



## **BIOGRAPHY - A CARER'S STORY**

### **ELLIE MOIR NAMED AS YOUNG CARER WINNER IN NATIONAL FINALS**

**Ellie Moir of Banksia Grove has been selected as the National Winner in the Young Carer category.**

Nineteen year-old Ellie is the full time carer to her mother Lynette and has cared for her since July 2009 when she was hospitalised after becoming suddenly ill, (literally overnight), and was unable to walk, speak or otherwise take care of herself. Ellie was 13 years old at the time.

After many months of uncertainty, Lynette was finally diagnosed with chronic fatigue, fibromyalgia and rheumatoid arthritis.

Although with her condition Lynette has had good and bad days, Ellie is responsible for coordinating everything in their home. She is the only income earner and manages all the household finances, bills, meals, cleaning, travel to and coordination of appointments. She also looks after her mum's personal care, medication and does all the cooking.

Ellie demonstrates incredible resilience with all her responsibilities, while herself living with Ehlers-Danlos syndrome which requires physical rehabilitation, constant testing and visits to specialists. Although she rarely complains, Ellie lives with joint swelling, pain and exhaustion.

She is now going in to second year studying Psychology at University and has an amazing workload which she manages with diligence and dedication. Somehow she balances this commitment with her caring role.

Ellie has muscle deterioration and cannot walk long distances or play sport. With her limited mobility, she does all her lectures online, and requires the use of seating equipment for comfort and posture to sit exams while at university.

Although she rarely complains, because of her condition, Ellie has numerous personal challenges, but to the outside world appears to be a happy and healthy young woman.

Sister Krista who nominated her for the awards said "Ellie never complains about her carer

responsibilities even though I know she struggles to meet her own health needs on top of managing Mum's."

Despite everything, Ellie has always maintained a positive outlook and has remained dedicated to her further education to one day assist other carers like herself. She hopes to work as a clinical psychologist in the education system.

**ENDS**