

The following table is a list of some of the local services and support networks that are available for families in your local area. Please contact your KLF for more information about any of these.

Your KLF is: Pauline Parsons

Email: parenttoparent@mackillop.org.au

Contact Number: 9680 8444

PEAC Website: www.positivepartnerships.com.au

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Advocacy

An advocate is someone who can support, assist or represent another person to achieve a positive outcome in a difficult situation or meeting.

As a parent, you have the most experience and personal knowledge about your child. If you have a strong instinct about what could improve your child's situation, be firm and persistent. Remember that you are your child's best advocate and you do not have to apologise for standing up for your child.

Sometimes it isn't easy being an advocate for your child. It can be hard work! It may mean developing new skills, learning new words and terminology and asking lots of questions. With persistence, and the right support, parent advocacy can help you work towards positive outcomes for your child and family.

Individual advocacy is where someone assists you to advocate for the needs of your child and family or takes up a matter on your behalf. Advocates can include friends, family, other parents or professional advocates.

Some examples of organisations who offer advocacy are:

Australian Human Rights Commission

Education is one of the Commission's main roles.

Follow the links under "Education" for information and resources.

Web: www.hreoc.gov.au

Victorian Advocacy League for Individual with Disability.

Valid: Phone 9416 4003 or 1800 655 570 (rural callers)

Web: www.valid.org.au

Youth Disability Advocacy Service (YDAS)

Phone: 9267 3755 or 1300 727 176 (for rural callers)

TTY via National Relay Service 133677

SMS 0412 814 851

Web: <http://www.ydas.org.au/>

Victorian Co-operative on Children's services for Ethnic Groups(VICSEG)

Phone: 9383 2533

Web: <http://vicseg.com.au>

Legal Services and Advice

Phone: 1300 792 387

Web: Victoria Legal Aid | Helping Victorians with their legal problems.

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Office Of The Public Advocate

OPA is an independent statutory body established by the Victorian State Government. OPA works to protect and promote the interests, rights and dignity of people with a disability.

Info on Administration and Guardianship and Powers of Attorney

Web: [Office of the Public Advocate](#)

Phone: 1300 309 337

Assessment Services

Autism Spectrum Disorder is now widely recognised in Australia and some form of an autism spectrum diagnosis is now being made in nearly 1% of our childhood population.

Government funding for assessments and therapy has increased – but is still far from adequate.

It is not possible to have highly specialised teams providing a detailed assessment for every suspected case.

All children who are being considered as having an autism diagnosis should first be referred to a paediatrician or child psychiatrist. This document lists suitable specialist doctors who are willing to provide an opinion regarding autism.

The paediatrician or child psychiatrist can organise a speech pathology assessment and a cognitive (IQ) assessment through:

- private practitioners using Medicare rebates
- the child's school if integration funding will be necessary
- a publically funded organisation including Community Health Centres, Hospital Clinics, Early Intervention Teams and Universities

Under the Helping Children with Autism program, a child can be referred by a consultant paediatrician or psychiatrist for the following allied health services:

- Up to four diagnostic / assessment services delivered by- psychologists, speech pathologists, occupational therapists, audiologists, optometrists, orthotists or physiotherapists to assist the referring practitioner with diagnosis or to contribute to a child's treatment and management plan (for a child under 13 years of age).

The time surrounding a diagnosis can be very emotional and difficult for parents and families. You may want to ask for extra support from family, friends or a counsellor.

Support for children with autism spectrum disorder (ASD) is available through the Helping Children with Autism package.

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For more information

Call the ASD Support Helpdesk on 1800 778 581 Or email
ASD.Support@dss.gov.au (link sends e-mail)

Web Link: [Helping Children with Autism | Australian Government Department of Social Services](#)

or Phone **Amaze** on 9657 1608

To access a 1800 DSS number

- TTY users – phone 1800 555 677 then ask for the 1800 toll- free number you wish to contact
- Speak and Listen (speech- to- speech relay) users – phone 1800 555 72 then ask for the toll free numbers you wish to contact.
- Internet Relay users- visit the [national relay services website](#) and ask for the 1800 toll free number you wish to contact.
- You do not speak English well and you wish to speak to a counsellor call the Translating and Interpreting Service 13 14 50 and ask them to contact the helpline for you.

