

## WWDA Submission – <u>Independent Review of NDIS Art and</u> <u>Music Therapy Supports.</u>

## Annexure 2: Quote from WWDA Member

"Art therapy helped me evaluate things and accept things for where I am at, it helped me also accept things through art because art is actually an important part of my life already but I was quite a perfectionist, I've been able to have different perspective about things, and luckily I got to use art therapy for so long that I was considering slowing down the amount of appointments I did, I know when I have another big change in my life such as moving out that I will need it again because there's so many feelings to explore surrounding that. It helped me tackle things in my life, and how I go about doing art which is important to me. I don't know if I would be where I am at without it." – WWDA Member

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