



Kalparrin

# Next Steps

A practical guide for families raising a child with a disability, developmental delay, genetic, chronic medical or health condition



#### ACKNOWLEDGEMENTS

Kalparrin wishes to thank the many Kalparrin Families that appear throughout this guide.

*Kalparrin is endorsed as a deductible gift recipient (DGR) under item 1 of the Income Tax Assessment Act 1997.*

This document has been funded by the Department of Communities - Disability Services Western Australia.



Government of Western Australia  
Department of Communities



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Every effort has been made to ensure that the information contained in this document is correct and up-to-date at the time of printing. However, services change regularly and information may change from that provided in this document.

This document does not contain all of the services available to families of children raising a child with a disability, developmental delay, genetic, health or a chronic medical condition. Kalparrin does not endorse any of the services or service providers listed. Parents are encouraged to undertake their own research and investigations, specific to their child, and to contact organisations listed in this document for more information and/or identify if services offered adequately meet their child's or their family's specific needs.

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"I have a child with  
special needs. I didn't  
know if I would be  
strong enough.  
Turns out I am.  
And so are you."

~ Lisa Thornbury







# Next Steps

This book has been developed for parents and caregivers who are either just starting out on their journey to obtain a diagnosis for their child's developmental delay, for those who already have a diagnosis as well as others who find themselves at a crossroads or transition point in their child's life.

In this book, you will find lots of useful information on a range of issues that you may need to consider, from identifying and accessing various forms of support and funding, finding like-minded people and support groups, able to share their knowledge and experiences, locating local suppliers of services and supports, to managing the wellbeing of other children or family members.

**You are not alone** in this journey and I encourage you to contact Kalparrin, become a member and book your first Next Steps session. It's free. Our knowledgeable and friendly staff all have personal experience of raising a child with additional needs. They are uniquely positioned to provide you and your family with invaluable insight, assistance and support and can help you to build a personalised and prioritised plan of action around the evolving needs of your child.

## Family Resource Centre

(Open 9.00am - 4.30pm, Monday to Friday)

Ground Floor, Perth Children's Hospital  
15 Hospital Avenue, Nedlands WA 6009

**t** (08) 6456 0035

**e** [kalparrinwa@health.wa.gov.au](mailto:kalparrinwa@health.wa.gov.au)

Use this book as a reference tool. It is available on line via our website where it is updated regularly and you will find other useful information.

In the meantime, on behalf of myself and the dedicated staff at Kalparrin, we look forward to seeing you soon in the Family Resource Centre, located at the Perth Children's Hospital and to accompanying you and your family on what may be a challenging but ultimately rewarding journey together.

**Carrie Clark**  
CHIEF EXECUTIVE OFFICER  
Kalparrin

# About Kalparrin

## Building Strong Families and Supportive Communities

Kalparrin is a not-for-profit organisation incorporated in 1989. Today, Kalparrin is Western Australia's oldest and largest member organisation, supporting parents caring for children with a disability, developmental delay, genetic, chronic medical or health condition.

## BECOME A MEMBER

Membership to Kalparrin is FREE and provides parents with access to a vast array of information, resources, opportunities and events as well as connection to a community of thousands of other parents supporting children with additional needs. Below is an outline of services available to Kalparrin members.

## NEXT STEPS PROGRAM

Kalparrin's Next Steps program provides parents with the information and resources they need to cut through the confusion and navigate access to the services and supports, either pre- or post-diagnosis or at various transition points in their child's development, including:

- Funding and sources of financial support
- Therapy providers and allied health professionals
- Support workers
- Aids and equipment
- Education
- Parent and sibling support
- Counselling
- Recreation
- Parent education and training
- Transport
- Advocacy.

This service saves parents months and sometimes years of painstaking research and contributes to better care outcomes for children and better mental health outcomes for carers.



Our friendly, family support team will help you to cut through the confusion and navigate access to the services and supports you need.



We'll connect you with thousands of other families travelling a similar path, providing social and emotional support.

## PEER SUPPORT

Access to social and emotional support from others who understand the challenges and experiences of raising a child with additional needs is important for parents' wellbeing and a significant contributor to building confident and resilient parents.

Kalparrin operates Western Australia's largest, member-only, online Peer Support Network:

- **Kalparrin Families** provides an invaluable information hub for Kalparrin parents and carers to connect with other members to share their knowledge, insight, information and experiences in relation to parenting a child with disabilities. It provides a private and non-judgemental forum in which to ask questions, seek advice and recommendations, discuss coping strategies or simply to catch up.
- **Kalparrin Families High Medical Needs** is a peer support group for members who have children who require high medicalised care, 24 hours a day. Members are able to support each other through shared knowledge and experiences, ask specialised or diagnosis-specific questions, provide a sounding board for one another as well as emotional support to better cope with developments and transitions.
- **Kalparrin Sell, Buy, Donate** is a group for Kalparrin members to buy, sell, donate and/or exchange disability aids and equipment with other Kalparrin members.

Each week an average of 3,000 parents are active in the group and connect with other members to share information, insight and experiences in relation to parenting a child with disabilities.



Becoming a member of the Kalparrin community is FREE. You can join up online via our website, call, email or drop in to the Family Resource Centre at the Perth Children's Hospital.

## FAMILY EVENTS

Kalparrin hosts a wide range of FREE or low-cost inclusive, family-friendly events throughout the year for Kalparrin members. These events allow families to take a break from routine, bond as a family, have fun and meet and develop friendships and networks with other families in similar circumstances.

## IN-HOSPITAL SUPPORT

For parents unable to leave the ward, a member of Kalparrin's Family Support Team can visit parents and their children on the ward to provide a care pack, information and resources or just a friendly 'hello'.

Our fabulous volunteer massage team can also provide a break from hospital seating areas with a blissful 30-minute neck, shoulder and back massage, free-of-charge, available in a private room at the Family Resource Centre.

## KEEPING YOU INFORMED

As a Kalparrin member, you'll also receive our weekly news bulletin, sent directly to your email inbox. We'll keep you posted about important and relevant information, including events and opportunities specific to your child, their siblings, you and your family. Together with Kalparrin's social media sites, you will be kept up-to-date with opportunities to participate in research as well as hear about the latest findings, education support, scholarships and mentoring, sibling support, advocacy and avenues through which to speak up and be heard by government and policy makers, training and child development courses, counselling, free or low-cost recreational and/or community events and more.





"Acceptance doesn't mean resignation. It means understanding that something is what it is and there's going to be a way through it."

~ Michael J. Fox



# Before We Get Started

Caring for a child with additional needs can be highly rewarding but it can also be physically, mentally and emotionally demanding. As a carer it is important to understand that only when you first help yourself can you effectively care for others.

## LOOKING AFTER YOURSELF

The challenges of care-giving can mean that your own health and well-being is sometimes neglected and prolonged bouts of stress and poor sleep can lower your ability to cope and function productively.

