# Station 3: Independence and wellbeing

**Independence and wellbeing** are critical to our quality of life.

The current National Disability Strategy 2010-2020 improves independence and wellbeing for people with disability through:

* **economic security**, so they can plan for the future, make choices and have control over their lives
* participation in **an inclusive high-quality education system** that responds to their needs and provides continuous learning opportunities
* access to health services and programs that give them the **best possible health and wellbeing outcomes**.

***When it comes to independence and wellbeing, how might a future strategy improve:***

## Financial security (having access to income)

A secure income for everyday living, with opportunities to plan for the future means having:

* financial security to be more independent and live well
* access to financial supports that raise the standard of living to be equal
* more employment and business opportunities.

## Employment and careers

Open and inclusive workplaces support the employment and careers of people with disability. For people with disability who can work, a job or career:

* provides income
* connects them with others
* is a way of participating in community life
* can lead to improved financial security and personal wellbeing of individuals, and their families and carers.

## Lifelong learning and skills

Inclusive education is critical for people’s independence and wellbeing. It’s important to consider:

* opportunities to continue learning and to gain new skills
* access to an education system that responds to their needs, at every life stage
* continued access to quality education from early childhood to high school
* full access to and inclusion in universities, TAFEs and training programs
* support to learn on the job.

## Personal support services

Supports and services are needed to help people, their families and carers, including:

* person-centred and self-directed supports that help people with disability to achieve independence and wellbeing
* accessible community groups and activities, parenting programs, sports clubs, and volunteer networks
* information and support for families, carers (whether they are paid to give care or not) and friends of people with disability.

## Health and wellbeing:

Quality, accessible health services and programs:

* help people with disability be well throughout their lives
* create equality in health outcomes for people with disability and other people in the community
* meet the needs of people with disability, including:
	+ hospitals
	+ clinics
	+ dentists
	+ allied health
	+ specialist health services and clinics.
* provide access to early intervention and rehabilitation to reduce future health problems and costs.

### In relation to these areas, we’d like to know:

* What can stop for people with disability from being educated, healthy and wealthy?
* What are your ideas for improving education, employment and career opportunities and health outcomes for people with disability?