Aspect builds confidence and capacity in people with an autism spectrum disorder, their families and communities by providing information, education and other services for example

- Aspect Positive Behaviour Support Program
 - Early day workshops
 - Diagnostic assessment
- for more information about their other services visit their webpage below.

Web: <http://www.autismspectrum.org.au/vic>

or **Phone:** 03 9377 6600

Child & Youth Mental Health Services (CYMHS)

<http://www.health.vic.gov.au/mentalhealth/services/child/northwest-c.htm>
Psychiatric triage (information, assessment and referral) 24 hours a day,

Under 15 years Phone: 1800 445 511

15+ years Phone: 1800 888 320

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Counselling

National Carer Counselling Program

Provides free short – term counselling for parents and carers. Your GP or your case manager can refer you or you can make a referral or you can contact the service yourself on Tel: 1800242636

Web: www.carersvic.org.au

Family Relationship Centre

Phone: 1800 050 321

Provides information about family and overcoming difficulties

Web: www.familyrelationship.gov.au

Family Relationship Service for Carers

Provides information about family relationships and overcoming difficulties. Provides info on Powers of Attorney and estate planning.

Phone: 1300 306 346

Mensline Australia

Web: www.menslineaus.org.au

Phone: 1300 789 978

Counselling, information and referral for men with relationship and family concerns.

24hours/ 7 days a week

Kids Helpline

Phone 1800 551 800

Website www.kidshelp.com.au/

Description

Free Online counselling service specifically for young people aged 5 – 25 years.

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Parent Line

Phone 132289

Description

Counselling Service.

Life Line

Phone 131114

Description

24hr Counselling Service

Beyondblue

Phone 1322890 or 1300 224 636

Email Infoline@beyondblue.org.au

Website www.beyondblue.org.au

Description

Depression – You're not alone. 24hr counselling service.

Dad's in Distress

DIDSS offers peer support* that aims to provide help and hope for separated dads you can talk with someone who has personally experienced separation... and discover what it might take for you to get through it!

Phone 1300 853 437

Web: [Dads In Distress Support Services](#)

Description

24hr counselling service.

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Early Intervention

Helping Children with Autism Early Intervention Package

The Helping Children with Autism package (HCWA) is delivered by the Australian Government, Department of Social Services.

This package aims to help address the need for support and services for children with Autism Spectrum Disorder. All initiatives include support for parents, families, carers and children from diverse cultural, linguistic and Indigenous backgrounds and those living in rural and remote areas. This package is funding of up to \$12,000 to use for approved early intervention support and services, provided by the Department of Social Services. Families must apply for the Helping Children With Autism early intervention package before the child turns 6 years of age, but has up to the age of 7 years to use the funding. Visit <http://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism> for more information.

Helping Children With Autism (HCWA) funding

Contact Amaze Advisors (VIC)
Phone 1300 424 499
Website <http://www.amaze.org.au/discover/how-we-can-help-you/hcwa/>

This funding is **in addition** to Early Childhood Intervention Services (ECIS).

Early Childhood Intervention Services. These services are provided through the Specialist Services Team.

Tel: 1300 333 232

Tel: Direct: 8397 0220

Fax: 8397 0303

Address: 1 McNab Ave,
PO Box 2141, Footscray 3011

Web: [Royal Children's Hospital](#)

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Education Support

- **Dept of Education and Early Childhood Development**

Department's Information and Referral Service
1800 809 834 and follow the prompts
edline@edumail.vic.gov.au

Web links

<http://www.education.vic.gov.au>

For Information Student support Group meetings and Individual Learning Plans

[Web : Program for Students with Disabilities](#)

- **Catholic Education**

Contact: Student Services: Tel: 9267 0228

www.ceomelb.catholic.edu

- **Post School Options**

Information of transitioning from Secondary / ISP Plans / Futures for Young Adults Information

[Exploring the Possibilities](#)

Web: www.dhs.vic.gov.au

National Disability Coordination Officer Program

<https://education.gov.au/national-disability-coordination-officer-program>

Description: The Australian Government's NDCO Program targets the barriers that people with disability face in successfully access completing post school education and training and subsequent employment. A National Network of NDCO's works within 31 specific regions across Australia to improve the coordination and delivery of support services to help make it easier to enrol or participate in post-school education, training and employment.