Practising good 'self care' is **critical** to maintaining your own physical, mental and emotional wellbeing.

Kalparrin's Family Support Team can put you in touch with many free or low-cost carer support services but some of the following are a good start:



**Ask for help (and accept it)** from family, friends, neighbours and/or the parents of your children's friends. It can be difficult to ask but it is important to share the load and to create your support network early.



**Keep yourself healthy.** Make it a *discipline* to focus on your own physical, mental and emotional wellbeing:



**Eat** a sensible, well balanced diet and drink plenty of water. Cook in bulk and freeze meals for future busy days when you can.



**Exercise.** Make it a priority even if it's a 20 minute walk each day.



**Get enough sleep (or try to!).** Make sleep a mission and practice good habits. Put devices away at least two hours before bed, relax with a bath or shower before getting into bed, read or listen to a podcast, use lavender oil on your pillow or bedding.



**Access services and supports in the community:** The team at Kalparrin can help you find these.



**Stay connected.** It is important to maintain relationships and to make new connections by joining support groups and connecting with people walking a similar path. Begin with joining **Kalparrin Families Peer Support Network** with more than 3,500 other parents supporting children with additional needs.



**Keep records** about your child's routine and requirements to share with other caregivers to give you peace of mind when you take time out or are away from your child.



**Take a break.** A break can be anything from a coffee and a read of the newspaper in the local cafe, attending a regular exercise class, catching a movie with a friend, a weekend away with your partner, friends or family. Put 'time out' on your list of priorities.



**If you are working, keep working (if you can).** A different environment can provide an opportunity to focus on other aspects of your life, to mix with other people (outside of the disability world) and just be yourself.



**Join a playgroup** if your child is pre-school age.



**Seek support.** If you are experiencing feelings of stress, depression, guilt or isolation, you are not alone. Speak to your GP, a counsellor or call the team at Kalparrin for connection to free support and services.

# Seeking a Diagnosis

If you have a concern about your child's development - perhaps he/she is not talking, playing or moving like other kids of the same age - your first port of call is a visit to either your local Child Health Nurse or your GP.

All children develop at different rates but sometimes delays in development can be of concern. You know your child best. Follow the steps on the chart opposite to follow up concerns about your child's development and to seek a diagnosis if applicable.

Sometimes, it takes a long time to find the reason for your child's developmental issue. In some cases, the cause and/or a clear diagnosis may not be known. In these instances, continuing to work with your GP and allied health professionals on each of your child's symptoms or issues, as they evolve, is a good strategy.

**Regardless of whether you have a diagnosis or not, Kalparrin is able to support your family throughout the process.**







## THE PROCESS OF SEEKING A DIAGNOSIS

### VISIT YOUR GP

To discuss your concerns about your child's development

#### NO REFERRAL

#### WHAT TO DO

1. Keep an eye on things
2. Ask your GP if you can access therapy services using Medicare rebates
3. Ask about accessing private therapy services
4. Ask your GP and/or consider self-referral to the WA Health Child Development Service. You can contact them on 1300 551 827 or by email at [childdevelopmentsservice@health.wa.gov.au](mailto:childdevelopmentsservice@health.wa.gov.au)

#### FOLLOWING UP

Arrange to follow up with your GP if your child's development continues to provide cause for concern

#### REFERRAL

To a paediatrician, medical specialist or allied health professional for assessment

#### PUBLIC SYSTEM (FREE)

May take longer to get an appointment

#### PRIVATE SYSTEM (YOU PAY)

May be faster and you may qualify for a Medicare rebate for part of the cost

#### ASSESSMENT

A specialist will undertake a series of tests to determine if a diagnosis is applicable. A report of their findings will be sent to your GP

#### NO DIAGNOSIS PROVIDED

Keep an eye on things and arrange to follow up with your GP if your concerns continue

#### DIAGNOSIS PROVIDED

Your GP will discuss the findings of the report with you along with information as to what to do next

#### ACCESS NDIS

Contact NDIS to assess your child's eligibility to access Early Childhood Early Intervention (ECEI) and/or the National Disability Insurance Scheme (NDIS)

# So Now You Have a Diagnosis

## WHERE TO FROM HERE?

Once you have a diagnosis, you are likely to feel a multitude of emotions, including perhaps a sense of relief at having an explanation for your child's symptoms. At the same time, there are many things to think about such as how the health system works, assessing your child's eligibility for funding, working out who to talk to and where to find information, therapists, support workers and peer support.

Kalparrin's Family Support Team all have lived experiences of raising a child with a disability. They are highly invested, knowledgeable and experienced and have an in-depth understanding, accumulated over many years, of the issues and the challenges associated with coordinating the diverse care and developmental needs of a child with additional needs.

Our Family Support Team will help you to find information specific to your child's condition, identify funding entitlements, support and services, aids and equipment. They will walk alongside you, get you connected and help you find the help you need to get you on your journey.

## WHO PROVIDES WHAT?

### HEALTH DEPARTMENT

The Health Department provides **treatment and management** of short- and long-term **medical** conditions such as:

- Diagnosis of a condition or disability
- Seeing specialist doctors, nurses and therapists
- Having an operation or being treated for an illness
- Recovering from an operation
- Rehabilitation after an injury or illness
- Monitoring your child's health
- Scans and blood tests
- Emergency services
- Medicines
- Some consumables.

The Health Department will provide your child's medical needs even if they are a participant of the NDIS.

### THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

The National Disability Insurance Scheme provides **services and equipment** to enable your child to participate in the community. This may include things like:

- Long-term equipment
- Prosthetics and orthotics
- Services such as speech, occupational therapy, physiotherapy, psychology, social work, dietetics and more.
- Some consumables such as nappies for children aged three years and over, feeding tubes, suction tubes, catheters, incontinence supplies and more.
- Home modification to assist with better access.

These items and services are provided to improve your child's quality of life and participation in society and to mitigate any worsening of their disability over time and as they grow.



## AN OVERVIEW OF SUPPORT AND FUNDING

There are a number of sources of financial support to assist parents and carers with the costs associated with raising a child with additional needs.



**Early Childhood Early Intervention (ECEI)**  
Supports children aged 0-6 years who have a developmental delay or disability and their families/carers.


**Chronic Disease Management Plan**  
Enables patients with a chronic medical condition and complex care needs, managed by their GP, to access Medicare rebates for certain allied health services.

**Carer Allowance**  
A payment for people who spend at least 35 hours a week providing regular care to someone who has a disability.

**National Disability Insurance Scheme (NDIS)**  
Support to help your child get the care and support they need to enjoy an ordinary life now and as their life changes.

**Better Access to Mental Health Care Plan**  
Provides Medicare rebates for patients for selected mental health-related services.

**Carer Payment**  
Provides financial support to people who are unable to work in substantial paid employment because they provide full-time daily care to someone with a severe disability or medical condition or to someone who is frail or aged.

