

RESOURCE BOOKLETS for Kinship Carers



**For children & young
people with an
emotional or physical
disability**



Association for Children with a Disability

Association for Children with a Disability

<https://www.acd.org.au>

ACD supports all families in Victoria with children with disability aged 0 to 18 years old. ACD empowers families with knowledge, skills and confidence to achieve the best for their children; advocates for children with disability and their families; and educates service providers, professionals and the community to be inclusive of children with disability and to work in partnership with families. ACD also influences government and public policy to advance the rights of children with disability and their families.

Call: (03) 9880 7000 or 1800 654 013 (regional)

Email: mail@acd.org.au

What services are available?

- Support line
- Workshops
- Information and resources



STAR Victoria

<https://starvictoria.org.au/>

STAR Victoria share information, skills and build capacity with people with intellectual disabilities, their families and support networks. STAR speaks up for their rights, fixes laws that stop them from living fully inclusive lives of their own choosing, and works to change community attitudes towards people with an intellectual disability.

Call: (03) 9650 2730 9.30am to 4pm, Tues–Thurs

Email: info@starvictoria.org.au

What services are available?

- Free telephone advice
- Face-to-face help, referral and support
- Advocacy alongside you



BRAINWAVE

SUPPORTING CHILDREN WITH
NEUROLOGICAL CONDITIONS

Brainwave

<https://brainwave.org.au>

Supporting families and children with brain injuries and illness to not only adapt, but to thrive. Brainwave are there for the whole family from the point of diagnosis onwards. No matter where families are in Australia, and help support providing holistic support in times of crisis, ongoing access to information and resources, and build meaningful social connections

Call **1300 766 819** Email: admin@brainwave.org.au

What services are available?

- In hospital support
- Equipment and therapies program
- Camps, family days, Christmas parties
- School holiday program



Children and Young People
with Disability Australia

Children and Young People with Disability Australia

<https://cyda.org.au/>

Promoting equal opportunity and full inclusion for children and young people with disability (0-25 years) across Australia

Call: (03) 9417 1025 or 1800 222 660 (regional)

Email: info@cyda.org.au

What services are available?

- Information and resources, including facts sheets, research and reports, videos, audio



Autism Spectrum Australia (Aspect)

<https://www.autismspectrum.org.au>

Autism Spectrum Australia is Australia's largest provider of services for people on the spectrum. Helping parents and their autistic children improve their mental health.

Call: **1800 277 328**

What services are available?

- Assessments for autism across the lifespan
- Individualised learning for children on the autism spectrum
- Therapy sessions
- Assistance with recruitment, job seeking, mentoring, training
- A range of autism-related workshops for parents, carers, educators, health professionals
- Help with the NDIS
- Positive behaviour support



Beyond Blue

<https://www.beyondblue.org.au>

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Your mental health is important. Wherever you are in your mental health journey, beyond blue is there to help.

Call: **1300 22 4636**

What services are available?

Beyond Blue works with the community to improve mental health and prevent suicide, so that all people in Australia can achieve their best possible mental health.



Better Health Channel

<https://www.betterhealth.vic.gov.au>

Victorian Government website providing health and medical information to improve the health and wellbeing of people and the communities they live in. This information is quality-assured and reliable, up-to-date, locally relevant, and easy to understand.

Call 1300 60 60 24 for expert health advice from a registered nurse 24 hours a day, 7 days a week

What services are available?

- Health information by experts
- Information to help you live well and stay health in body and mind
- Listing of healthcare services and support available in Victoria
- Information available in different languages



Familycare

<https://familycare.net.au/services/disability-support-services/>

Disability support services for families and young people in the Goulburn and Lower Hume regions of Victoria.

Call: (03) 5823 7000

What services are available?

- Child and family support services
- Carer support
- Disability support
- NDIS provider and NDIS support coordination
- No interest loan scheme



Cerebral Palsy
Support Network

Cerebral Palsy Support Network

<https://cpsn.org.au>

Serving individuals and families living with cerebral palsy and other neurological conditions. The CP Connect service is for individuals with cerebral palsy, their family members, friends and support networks.

Call 1300 277 600 9am to 5pm Monday to Friday

What services are available?

- Innovative Choices program
- Support coordination
- Member services
- Telehealth service
- Online support groups
- CPSN events



Down Syndrome
Victoria

Down Syndrome Victoria

<https://www.downsyndrome.org.au/vic/>

Down Syndrome Victoria is Victoria's statewide peak organisation representing people with Down syndrome and their families.

Call (03) 9486 9600

What services are available?

