



HONESTY

CELEBRATING 30 YEARS WITH YOU

I'm Rita, I am 66 years of age and come from a large musical family. I used to play the drums and danced professionally. I'm artistic and love drawing.

My life hasn't been without difficulties and trauma. At twelve, I was taken into care due to sexual abuse and I had my first child at 13. In the years since, I was diagnosed with depression, anxiety, and dyslexia. Despite these challenges, I was very independent until about 13 years ago, when I had a series of strokes and heart attacks which left me with ongoing health issues.

This led to the Department of Housing finding me more suitable accommodation and putting me in

touch with Footprints. Initially, I only needed help with cleaning and shopping, but when my health and mobility deteriorated, Footprints helped me get access to NDIS and I now get additional assistance with personal care, going out, housework and paperwork — which is great!

Honesty is very important to me. Due to my dyslexia, I rely on others to do things like read my mail and pay bills. At one stage, I was left with a large debt when bills didn't get paid. This was a turning point for me and I went to TAFE to learn basic reading and writing skills. There are still times when I need this help and I've come to trust the staff at Footprints. My support worker Anthea, pictured

here with me, understands me, she is honest and we respect each other.

Since I've been with Footprints I feel like I'm not just 'existing' but 'actually living'. I'm lucky I have Footprints in my life, the staff motivate me and with their support, I've become more independent again. I love them all!



www.footprintscommunity.org.au

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