 Can access simultaneously

**Carer Supplement**  
An annual \$600 payment for recipients of Carer Allowance for each person supported.

**Carer Adjustment Payment (CAP)**  
One-off ex-gratia payment providing financial assistance of up to \$10,000 to families in exceptional circumstances who do not qualify for any Government income support payments, (child must be under 7 years of age).





## CHECKLIST

### With or Without a Diagnosis

Page 1 to 11

#### 1 Become a Kalparrin member

Membership is FREE and will provide you with access to a vast array of information, resources, opportunities and events as well as connection to a community of thousands of other parents supporting children with additional needs.

☐

#### 2 Visit your GP

If you have a concern about your child's development, talk to your local Child Health Nurse or visit your GP.

- Request referral to a paediatrician, medical specialist or allied health professional for an assessment
- Request a Chronic Disease Management Plan (if applicable)
- Request a Better Access to Mental Health Care Plan (if applicable).

☐☐☐

#### 3 Contact an Early Childhood Partner in your area

If your child is aged between 0 and 6 years of age, enquire about their eligibility for Early Childhood Early Intervention (ECEI) support.

☐

#### 4 Contact Centrelink to enquire about your eligibility for:

- Carer Allowance
- Carer Payment
- Carer Supplement
- Carer Adjustment Payment (CAP).

☐☐☐☐☐

### With a Diagnosis

Page 11 to 14

#### 5 Contact NDIS to enquire about:

- Early Childhood Early Intervention (ECEI) if your child is aged between 0 and 6 years of age
- Access to the NDIS.

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*If the NDIS has yet to be rolled out in your area, contact your WA Local Coordinator for further information.*

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#### 6 Discuss with your paediatrician:

- 'Betterstart', if your child is diagnosed with an eligible diagnosis.\*
- Helping Children With Autism (HCWA) if your child is diagnosed with Autism Spectrum Disorder.\*

☐☐

#### 7 Contact your private health provider (if applicable)

- To determine if you are covered for services such as occupational therapy, speech pathology, psychology, physiotherapy as applicable.

☐

\* To be phased out once NDIS is fully operational.



**Becoming a NDIS Participant**

Page 15 to 27

**8 Prepare your child's NDIS Plan**

- Develop your child's Plan ☐
- If you would like help to develop your child's NDIS Plan, seek help from a family member, friend, carer, a NDIS Early Childhood Partner, Local Area Coordinator, your GP, therapy provider or other health provider ☐
- Decide how you are going to manage your child's Plan ☐
- Decide if you are going to use a Plan Manager to help you self-manage your child's Plan. ☐
- Decide if you want to include the services of a Support Coordinator to help you implement your child's Plan and build capacity. ☐

**9 Implement your child's NDIS Plan**

- Review the 'Getting Started' Checklist specific to your preferred Plan management option and available from the NDIS website ☐
- Find services, aids, equipment and support ☐
- Find home modification providers as applicable ☐
- Familiarise yourself with the NDIS portal 'Myplace' ☐
- If you're self-managing, obtain training to manage administrative obligations if necessary. ☐

**Transport**

Page 27 to 28

- 10** ▪ Determine if you are eligible for an ACROD permit ☐
- Determine if you are eligible for a Companion Card ☐
- If you have a Companion Card, you can apply for a Qantas Carer Concession Card if applicable ☐
- If your child is attending a specialist school and is unable to catch the bus, investigate their eligibility for a Conveyance Allowance ☐
- Determine if your child is eligible for the Taxi Users Subsidy Scheme (TUSS). ☐

**Education**

Page 29

**11 Kindergarten, primary and high school**

- Determine which educational options are most appropriate for your child ☐
- Make enquiries about Education/Inclusion Support to accommodate your child's needs. ☐

**Parent Training**

Page 31

- 12** Do you, members of your family, relatives or friends need training to help you support the needs of your child? ☐

# Early Childhood Early Intervention (ECEI)

Providing quality intervention early in your child's life may reduce the need for longer-term intervention and can support them over time to lead an ordinary life.

## WHAT IS IT?

If your child is aged between 0 and 6 years and has a disability or if there are concerns with their development, they may be eligible to receive support from the NDIS.

Early Childhood Early Intervention (ECEI) is an approach designed to support families to help their child develop the skills they need to take part in daily activities and achieve the best possible outcomes throughout their life.

ECEI is a family-centred approach that supports greater inclusion in mainstream settings and builds the capacity of your child and family.

## HOW IT WORKS

If your child has a disability and/or you have concerns about your child's development, you can contact an Early Childhood Partner (ECP). Early Childhood Partners are experienced in early childhood intervention and will tailor support to your child's individual needs and circumstances. They will work with you to:

- Connect you and your child with the most appropriate supports in your area, such as the community health centre, educational settings and playgroup
- Provide some short-term early intervention where it has been identified as the most appropriate support
- Help you to request NDIS access if your child requires longer-term early childhood intervention supports.

## ACCESSING ECEI

If your child is already a NDIS Participant, their current arrangements will continue. An NDIA representative will talk to you about the different ECEI options for your child at their next scheduled Plan Review.

If your child is not currently supported by the NDIS, but they are receiving government funded supports, they will continue to receive these supports until the NDIS becomes available in your area. You will be contacted by a representative of the NDIA when the NDIS becomes available where you live.

If your child is not currently receiving any support, details of your Early Childhood Partner or interim arrangements will be available on the NDIS website, once the NDIS is available in your area.





Discover more about the Early Childhood Early Intervention approach on the NDIS website where you can also find a list of Early Childhood Partners.

# The National Disability Insurance Scheme (NDIS)

Assistance from the NDIS is not means tested and has no impact on income support such as the Disability Support Pension and Carers Allowance.

## INTRODUCTION

The National Disability Insurance Scheme (NDIS) is a new way of providing disability support.

The NDIS provides for all Australians under the age of 65, who have a permanent and significant disability, with the reasonable and necessary support they need to enjoy an ordinary life.

The NDIS is designed to help people with a disability achieve their goals. This may include greater independence, community involvement, employment and improved wellbeing.

As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.

## ROLLOUT OF THE NDIS IN YOUR AREA

The rollout of the NDIS in Western Australia began on 1 July 2018. The new system is being rolled out progressively across the state and is expected to be complete by 2020.

More information in respect to the status of the NDIS in your area can be found on the NDIS website.

## TRANSITION FROM DISABILITY SERVICES TO THE NDIS

If you are currently receiving support from Disability Services, you may automatically be accepted for participation in the NDIS with your child's current diagnosis. Discuss this with your Local Coordinator as to when you can expect contact from the NDIS for confirmation.







## BECOMING A 'PARTICIPANT' OF THE NDIS

### ELIGIBILITY

To be eligible for NDIS support, your child must:

- Have a permanent disability that significantly affects their ability to take part in everyday activities or a developmental delay
- Be aged less than 65 when they first enter the NDIS
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa and
- Live in Australia where the NDIS is available.

