



Michael is a 55 year old man who lives in Perth. He has lived with his wife Mary for the past 35 years and Mary has taken on a lot of the informal caring role for Michael who has a physical disability.

Mary passed away in 2018 and Michael found himself struggling to manage without the support of Mary. Michael had a service provider funded under NDIS who sent a Support Worker once a week to do shopping, and once a fortnight to do some light cleaning.

The Support Worker noticed Michael's decline and that he was only buying 2 minute noodles and bread in his shopping. The Support Worker spoke to Michael and arranged a meeting with Midlas.

Michael explained to the Advocate that Mary had done all of the cooking and he had never prepared a meal. His disability would limit his ability to cut the vegetables and manage tasks like opening a jar, but he felt with some support and training he could learn to cook some basic meals.

The Advocate assisted Michael to prepare a Change of Circumstances to have his funding reviewed.

# MICHAEL

To ensure that the services Michael requested were reasonable and necessary, the Advocate also supported Michael to have a functional assessment with an OT.

The OT prepared a report detailing Michael's capacity, and also recommended some assistive devices that would help Michael to open jars and cut vegetables. The Advocate and Michael attended the next meeting with the NDIS together and Micheal recieved an increase to his plan to include some group cooking classes, and some extra support with meal preparation.

Michael met a lot of new friends in the cooking class and can now prepare basic meals like Spaghetti Bolognese, Soup, and meat and vegetables. His regular Support Worker still comes to do the cleaning and now that he some new friends at the cooking group he is feeling less lonely as well as more independent.

