.

Having low-sensory times for shopping and other social things like movies and arcades and restaurants would be nice. Woolies and Coles already do a sensory hour but it's only once a week and usually I'm still in bed when it's happening. I wish I could go to shopping centres and stuff more often but I find them so overwhelming with loud music and people yelling over it. It seems silly to expect every disabled person/person with sensory needs to be able to pack in to the grocery store in one hour.

There should be more employers willing to give part time or job share roles to people with and without disabilities, and stronger protections against discrimination. Especially with casual roles it's easy for the employer to just stop giving you hours until you quit or fire you for reasons "unrelated" to your disability instead of giving you reasonable accommodations. Also things like sick leave and carers leave should accumulate faster and possibly be portable across jobs, because I usually need to take sick leave regularly and early in getting a job. It would be good to have someone external to the job to talk to about potential discrimination or unfairness and for help with getting employers to give reasonable accommodations.

Raising pension and income support payment rates and minimum wages would go so far in helping me be able to afford things I need, and also helping with getting on NDIS. Also improving public healthcare access so that I have more money for food and bills instead of having to ration my meds and food to afford a specialist appointment because there's no public clinic for that specialty or the wait list is too long.

I think community visitors would be a good idea, and the commissioner as well. Also maybe a service to help people who have trouble getting on the NDIS to access a support worker and other help. The DSA should also set rules about mechanical, chemical, and physical restraint and least restrictive practice.

The DSA should still set rules for services because not everyone accesses services through the NDIS, even if we should be able to or the same service also helps people on the NDIS. There should be solid rules developed in consultation with disabled people, and services shouldn't be allowed to tell us it's too hard or expensive to implement or obey those rules.

The commissioner should talk to people with lived experience of disability and stay connected to our community. They should have the power to make actual change and set rules and punish people and services who do the wrong thing, whether they meant to or not. They should still have to answer to someone, like a panel of community members and disabled people and their carers. It would be good if the commissioner had a lived experience.

Supported decision making is really important and the DSA should definitely keep tabs on this, because some of us can be taken advantage of through this process. There should be an advisory

committee made up of mostly disabled people, and some carers, with different types of disability and different cultural backgrounds and identities.

It should be a requirement that every decision or new law that affects the community, which is everything, has input from disabled people. We should be able to give input in the ways that are easiest for us, like writing, speaking, video call, AUSLAN, etc. You could also make a document with important considerations from disabled people to bypass consultation on less important or smaller decisions.