If you already receive supports from a State or Territory government disability program, you will be contacted by a NDIA representative when it is time to transition to the NDIS.

### ACCESS REQUEST

#### NDIS ACCESS CHECKLIST

If your child does not currently receive disability supports and has never received funding from Disability Services you can assess your child's eligibility for access to NDIS funding online by completing a checklist entitled **NDIS Access Checklist** available from the NDIS website.

If you believe your child meets the required eligibility criteria, you can request access by contacting the NDIS direct.

#### EVIDENCE OF DISABILITY

You may need to provide evidence of your child's disability as part of your NDIS Access Request. This includes information on the nature of your child's disability, how long it will last and how it impacts their life.

This information should be recent and completed in part by your child's treating health professional(s). It should confirm your child's primary disability and its impact on their life along with details of treatments they have received, the outcomes as well as future treatments and anticipated outcomes.

**i** You can assess your child's eligibility for access to NDIS funding online by completing a checklist entitled **NDIS Access Checklist**

## DEVELOPING A NDIS PLAN FOR YOUR CHILD

People who meet NDIS Access are called 'Participants'.

Once your child receives confirmation of their eligibility to participate in the NDIS, you will be contacted by a representative of the National Disability Insurance Agency (NDIA) to make a time and date to have a **planning conversation**.

Planning conversations may take place over the phone or in person. During this meeting, you (and your child, if they are able to participate in the conversation) together with an NDIA representative will formulate your first NDIS Plan.

Your first Plan will address your child's support needs to reach their daily living needs as well as their longer-term goals. Once completed, this Plan will provide your child with individualised funding that you can control and choose how to use.

**It is vitally important therefore that preparation prior to this meeting is thorough to increase the likelihood that your Plan is approved and your subsequent funding package is able to accommodate your child's support needs.**

### GETTING HELP TO PREPARE YOUR NDIS PLAN

To help you prepare a NDIS Plan for your child, you can work with a family member, friend or carer, an Early Childhood Partner or NDIS Local Area Coordinator, General Practitioner (GP) or other health professional. There are also many useful NDIS planning workbooks to assist parents and carers to formulate a comprehensive NDIS Plan. Speak to a Kalparrin Family Support Officer for guidance on some of the best planning booklets.

### PREPARING FOR YOUR NDIS PLANNING MEETING

To optimise the scope and utility of your child's NDIS Plan, it is important that you prepare carefully prior to your Planning meeting to ensure that your child's immediate and anticipated future needs are included in the planning process along with their longer-term aspirational goals.

Some of the key questions that you will be asked in your NDIS planning conversation include:

#### 1. Personal details

Including your child's primary disability. Be sure to have all your child's reports and assessments in one place to help with this.

#### 2. Community and mainstream supports

You will be asked about what support your child currently receives from people in their life and in the local community. This can include things like health services or help at school and sports groups as well as friends and family who help you.

#### 3. How your child manages everyday activities

To determine what help your child may need, including equipment or help to take care of themselves.

#### 4. Setting goals and how they can be achieved

Think carefully about your child's goals. Think about the areas in which your child struggles and where they need assistance. Is it at home doing everyday things like cutting their food, cleaning their teeth, getting dressed or showering? It could be as simple as needing help to fasten buttons or zips on their clothing, tying their shoelaces or something more challenging like inappropriate behaviours either at home, in the community or both.

Think about activities that typical kids manage without too much input or reminding but your child finds difficult or perhaps impossible.

It is important to remember that goals are not expected to be achieved in the short-term. Many will be long-term goals and will remain part of your Child's NDIS Plan for a long time.



There are many useful NDIS planning workbooks to assist parents and carers to formulate a comprehensive NDIS Plan. Ask Kalparrin for details





Examples of goals might include:

- **Becoming more independent.** This might be best facilitated through the services of a therapist to provide routines and strategies to assist your child with daily living needs such as self-care.
- **Communicating more effectively.** This might be a goal best supported by a speech therapist to provide one-to-one assistance with speech therapy. It could also enable your speech therapist to undertake an assessment and recommendation for a communication device such as an augmentative and alternative communication device.
- **Improve core balance and strength to interact more effectively with peers.** This goal may require a physiotherapist to provide strengthening exercises to enable your child to participate in the playground or ride a bike.

Your Planner will also talk about longer-term goals, for example:

- **Explore future employment options** which may require some assistance to find part-time work.

Your child's goals may be few or many. There is no limit.

### 5. How you want to manage your NDIS Plan

Your NDIS Plan will include a statement about how NDIS funded supports will be managed – by you, a registered Plan management provider, the NDIA or a combination of methods.

Refer to 'Managing Your Plan' further on in this booklet to help you decide how to manage your NDIS funding.

**i** Goals are the most important aspect of your child's NDIS Plan. Think carefully as they represent the focal point around which funding will be allocated



## SUPPORT COORDINATION

If you feel you would like help to implement the support required for your child, (informal, mainstream, community and funded supports), then the cost of appointing and working with a Support Coordinator is also an item that can be included in your NDIS Plan and is covered by the **Capacity Building** portion of your budget.

There are a number of benefits of working with a Support Coordinator, such as help to:

- Maximise the value for money your child receives from their funding package and the support workers and services you subsequently appoint
- Linking you with therapists, mainstream supports and disability-specific support providers
- Implement your child's Plan
- Better coordinate multiple supports and services
- Use the NDIS Participant Portal 'Myplace'.

Ask your NDIS Planner for the names of agencies in your area with whom you can make contact.

## YOUR NDIS PLANNING MEETING

At your Planning meeting, bring your planning workbook with you to give the Planner a good idea about your child's life and their goals.

You can also bring along a support person such as a therapist or someone else who knows your child well.





## YOUR NDIS FUNDING PACKAGE

Your NDIS funding package will be broken up into three key areas, known as 'budgets':

### 1. Core Budget

This budget includes supports to help your child complete activities related to their daily living needs as well as work towards their longer-term goals.

The funding in this budget covers several areas including in-home and community and respite support workers.

This budget may also provide funding for continence products such as nappies and catheters.

For some Participants, transport may be included in funding. This is usually for older children or young adults who may be working and need financial assistance if they are unable to access public transport.

Generally speaking, very young children are not eligible for funding for a support worker, however, all situations are different and it may be worth discussing this with your NDIS Planner.

### 2. Capital Support Budget

The Capital Support Budget component of your NDIS funding package includes assistive technologies, equipment and home or vehicle modifications as well as funding for any capital costs such as specialist disability accommodation.

This budget also includes equipment such as wheelchairs, walkers, ankle-foot orthosis (AFO) and more.

### 3. Capacity Building Budget

This portion of your overall NDIS budget includes support to enable your child to build their independence and skills.

