

RESOURCE BOOKLETS for Kinship Carers



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

2025



GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that the Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Ph: 0499 969 234

Email: admin@kinshipcarersvictoria.org

www.grandparentsvictoria.org.au

www.kinshipcarersvictoria.org

Key words which influence GPV/KCV approaches are: Truthfulness, Confidentiality, Inclusiveness, Integrity, Constancy, Gratitude, Commitment, Compassion

Kinship Carers Victoria
acknowledges the support of the
Victorian Government.



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Association for Children with a Disability

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

Support for your family:

<https://www.acd.org.au/information/help-for-you-and-your-family/>

ACD supports all families in Victoria with children with disability aged 0 to 18 years old. ACD empowers families 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 with families. ACD also influences government and public policy to advance the rights of children with disability.

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

Email: mail@acd.org.au | Text: 0475 577 997

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



Partners in Wellbeing

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

If you are not coping or are feeling distressed, anxious or down, 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.

Call 1300 375 330, 9am–10pm weekdays, 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.

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.



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 healthy 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>

Building better futures for children with disabilities and additional needs. Services and programs to support families who have a child aged 0-13 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



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.



Inclusion Australia

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.

Campaigns

Our Health Counts - supports the rights of people with intellectual disability to high quality healthcare without discrimination

Hands Off Our NDIS - to stop the Australian Government introducing compulsory independent assessments for NDIS participants

Projects

Make Decisions Real - a national project codesigned by people with an intellectual disability for people with disabilities and families about making decisions

It's Doctor Time! - a national campaign to encourage more people with intellectual disability to see their doctor for a health check

Inclusive Employment project - making sure people with an intellectual disability can earn proper wages and have the same choices as other Australians

Call
1300 312 343

Systemic Advocacy

Inclusion Australia's main purpose is to break down barriers to inclusion for people with intellectual disability.

They do this by influencing Government and trying to change Government policy to make sure legislation, policies and practices support the rights and interests of all people with an intellectual disability.



BRAINWAVE

SUPPORTING CHILDREN WITH
NEUROLOGICAL CONDITIONS

Call
1300 766 819

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

Connecting Families Programs

- Kids and sibs
- Camp Brainwave
- Family Days
- Christmas Party
- Brainwave Parents Connect Facebook Group

brainwave.org.au

In Hospital Support

- Brainwave provides Bear Essential Packs to hospitals in case of emergency overnight stays, grants hotel funding if you need to stay extra nights at the hospital without knowing; and provides the 'Catch a Break' program which helps with unexpected and ongoing costs associated with a child's long-term hospital stay.

Equipment and Therapies Program

- assists children with their recovery by providing specialist mobility and rehabilitation equipment and access to allied health therapies.

admin@brainwave.org.au



**Children and Young People
with Disability Australia**

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



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

Resources areas

- Disability rights
- Education
- NDIS
- Inclusion in early childhood
- Child safety and prevention of abuse

CYDA

- Consults with young people with disability, their families and caregivers about the issues that matter to them.
- Runs leadership programs and networking events for young people with disability.
- Makes resources to support the rights and wellbeing of children and young people with disability.
- Works directly with government and policy-makers to make positive change for children and young people with disability.
- Makes submissions to government and decision-makers promoting the rights and wellbeing of children and young people with disability.



First Peoples
Disability Network
Australia

Call: (02) 9267 4195
<https://fpdn.org.au>

First People's Disability Network Australia (FPDN) is a national human rights 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.

The FPDN Advocacy Point of Difference is respecting and acknowledging the individual person's story and walking alongside them to advocate and deliver best practice outcomes.

Advocacy contact number: 1800 006 455

First Peoples Disability Network (Australia) offer a range of training programs and educational resources that are assisting mainstream disability services to improve their cultural competence for work with Aboriginal and Torres Strait Islander people with disability and their families. Includes:

- Disability business training
- Human rights training
- National community connector training

Email: enquiries@fpdn.org.au



Disability Gateway

Connecting you to information and services



Call: 1800 643 787

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

The Disability Gateway has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia



Income & finance

Access to income and financial supports



Employment

Training and help to find a job



Aids and equipment

Technology to make your everyday activities easier



Housing

Programs and information to help you find a home to suit you



Transport

Help to get where you want to go



Health & wellbeing

Support and services for your health and wellbeing



Everyday living

Help with things you need to do every day



Education

Access to educational opportunities at all stages of life



Leisure

Access to sport, recreation, travel and tourism



Rights & legal

Help with discrimination or legal problems

Email: disabilitygateway@benevolent.org.au



National Ethnic Disability Alliance



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).