Phone: SWVR Disabilities Coordination officer (8397 0259)
(8337 8480) Wyndham / Melton

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Centrelink

Families of children with a disability may be eligible for a range of disability related payments from Centrelink including:

- Carer Allowance (Child) not means tested so you qualify however much you earn and it does not affect child allowance or pension payments. Approximately \$100 per fortnight to help with the additional care your child needs.
- Carer Payment (Child), Carer Adjustment Payment
- Child Disability Assistance Payment
- Carer Supplement
- Carer Allowance (Adult)
- Carer Payment (Adult)
- Disability Support Pension
- Mobility Allowance
- Pensioner Education Supplement

For more information phone Centrelink on 132 717 or visit www.centrelink.gov.au or humanservices.gov.au

Medicare

Chronic Disease Allied Health Services – GP Management Plans (GPMP). You need a referral from your GP to receive five services per calendar year for any of the following physiotherapy, occupational therapy, speech pathology, psychology.

For more information call Medicare on 132 150 or at www.medicareaustralia.gov.au

Mental Health Care Plan.

You need a referral from your GP or Paediatrician to access up to 12 visits to a Clinical Psychologist, Social Worker, Occupational Therapist within a Calendar year.

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Centrelink payments:

Carer Allowance (child) is a supplementary payment for parents or carers who provide care and attention for children with a disability or severe medical at home. Carer Allowance (child) may be paid on top of [Carer Payment \(child\)](#) or other payments such as **Age Pension**. For more information about this payment visit Web: www.centrelink.gov.au and search for carer allowance.

The National Insurance scheme

The NDIS Helpdesk contact number is 1800 800 110 and the website is

<http://www.ndis.gov.au/>.

You can also sign up for updates online through their website regarding roll out information for your area

The Companion Card



Cardholders can have their companions travel for free on all train and tram services, all metropolitan bus services, country trains, coach and town bus services. The companion card issued to people with a significant, permanent disability who can demonstrate that they are unable to access most community activities and venues without attendant care support. For more information check out the Companion Card Website.

Note: Your school can support your application

<http://www.companioncard.org.au/>

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Local Councils

- **Hobson's Bay**

Phone: 9932 1000

<http://www.hobsonsbay.vic.gov.au/Home>

- **Wyndham City Council**

Phone: 9742 0777

www.wyndham.vic.go.au

- **Melton Shire Council**

Phone: 9747 7200

www.melton.vic.gov.au

- **Moonee Valley Council**

Phone: 9243 8888

www.mvcc.vic.gov.au

- **Maribyrnong City Council**

Phone: 9688 0200

www.maribyrnong.vic.gov.au

- **City of Melbourne**

Tel: 9658 9658

www.melbourne.vic.gov.au

Note: Ask to speak to Metro Access officer to out about access
and activites happening in your area

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Respite

In home: a support worker looks after the person you care for in your home

Facility or residential based: your family member stays for a short period in a care facility like an aged care home or supported accommodation

Community based: the person you care for joins a day program at an adult day centre, neighbourhood house or community health centre

Alternative family care: your family and friends may be able to help with your caring responsibilities while you take a break. Some organisations can also arrange for a trained volunteer carer or family to provide regular care, activities and friendship for the person you care for.

Recreation based: you and your family member can join organised recreation, social or leisure activities either together or separately.

Emergency respite: is sometimes available if you need to deal with sudden illness, accidents, family troubles or emergencies.

For More Information contact

- **Carer's Victoria**

Web: www.carersvic.org.au

FreeCall: 1800 242 636

Address: Level 1 37 Albert Street Footscray

Tel: 9396 9500

Fax: 9396 9555

TTY: 9396 9587

You can also ask about the

Respite Connections Young Carer's Program (for young carers up to age 25)

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Support Services/ Community Services

- *Baptcare Family and Community Services*

Intake Team

Phone: 9373 3800

Web: <http://www.baptcare.org.au/Pages/default.aspx>

- *MacKillop Family Services*

Intake

Phone: 9680 8444

Web: <http://www.mackillop.org.au/>

- *Interchange*

Phone: 9396 1111

Web: <http://www.interchange.org.au/find-agency/>

- ***Carers Victoria***

Phone: 1800 242 636

Web: <http://www.carersvictoria.org.au/about-us/contact-us/>

- ***Migrant Resource Centre***

Phone: 9367 6044

Web: <http://www.wmrc.org>.