Funding is allocated across eight support sub-categories as follows:

- Choice and control, eg training in planning and Plan management
- Daily activity, eg therapy aimed at building your child's capacity to participate
- Employment, eg employment-related assessment and counselling
- Health and wellbeing, eg exercise advice due to the impact of disability
- Home living, eg support to obtain/retain appropriate accommodation
- Lifelong learning, eg assistance to move from school to further education
- Relationships, eg positive behavioural support strategies to reduce behaviours of concern
- Social and community participation, eg activities to build skills and independence.



## MANAGING YOUR CHILD'S NDIS PLAN

Managing your Plan relates to the way you pay for the services, support and equipment your child receives via their NDIS Plan. NDIS registered providers are paid directly by the NDIS via a Provider Portal in line with the funds available in your Plan. **No money exchanges hands.**

There are four ways to manage funds in your child's NDIS Plan:

### 1. Self-management

Self-management offers the most choice, control and flexibility, but can also be quite time consuming and brings a level of responsibility. This option suits organised people who like to take a 'hands on' approach.

This option means that you:

- Can choose and arrange your own supports, including your own support workers, regardless of whether they are registered with the NDIS or otherwise.
- Ensure that the relevant invoices for your supports are paid on time.
- Keep appropriate records and receipts for supports provided, both claimed and paid.
- Report to the NDIA on the amount used and funds spent on the self-managed items of your NDIS Plan.

### 2. NDIS Management, (also known as Agency Management)

This option suits people who don't want to spend time dealing with administration and are happy to use registered NDIS providers.

This option means:

- You can choose and arrange your own supports, including your own support workers, however, they must be NDIS-registered providers.
- The NDIA ensures that the relevant invoices for your supports are paid on time.
- The NDIA keeps appropriate records and receipts for supports provided, both claimed and paid.

### 3. A Combination

If you're unsure, you may be able to choose a mix of self-management and NDIS management. This means that you can choose who manages what aspects of your NDIS Plan.

This option suits people who are happy for the NDIS to manage parts of their budget but want control over

certain services. This is especially handy when you want to enlist a support service that is not registered with the NDIS.

Using a mix of these management options means:

- You choose and arrange your own supports, including your own support workers.
- You ensure that the relevant invoices for the supports that you choose to self-manage are paid on time.
- You keep appropriate records and receipts for the supports that you choose to self-manage, both claimed and paid.
- You report to the NDIA on the amount used and funds spent on the self-managed items of your NDIS Plan.
- The NDIA will manage the parts of the budget that you allocate to them.

### 4. Enlist the Help of a Plan Manager

If you like the sound of self-management, but are concerned about the administrative side of things, you can enlist the help of a professional. Plan Managers are like an accountant for the NDIS. They take care of the day-to-day administration that comes with an NDIS Plan, such as processing invoices and keeping track of the balance of your child's NDIS fund.

This option means:

- You choose and arrange your own supports, including your own support workers.
- You meet with your chosen Plan Manager and discuss your Plan.
- Your Plan Manager oversees the financial component of your NDIS Plan.

**Note:** A Plan Manager and a Support Coordinator often get confused but are two very different roles. Take a look at the Glossary of Terms at the end of this booklet.



If you are wondering whether or not to self-manage your NDIS Plan, follow Kalparrin's Peer Support group and get an idea of other families' experiences and what's involved



## COMPARISON OF MANAGEMENT OPTIONS

	Self Managed	NDIS or Agency Managed	Combination of Self Managed and NDIS/ Agency Managed	Plan Manager
Simplicity		✓✓✓	✓	✓✓✓
Control	✓✓✓	✓	✓✓	✓✓✓
Freedom to choose any provider, NDIS-registered or otherwise	✓✓✓	✓	✓✓	✓✓✓
Financial administration and reporting	✓✓✓		✓✓	
Time consuming	✓✓✓		✓	✓
Might need to build skills in certain areas	✓✓✓		✓✓✓	

**i** You can alter the way you manage your Plan in the future if you change your mind

# Access a network of 250+ qualified therapists experienced in disability.



CELEBRATING  
**20**  
YEARS

## Support where you need it

With more than 20 office locations throughout Perth, the South West and other regional areas, support is never far away.



Plus Margaret River & Karratha.

Services are available to people of all ages with disability and developmental delays.

- Assessment and diagnosis
- Occupational therapy
- Speech pathology
- Physiotherapy
- Psychology
- Social work
- Behaviour support
- Dietetics and mealtime support
- Continence and toilet training
- Specialist equipment and home modifications



Call us on 1300 135 373  
or visit [therapyfocus.org.au](http://therapyfocus.org.au)

Registered NDIS Provider

Connect with us



## IMPLEMENTING YOUR CHILD'S NDIS PLAN

Once your Plan is approved, it is time to put it into action.

Before you get started, make sure you read through your NDIS Plan carefully to ensure that it is correct and includes all the supports you need. Ensure that your child's goals are listed correctly and that nothing is missing? If you feel something is incorrect you will need to contact the NDIA.

Depending on how you have decided to manage your Plan – self-managed, NDIS- or Agency-managed, through the services of a Plan Manager or a combination of these methods – there are a range of people who can help you implement your Plan and start receiving supports.

You can start your Plan by yourself if you intend to self-manage or with the support of an Early Childhood Partner or Local Area Coordinator. Some people may also have a Support Coordinator funded in their Plan to help them get started.

### GETTING STARTED CHECKLIST

The relevant 'Getting Started' checklist, specific to your preferred Plan management option and available from the NDIS website, will help you start accessing community, mainstream and funded supports and get the most out of your NDIS Plan.

### NDIS PARTICIPANT PORTAL 'MYPLACE'

You will also need to register for MyGov and link your account to the Myplace Participant portal. There is a step-by-step guide, available from the NDIS website, to help you access and use Myplace. Alternatively, if you are working with an Early Childhood Partner or Local Area Coordinator, they will be able to assist you with this process.

## PLAN REVIEW

Towards the end of your child's first year as a NDIS Participant, you will be contacted to prepare for the review of their NDIS Plan.

During the Plan review, you will be able to provide feedback on what supports are working well for your child and how they are progressing in achieving their personal goals.

You will also have the opportunity to explore and set new personal goals building on previous achievements. Plan reviews also provide the opportunity to talk to your NDIS representative about when to have your next Plan review according to your child's personal circumstances and goals.

Plan reviews will be scheduled regularly depending on your child's personal circumstances and goals. If you know that your child's situation may change in the near future, such as their living arrangements or a planned move from school to work, their next Plan review can be scheduled for a specific date in the future to make sure their supports best accommodate their needs and goals.

Your NDIS representative will make sure you are comfortable with the timing of your next Plan review and will have a conversation with you to ensure you are given the right amount of time to achieve your goals.

When you have completed your Plan review, it is important you talk to your providers about the length of your Plan and goals. You will also need to discuss your Service Agreement and Service Bookings to ensure they cover the period of time for which you want them to provide supports and services.