- Prenatal services
- New parent services
- Support for professionals
- Support for people with Down Syndrome
- Support for family, carers & friends
- Education & training



Noah's Ark

<https://noahsarkinc.org.au>

Noah's Ark offer a range of services and programs that support families who have a child with a disability or additional needs.

Call 1800 819 140

What services are available?

- Early childhood support (0-6 years)
- Therapy services (7-12 years)
- Getting ready for childcare program
- Parent connection and support
- Supporting inclusion program
- Specialist speech programs
- Programs to develop social skills
- Assistive technology @ equipment



Playgroup Victoria

<https://www.playgroup.org.au>

Playgroups are a tremendous platform for supporting families with children with additional needs. At Playgroup Victoria, they strive to create a playgroup community that is inclusive of all families.

**Call 1800 171 882 toll-free (within Vic) or
(03) 9388 1599 (outside Vic)**

What services are available?

- Support for children with autism
- Peer support for parents
- Inclusive playkits
- Counselling services
- Mindfulness resources
- How to find/start a playgroup



DANA Disability Advocacy
Network Australia

Disability Advocacy Network Australia

<https://www.dana.org.au>

DANA is the national representative body for a network of independent disability advocacy organisations throughout Australia. DANA's purpose is to strengthen, support and provide a collective voice for independent disability advocacy organisations across Australia that advocates for and with people with disability.

Address: **3 Moncur St, Marrickville NSW 2204**

Email: **info@dana.org.au**

What services are available?

- promoting the role and value of independent disability advocacy
- providing a collective voice for our members
- providing communication and information sharing between disability advocacy organisations
- providing support and development for members, staff and volunteers of disability advocacy organisations
- building the evidence base to demonstrate the value of disability advocacy
- promoting the human rights, needs, value and diversity of people with disabilities
- research and advocacy.



Disability Gateway

Connecting you to information and services

Disability Gateway

<https://www.disabilitygateway.gov.au>

The Disability Gateway assists all people with disability, their families and carers to locate and access services across Australia.

Call: **1800 643 787** Email: **disabilitygateway@benevolent.org.au**

What services are available?

- improves navigation to access relevant information and services
- spans multiple sectors including health, housing, employment, transport and everyday living
- exists as a central point of entry for referrals to disability information, services and programs



First Peoples Disability Network Australia

First People's Disability Network Australia

<https://fpdn.org.au>

First People's Disability Network Australia (FPDN) is a national organisation of and for Australia's First Peoples with disability, their families and communities. The organisation is governed by First Peoples with lived experience of disability.

Call: (02) 9267 4195 Email: enquiries@fpdn.org.au

Address: PO Box 20048 World Square NSW 2002

What services are available?

- Advocacy: individual, legal, self, systemic
- Training and engagement
- Policy
- Partnerships



National Ethnic Disability Alliance

National Ethnic Disability Alliance

<http://neda.org.au/>

National Ethnic Disability Alliance (NEDA) is a national Disabled People's Organisation (DPO) that advocates federally for the human rights of people with disability, and their families, from culturally and linguistically diverse (CALD) and non-English speaking backgrounds (NESB).

Call: 0407 878 933 Email: comms@neda.org.au

What services are available?

- Advocacy on disability and multicultural policy issues
- Community radio engagement project
- National Community Connectors program



Inclusion Australia

Inclusion Australia

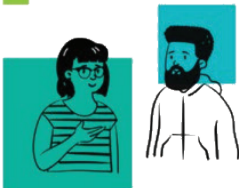
<https://www.inclusionaustralia.org.au>

Inclusion Australia is the national peak body for intellectual disability. They provide expertise and advice to Federal Government and other organisations to drive systemic change in Australia.

Call: **1300 312 343** Email: admin@inclusionaustralia.org.au

What services are available?

- Advocacy
- Projects
- Campaigns



Partners in
Wellbeing

Partners in Wellbeing

<https://www.partnersinwellbeing.org.au/>

If you are not coping or have been feeling distressed, anxious or down over several weeks, help is available through Partners in Wellbeing. This free service offers one-on-one support for people in Victoria to help improve wellbeing, develop strategies to cope and receive emotional support when and as you need it.

Call **1300 375 330**, 9am–10pm weekdays and 9am–5pm weekends

What services are available?

- Wellbeing coaching
- Small business support
- Veterans support
- Mental health and wellbeing hubs
- Sexual assault support and more



Parentline

<https://parentline.com.au/>

Parentline is a statewide telephone counselling and support service for all Victorian parents and carers of children from 0-18 years.

Experienced social workers, psychologists and family therapists can give you counselling and information around a wide range of parenting issues.

Call: **1300 301 300** Email: **counsellor@parentline.com.au**

What services are available?

Our qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.



Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org



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