NEDA's key advocacy issues

National Disability Strategy

National Disability Insurance Scheme

Law and Migration-related Disability Discrimination

Climate Change and Disability Rights

Call: 0402 610 399
<http://neda.org.au>

Services

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

Email: ea@neda.org.au

Disability Practice Advice

Each DFFH Division has a Principal / Disability Practice Advisor. The P/DPAs work to maintain specialist disability expertise and resourcing to support children with complex disability needs and their families, following the transition of disability services to the NDIS.

Functions of the P/DPAs

- Provide consultation and capacity building support to the child protection workforce on disability and service systems (including the National Disability Insurance Scheme) to achieve better outcomes for vulnerable families with disability.
- Assist family services with specialist disability advice and linkages to facilitate early intervention to support children with complex disability needs and their families to reduce the risk of subsequent need to involvement with the department.
- Assist with the transition of children with a disability within the child protection system to adulthood arrangements,
- In exceptional circumstances, escalate critical issues to the NDIA relating to NDIS funding for children with complex disability needs where there is a significant need identified and all alternative avenues to resolve the issues directly with the NDIA have not been successful.

Objectives of the role

- Prevent children with a disability from requiring accommodation outside the family home because of their complex disability support needs.
- Assist families, child protection and family services to navigate the NDIS and other mainstream support systems and increase the NDIS participation of children within or at risk of entering the CP system
- Promote the inclusion of appropriate disability and parenting supports in NDIS plans to help maintain the sustainability of care in the family home, or in statutory care, and to support family reunification, where suitable
- Support early planning for young people into sustainable adult care arrangements that best meet their needs.
- Build the ongoing capacity of the child and family services sector to provide specialist support required for families with children with complex disability support needs by effectively navigating the NDIS and utilising appropriate sources of secondary consultation and referral.
- Work collaboratively with Child Protection, Family Services, and the Children with Complex Disability Support Needs Program to identify families who would benefit from a service response
- Provide consultation to Child Protection in their support of children with disability in the statutory system, build their capacity to navigate the NDIS and improve planning and outcomes for children, including leaving care planning.
- Build relationships with mainstream services, such as specialist disability schools and health services, to encourage early identification and support of families where the complexity of the disability support needs is likely to cause increased family pressure and potential for the child to require care outside of the family home.

Contact your Division office:

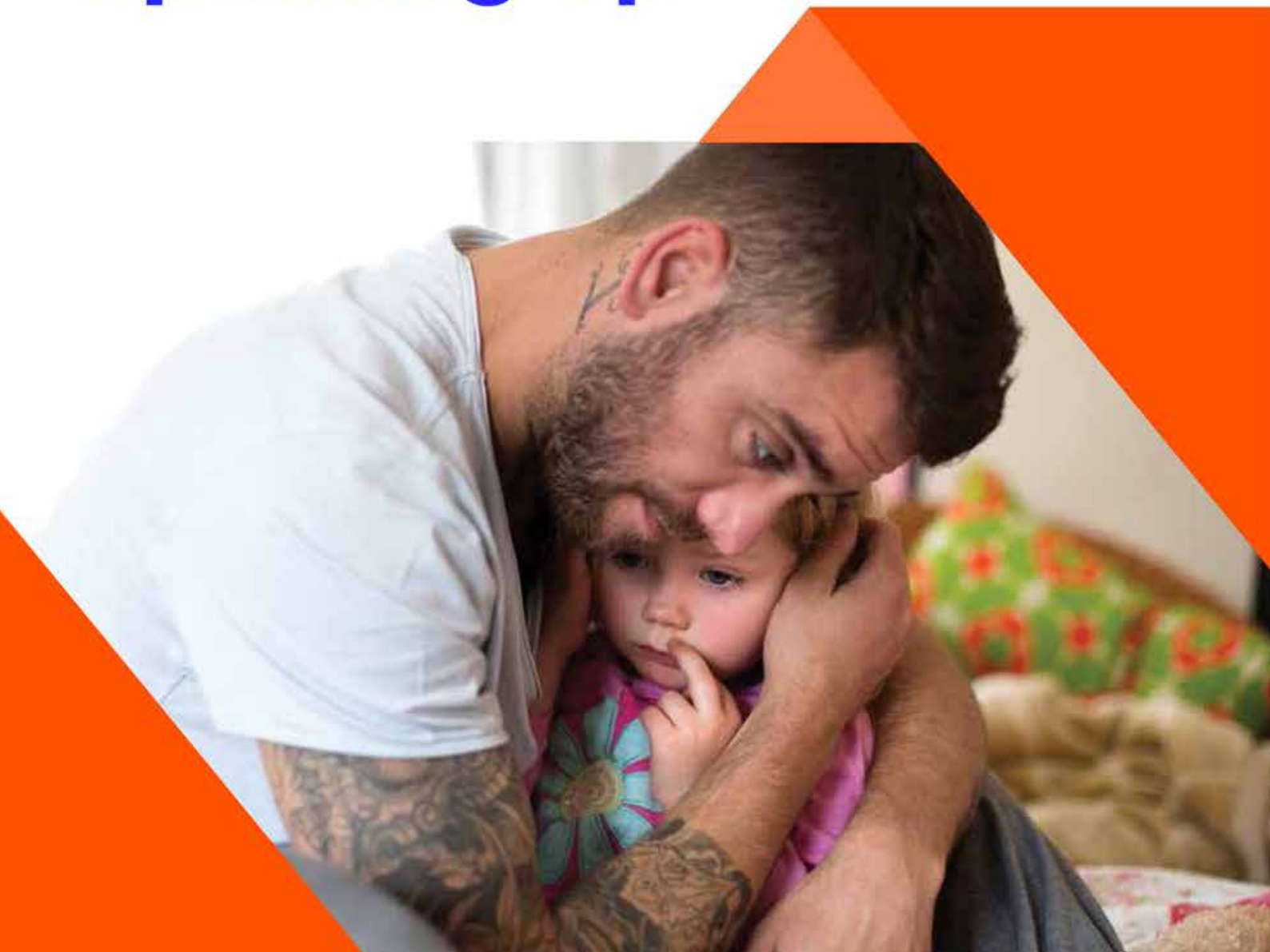
North Division - 1300 598 521

South Division - 1300 555 526

East Division - 1300 360 452

West Division - 1300 360 462

Steps to Speaking Up



Important things to know about the
Child Protection system for parents
with disabilities in Victoria

Organisation website addresses

Association for Children with a Disability	https://www.acd.org.au
STAR Victoria	https://starvictoria.org.au/
Partners in Wellbeing	https://www.partnersinwellbeing.org.au/
Parentline	https://parentline.com.au/
Autism Spectrum Australia (Aspect)	https://www.autismspectrum.org.au
Beyond Blue	https://www.beyondblue.org.au
Better Health Channel	https://www.betterhealth.vic.gov.au
Familycare	https://familycare.net.au/services/disability-support-services/
Cerebral Palsy Support Network	https://cpsn.org.au
Down Syndrome Victoria	https://www.downsyndrome.org.au/vic/
Noah's Ark	https://noahsarkinc.org.au
Playgroup Victoria	https://www.playgroup.org.au
Disability Advocacy Network Australia	https://www.dana.org.au
Inclusion Australia	https://www.inclusionaustralia.org.au
Brainwave	https://brainwave.org.au
Children & Young People with Disability Australia (CYDA)	https://cyda.org.au
First People's Disability Network (FPDN)	https://fpdn.org.au
Disability Gateway	https://www.disabilitygateway.gov.au
National Ethnic Disability Alliance (NEDA)	http://neda.org.au



Kinship Carers Victoria
0499 969 234
admin@kinshipcarersvictoria.org
kinshipcarersvictoria.org



<https://kinshipcarersvictoria.org/listen-download-podcasts/>



KCV's resources for kinship carers booklets

1. Cyber safety for children and young people
2. Non-physical types of discipline for children and young people
3. Case planning, case management, roles and responsibilities
4. Emergency and useful contacts for kinship carers
5. Relaxation techniques for carers
6. Working with Children Clearances for kinship carers and household members
7. Charter for children in OOHC/Charter supporting people in care relationships Planning for more effective access visits
8. Diet, nutrition and wellbeing
9. The importance of quality sleep
10. How to run a successful support group and be an effective carer advocate/representative
11. The Orange Door services
12. Support for informal kinship carers
13. Grief and loss
14. How to make a complaint – and get heard
15. Court orders – the role of Child Protection and the courts
16. Education
17. Financial support for kinship carers
18. Rights
19. For children & young people with an emotional or physical disability
20. Assistance for those coping with suicide
21. LGBTQIA+ families & communities
22. Mental health and family relationships
23. Camps & respite
24. Carers' wellbeing
25. Legal community
26. Local governments
27. Support for grandparents and non-parents caring for children



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