# Finding Services, Aids, Equipment and Support

## THERAPISTS

If your child requires therapy, then this should be included in their NDIS Plan. Costs associated with therapy generally come out of the Capacity Building portion of your NDIS Budget.

Therapists provide a range of professional services to support the developmental needs of your child, improve their function and work towards the achievement of goals as outlined in their NDIS Plan.

Your child may require one kind of therapy or multiple therapists in areas such as speech, language and communication, independence skills, emotional and social skills, learning, attention and behaviour, fine motor skills and handwriting, sensory avoidance/seeking, balance and coordination.

The therapist you choose will make recommendations in respect to the nature of the therapy required, how often to see them and whether to undertake therapy as an individual (either at home or at the therapist's office) or in a group setting. Therapists will also give your child activities to do at home and in their everyday life to support their learning and development.

## THERAPY PROVIDERS

There are many places to find therapists specific to your child's needs and located close to your home, including your doctor, medical or health practitioner, peer support networks and the internet. The NDIS website also provide a full list of NDIS-registered therapists by location.



## USEFUL CONTACTS

	<p><b>Ability Centre</b></p> <p>Ability Centre supports people living with cerebral palsy, autism and other physical and intellectual disabilities with therapy and other health services, respite, equipment and post-school options from early infancy through to adulthood.</p> <p><b>Tel: 1300 106 106</b>  <a href="http://www.abilitycentre.com.au">www.abilitycentre.com.au</a></p>
	<p><b>Rocky Bay</b></p> <p>A leading provider of disability services, offering choice and independence to people of all ages living with any disability and delivering relevant therapies, equipment and technology, innovative leisure and social programmes, training and employment opportunities – in the home, at Rocky Bay centres and in the community.</p> <p><b>Tel: (08) 9383 6113</b>  <a href="http://www.rockybay.org.au">www.rockybay.org.au</a></p>
	<p><b>Therapy Focus</b></p> <p>Therapy Focus is a leading provider of professional therapy services, delivering support to children and adults with a range of disabilities throughout Western Australia, including speech pathology, occupational therapy, physiotherapy, psychology and social workers who work closely with individuals, families, carers and the community.</p> <p><b>Tel: 1300 135 373</b>  <a href="http://www.therapyfocus.org.au">www.therapyfocus.org.au</a></p>
	<p><b>Senses Australia</b></p> <p>Senses Australia supports children, adults and seniors with a wide range of disabilities to reach their full potential through a range of services to achieve greater independence, closer community connections, furthering education, finding employment, improving health and wellbeing as well as short breaks for clients.</p> <p><b>Tel: (08) 9473 5400</b>  <a href="http://www.senses.org.au">www.senses.org.au</a></p>
	<p><b>VisAbility</b></p> <p>Professional therapy and support services to assist people across a range of ages and disabilities in their homes, at school, at work and in the community. VisAbility is focused on promoting mobility and independence and improving each person's quality of life.</p> <p><b>Tel: 1800 847 466</b>  <a href="http://www.visability.com.au">www.visability.com.au</a></p>

# Your local therapy provider



We do things differently. We step inside your shoes. We try to see things from your perspective. Our professional therapy and support services assist children and youth across a range of ages and disabilities. They are available to children from birth to 18-years-old at home, school and in the community. Contact us today to start your child's journey to independence.

## **We can empower your child:**

- ✓ To manage their emotions
- ✓ To be safe with eating and drinking
- ✓ To be more independent at home
- ✓ To enjoy moving and playing
- ✓ To have the same experiences as other children
- ✓ To communicate easily with others.

1800 847 466 | [gateway@visability.com.au](mailto:gateway@visability.com.au) | [visability.com.au](https://visability.com.au)



# **VISABILITY**



## AIDS AND EQUIPMENT

The right aids and equipment will help your child to perform personal care activities such as washing, sitting, moving, eating, positioning, sleeping and toileting more effectively.

Mobility is an important consideration. Your child may need specialised car seats, strollers, wheelchairs, standing frames, mobility scooters, ankle-foot orthoses (AFOs), prosthetics and more.

Items such as adapted bicycles, switch-operated toys and talking books can help with your child's development.

Aids and equipment will also help to protect those caring for your child by providing safe and ergonomically-effective ways of assisting your child.

In addition, you may need to look at car and/or home modifications so that your child can be transported and/or accommodated safely.

Aids and equipment need to be prescribed by a therapist. A therapist will assess your child and prescribe suitable aids and equipment.

If there is a particular aid or piece of equipment that you think would benefit your child, you can also suggest this to your therapist.

Aids and equipment come out of the Capital Support Budget of your NDIS funding. It is a good idea therefore to collaborate with your therapist as early as possible, obtain quotations for equipment and document your child's aids and equipment needs in readiness for your NDIS Planning meeting.

If your child is not eligible to participate in the NDIS, your therapist may apply for equipment through the Community Aids and Equipment program (CAEP). If you don't yet have a therapist you can ask your GP to refer you directly to your local CAEP service, possibly located at your local hospital or health service.

## AIDS AND EQUIPMENT PROVIDERS

Some suppliers of aids and equipment are detailed below but you can find more through your doctor, medical or health practitioner, peer support networks and the internet. The NDIS website also provides a full list of NDIS-registered providers of aids and equipment.

**i** Aids and equipment come out of the Capital Support Budget of your NDIS funding. Collaborate early with therapists and obtain quotations ready for your NDIS Planning meeting.

## Useful Contacts

- Independent Living Centre WA [www.ilc.com.au](http://www.ilc.com.au)
- K-equip [www.k-equip.org](http://www.k-equip.org)
- TADWA [www.tadwa.org.au](http://www.tadwa.org.au)
- Ability Centre [www.abilitycentre.com.au](http://www.abilitycentre.com.au)
- Rocky Bay [www.rockybay.org.au](http://www.rockybay.org.au)
- Senses Australia [www.senses.org.au](http://www.senses.org.au)
- Therapy Focus [www.therapyfocus.org.au](http://www.therapyfocus.org.au)
- VisAbility [www.visibility.com.au](http://www.visibility.com.au)

## HOME MODIFICATION

If home modifications are needed to adapt your house to make it more accessible for your child, an Occupational Therapist will be able to assess your house and make recommendations as appropriate. Suggestions might include wider doorways, ramps, accessible bathrooms and hoists. There are also many new developments in smart home technology, including voice-controlled lights, TVs and automatic doors.





This assessment process should form part of your child's NDIS Plan. Home modifications come out of the Capital Support Budget of your NDIS funding. It is a good idea therefore to collaborate with your occupational therapist as early as possible, obtain quotations for modifications and document your child's needs in readiness for your NDIS Planning Meeting.

## HOME MODIFICATION PROVIDERS

There are many companies in Western Australia providing home modification. The NDIS website provides a full list of NDIS-registered providers, including **Independent Living Centre WA** and **TADWA**, both of which are detailed under the section Aids and Equipment in this guide.