Phone: 9367 6044

- ***Action on Disability within Ethnic Communities***

Phone: 8744 2100

Web: <http://www.adec.org.au>

- ***Association for Children with a Disability***

Provides information support and advocacy for families who have a child or young adult with a disability or developmental delay across Victoria

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Resources are available to parents online to download.

Phone: 9818 2000

Web: <http://www.acd.org.au/>

- **Co – Health**

Phone: 8398 4100

Web: <http://www.wrhc.com.au/contact/>

- **Vacation & After School Care**

Contact your Local School

Contact your Local Council

Web Resources and Links

- **Positive Partnerships**

Web: www.positivepartnerships.com.au

Description: Supporting School Age Children on the Autism Spectrum. National program of workshops and information sessions designed to help you work in partnership with your child's school to improve their learning outcomes. Provides online training for parents/carers.

- **Raising Children**

Web: www.raisingchildren.net.au/autism

Description: Information relating to Autism. A guide to accessing services. Detailed descriptions and evidence for a variety of therapies. Parent forums (enables you to have discussions with other parents).

- **“What are you doing?”**

Web www.whatareyoudoingfilm.com

Description: A short film created by Autism Awareness which aims to teach school aged children about acceptance and understanding of their peers with ASD.

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- **Sibling Support**

Web: www.siblingsaustralia.org.au

Description: A national organisation committed to enhancing the well-being of siblings of children and adults with special needs.

Online forums useful websites for Sibling

Websites www.siblink.org.au
www.sibs.org.au
www.yourshout.org.au
www.youngcarers.net.au

- **The Lab**

Description: The Lab is a technology club for young people with Asperger's Syndrome High Functioning Autism. It offers a safe social environment and tuition by technology professionals in areas such as programming and digital design

Web: www.the.lab.org.au

- **Special Olympics**

Phone: 9877 2769

Web: <http://www.specialolympics.com.au/vic/schools>

- **AAA (VIC)**

Description: Access for All Abilities play connects people in Melbourne with a disability to sports and active recreation opportunities

Phone : 1800 222 842

Web: <http://aaavic.org.au/>

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Local Support Groups

<p>MY Time Groups</p> <p>A support group for parents of children who have a child with a disability</p>	<p>Eleni:</p> <p>Phone: 9689 1577 on Wednesdays</p> <p><i>Website:</i> www.mytime.net.au</p> <p><i>Contact Name: My Time</i> <i>Contact 1800 889 997</i></p>	<p>Note; Other areas include Flemington Deer park, Braybrook, Hoppers Crossing, Laverton. Werribee</p> <p>For more information visit website or phone Eleni to find out dates and times.</p>
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<p>'Dads Together'</p> <p>Group of men who have children with a disability. Light-hearted and friendly. Subsidised bi-monthly activities</p>	<p>Paul : 0409 949 978</p>	<p>Every Second Monday of Month</p> <p>7.30pm – 9pm</p>	<p>Contact Paul</p> <p>Venues may vary</p>
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<p>Vietnamese Special Needs Group</p> <p>A Vibrant support Group for carers.</p>	<p>Nga : 0433 103401</p>	<p>Thursday Mornings</p> <p>10.30- 12.30</p>	<p>Mackillop Family Services.</p> <p>118 Commercial Rd Footscray</p>
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Autism Angels	Phone 9362 1000 Mobile: 0404 522226 Web : Autism Angels http://autismangels.org.au/contact/	Meet first Sunday of the Month 2pm -4pm	Cairnlea Community Hub Carmody Drive Deer Park
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i care Special Needs Group	Phone: Pepsie on 0434 140 620 Web: www.icaregroup.com.au/	Meet on Fridays (except on school holidays) 10am – 12pm	Springside Children’s Community Centre 24 -50 Becca Way Caroline Springs
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Wic Group	Wendy 9396 1111	Monthly Friday 7pm	Werribee Venues vary
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