

Kim Lander

LIVED EXPERIENCE: Disability, Mental Health



Kim has a unique experience from both sides of the health system, as both a person with disabilities and having 5 years working experiences across operating theatres and hospitals. Kim acknowledges that one of the pain points of the health system is diagnosis in both paediatric and adult settings; with cerebral palsy only confirmed at 5 years of age, and autism and ADHD at 8 years old. More recently, Kim has been diagnosed with gastroparesis and intestinal failure. With adequate and streamlined diagnosis, Kim believes there is great potential to improve quality of life.

As a transwoman, Kim can offer insight into how the health system can better understand transgender perspectives and become more accepting, accommodating, respectful and adaptive to matters of importance to this community.

Mental health is another area of passion for Kim, with experiences in both inpatient and outpatient mental health settings providing insights that have allowed her to explore consumer roles in this space including sitting on the Mental Health Clinical Council within a NSW hospital and health service. From Kim's perspective, the mental health system has a vulnerability to becoming a revolving door. Therefore, she wants to work with clinicians to co-design sustainable models of care in an ambulatory setting with adequate inpatient support (where needed) to avoid hospital readmissions.

Kim is an NDIS participant, which has taught her the importance of advocating of herself and the strength of the 'patient's' voice more than any other part of the health system. She believes there are opportunities to create changes within NDIS to make them more person centred.

Through her previous consumer work and diverse perspectives, there is no doubt that Kim is a lived experience leader with a lot to offer partnering organisations and projects.

KEY INFORMATION

Place of Birth: Sydney, New South Wales, Australia

Current location: Sydney, New South Wales, Australia

Age: 30 years old

Language/s: English only

LGBTQIA+: Yes

NDIS Participant: Yes

Diagnoses: Cerebral Palsy, Autism Spectrum Disorder, Intestinal Failure, Ehlers-Danlos Syndrome, Gastroparesis

Healthcare Access: Primary Health Care, Allied Health, Mental Health, Secondary and Tertiary care

ACHIEVEMENTS AND EXPERIENCE:

- Consumer Representative Work across Hospital and Health Services in New South Wales
- 5 years experience working in Operating Theatres and HHSs in NSW