## TRANSPORT

	<p><b>NDIS</b></p> <p>An NDIS Participant will generally be able to access funding through the NDIS for transport assistance if the Participant cannot use public transport without substantial difficulty due to their disability. Funding takes into account any relevant taxi subsidy scheme and it does not cover transport assistance for carers to transport their family member with a disability for everyday commitments.</p>
	<p><b>ACROD PARKING PROGRAM</b></p> <p>If your child has a mobility issue you may be eligible for an ACROD permit. This allows you to park in ACROD spaces that are usually located near the entrance to buildings. You will need to get your health professional to fill out the application form.</p>
	<p><b>THE COMPANION CARD</b></p> <p>The Companion Card is for people with a significant and permanent disability who require attendant care from a 'companion' to make use of most venues and participate in activities.</p> <p>Cardholders present their card when booking or purchasing a ticket from a participating business or venue. Participating businesses will recognise the Companion Card and issue the cardholder with a second ticket for their companion at no charge.</p> <p>The Companion Card Program currently operates in every state across Australia, so the card can be used when on holiday in other states.</p>
	<p><b>QANTAS AND VIRGIN AUSTRALIA</b></p> <p>If you have a companion card for your child, you can apply for the Qantas Carer Concession card providing up to 50% discount on various fares. Virgin has also introduced a Disability Assistant Concession Fare that provides a 50% concession for a carer travelling with a person with a disability.</p>

	<p><b>TRANSPERTH</b></p> <p>Transperth buses and trains have priority seating for people with a disability or young children and the elderly. If your child has a companion card you will only need to pay for their fare and their accompanying carer is free.</p>
	<p><b>SCHOOL BUS SERVICE</b></p> <p>If your child is attending an Education Support school or a language development centre they will be eligible to apply for the school bus service. Pick-up, drop-off and boundary details will be available on the school website.</p> <p>A Conveyance Allowance may also be available if your child goes to a specialist school and is unable to catch the bus. Details will also be available via the school's website.</p>
	<p><b>WHEELS FOR HOPE</b></p> <p>Wheels for Hope is a not-for-profit organisation, providing wheelchair vans with hoist on loan to eligible families living within 800 KM of Perth. More details and an application for assistance can be downloaded from their website at <a href="http://www.wheelsforhope.org.au">www.wheelsforhope.org.au</a>.</p>
	<p><b>TUSS</b></p> <p>The Taxi Users Subsidy Scheme (TUSS) offers reduced fares for those with a severe permanent disability that cannot use public transport. There are restrictions for children aged under 10 years. Your doctor will need to complete an application form for TUSS.</p>





# Education

## KINDERGARTEN

Once your child reaches kindergarten age, they can commence at a:

- Child Care Centre
- Community Kindergarten (see Community Kindergarten Association)
- School, (private or public).

Whatever option you choose, all of the above are able to apply for education/inclusion assistance to support your child's needs.

Kindergarten, however, is not compulsory and if you feel your child is not ready to start kindergarten, you can choose to wait until the following year and start their formal education at pre-primary level.

## PRIMARY AND HIGH SCHOOL

Pre-primary will be the first compulsory year of your child's education. Options for this and future years include:

### DISABILITY ALLOCATION

Public Schools are able to apply for a disability allocation to support your child with their learning needs. It comprises two components:

- **Educational adjustment allocation** - to implement programs and learning support for students with disability and additional learning needs.
- **Individual disability allocation** - For eligible students to help the school address the learning needs of students with a diagnosed disability.

### SCHOOLS OF SPECIAL EDUCATIONAL NEEDS

The Education Department also provides support for students with disabilities and diverse learning needs through teams of teachers working from the School of Special Educational Needs for children with disability, sensory impairment, a medical/mental health condition and/or extreme, complex and challenging behaviours.

These services collaborate to provide effective service provision to school communities.

Autism specialist units are co-located at a small number of mainstream schools and have small class sizes.

## EDUCATION SUPPORT CENTRES AND SCHOOLS

Your child may be eligible to attend an Education Support Centre or school.

Some offer **early intervention programs**, specialist programs for children with Autism Spectrum Disorder and other programs for children with more specific needs.

**Education Support Centres** are located alongside primary and secondary schools. In addition to the individualised programs delivered by specialist staff, children benefit from interacting and participating in programs with their mainstream school peers.

**Education Support Schools** are separate primary and secondary schools that have on-site access to multi-disciplinary teams including nursing and therapy staff and specialist facilities including therapy rooms, swimming pools and 'access all' playgrounds.

Secondary Education Support Centres and Schools have strong links with employers and training organisations to ensure your child's transition from school to further training or work is as smooth as possible.

### CATHOLIC SCHOOLS

Many Catholic schools in Western Australia have Education Support Centres for students with disability whose educational needs require the provision of additional support and resources. This includes special education teacher/s and additional teacher assistants, as well as specialised resources and facilities.

Depending on individual needs and abilities, some students will receive the major part of their academic program in the Education Support Centre while others will spend the majority of their time in regular classes with varying levels of support.



### INDEPENDENT SCHOOLS

Students with disability in independent schools are eligible for funding from the Australian Government and state and territory governments, although students with disability in independent schools do not receive the same level of additional funding from governments as their counterparts in government schools.

### HOME SCHOOL

If you decide to home-educate your child, you will need to register with the Education Department. There are many different websites available that provide information on teaching and learning resources, networking groups, tertiary courses and career pathways.

### OTHER EDUCATIONAL OPTIONS

For students who find themselves excluded from mainstream education, there are a number of alternative education facilities that specialise in working with school-aged students who have difficulty achieving success in mainstream education and are at risk of disengaging from school.

These organisations partner with parents and caregivers to overcome difficulties and support students to achieve a valued and contributing place in the community.

## Useful Contacts

- Department of Education [www.education.wa.edu.au](http://www.education.wa.edu.au)
- Catholic Education Western Australia [www.cewa.edu.au](http://www.cewa.edu.au)
- School of Special Educational Needs [www.det.wa.edu.au/ssen](http://www.det.wa.edu.au/ssen)
- Association of Independent Schools (AISWA) [www.ais.wa.edu.au](http://www.ais.wa.edu.au)

# Other Useful Stuff

## PARENT TRAINING

Parent training can help parents to develop skills, strategies and confidence to better manage problem behaviour and developmental issues common in children with a disability.

There are many and varied parent training programs available that provide strategic intervention to help parents identify, pre-empt, de-escalate and/or manage problem behaviours while demonstrating how to encourage desired behaviours, coping strategies (for both child and parent) and develop a close and loving bond with your child and their siblings.

## USEFUL CONTACTS

	<p><b>Positive Partnerships</b></p> <p>Professional learning for parents and carers, providing solution-based tools and workshops to help build confidence and knowledge around supporting children as they grow and develop.</p> <p><b>Tel: 1300 881 971</b>  <a href="http://www.positivepartnerships.com.au">www.positivepartnerships.com.au</a></p>
	<p><b>Developmental Disability WA</b></p> <p>Free membership and access to independent information, advocacy, education and support for people with intellectual and other developmental disability, their families and the people who support them.</p> <p><b>Tel: (08) 9420 7203</b>  <a href="http://www.ddwa.org.au">www.ddwa.org.au</a></p>
	<p><b>Autism Association of Western Australia</b></p> <p>Autism Association of Western Australia offers a range of learning opportunities for families raising children with autism including early childhood, school-age children and teenagers and young adults.</p> <p><b>Tel: (08) 9489 8900</b>  <a href="http://www.autism.org.au">www.autism.org.au</a></p>
	<p><b>Access Plus WA Deaf</b></p> <p>Provides community-based Sign Language (Auslan) classes, offering basic skills in communicating with deaf people in the community.</p> <p><b>Tel: (08) 9441 2677 or (08) 9441 2655 (TTY)</b>  <a href="http://www.accessplus.org.au">www.accessplus.org.au</a></p>





### SECCA

SECCA is a not-for-profit organisation designed to support people with disabilities in their efforts to learn about human relationships, sexuality and sexual health.

Tel: (08) 9420 7226

[www.secca.org.au](http://www.secca.org.au)



### Meerilinga

Parent training and support for families living in Cockburn, Rockingham, Kwinana, Fremantle, Melville and East Fremantle.

Tel: (08) 9489 4022

[www.meerilinga.org.au](http://www.meerilinga.org.au)



### People First Program

Counselling and education for people with disability in sexuality, relationships and protective education.

Tel: (08) 9227 6414

<https://people1stprogramme.com.au>





## RECREATION

Recreation comes out of the Capacity Building Budget of your NDIS funding and should be discussed with your NDIS Planner at your child's Planning meeting.

There are many inclusive options for your child to participate in recreational activities, from sport, art and craft, music and more. If your child needs assistance to effectively engage with a recreational activity you can engage a support worker to assist your child to participate in their chosen activity. You can put this into your NDIS Plan under 'accessing the community'.

**i** For children interested in technology, there are many FREE Coder Dojo clubs run by volunteers throughout the State.



**CAHOOOTS**  
Connect. Learn. Celebrate.

### CAMPS AND DAY PROGRAMS

*for children and young people living with a disability,  
facing exceptional challenges and from all walks of life.*

1. School Holiday Camps
2. School Holiday Day Programs
3. Weekend Camps
4. Contracted Camps

info@cahoots.org.au | [www.cahoots.org.au](http://www.cahoots.org.au) | (08) 9240 6928

## USEFUL CONTACTS

	<p><b>DADAA</b></p> <p>Creative arts for people with disability to participate in many specialised arts-based experiences including art, performance, circus and music.</p> <p>Tel: (08) 9430 6616 <a href="http://www.dadaa.org.au">www.dadaa.org.au</a></p>
	<p><b>Cahoots</b></p> <p>Exciting, fun-filled camps for children and young people with a disability, creating inclusive opportunities to develop friendships, skills and confidence.</p> <p>Tel: (08) 9240 6928 <a href="http://www.cahoots.org.au">www.cahoots.org.au</a></p>
	<p><b>WA Disabled Sports Association (WADSA)</b></p> <p>An extensive range of inclusive and adapted sport and recreation programs for people with disability as well as individual and family camps.</p> <p>Tel: (08) 9470 1442 <a href="http://www.wadsa.org.au">www.wadsa.org.au</a></p>
	<p><b>HorsePower Australia</b></p> <p>Suitable horses, trained volunteers, accredited coaches, riding and safety equipment to run a range of equestrian activities for people with disabilities.</p> <p>Tel: (08) 9296 4655 <a href="http://www.horsepower.org.au">www.horsepower.org.au</a></p>
	<p><b>Autism West</b></p> <p>Opportunities for young people to connect with others through special interest programs and social groups to develop social skills, friendships, resilience and leadership skills.</p> <p>Tel: (08) 9431 2111 <a href="http://www.autismwest.org.au">www.autismwest.org.au</a></p>
	<p><b>Starkick</b></p> <p>Inclusive, all abilities football for girls and boys, aged between 5 and 12 years, who may need extra support or time to achieve their goals, supported by a team of volunteers.</p> <p><a href="http://www.starkick.com.au">www.starkick.com.au</a></p>
	<p><b>Rebound WA</b></p> <p>Help for people with physical disability to rebound from adversity with a wide range of sports, recreational activities and events.</p> <p>Tel: (08) 6143 5800 <a href="http://www.reboundwa.com">www.reboundwa.com</a></p>
	<p><b>WA Disabled Surfers Association</b></p> <p>The Disabled Surfers Association supports people with any disability to learn or renew their interest in surfing. <b>Ocean Heroes</b> also provide surf lessons for children with autism, (<a href="http://www.oceanheroes.com.au">www.oceanheroes.com.au</a>)</p> <p><a href="http://www.disabledsurfers.org">www.disabledsurfers.org</a></p>



## TIME OUT AND TAKING A BREAK

Caring for a child with additional needs can be tiring. Taking time out is an important part of self-care and will help you find a balance between caring for your child and caring for yourself.

## CHILD CARE

When your child is young, they may be able to attend a child care service.

Child care centres are able to apply for funding to hire an inclusion support worker on the days your child attends the centre. They are also able to apply for funding to supply resources to help support your child.

## FAMILY DAY CARE

Family day care is provided at the home of the provider with a small group of children.

Alternatively, in home care is also an option within the family day care system whereby an educator looks after your child in your own home.

You are eligible for in home care if you or your partner has a disability or illness, unusual work hours, a full household or a remote living location.

## BEFORE AND AFTER SCHOOL CARE AND VACATION CARE

Once your child reaches school age, they will be eligible to participate in before and after school care and vacation care. These service providers will be able to apply for inclusion funding to support your child at the service.

## PROGRAMS AND RECREATIONAL ACTIVITIES FOR CHILDREN AND YOUTH

There are a number of organisations that will provide your child with inclusive opportunities to develop friendships, skills and confidence through participation of fun activities run during the day or as a short-stay camp.

Programs and recreational activities provide parents with the chance to relax and enjoy time alone or with family and friends.

## IN-HOME AND OUT-OF-HOME CARE

In-home and out-of-home care enables families to have time away, perhaps to take a short holiday, while their child is cared for either in their own home or at a specialised support facility. Children are able to discover and nurture new friendships while developing independence and self-confidence.

## Useful Contacts

- Ability Centre [www.abilitycentre.com.au](http://www.abilitycentre.com.au)
- Rocky Bay [www.rockybay.org.au](http://www.rockybay.org.au)
- Therapy Focus [www.therapyfocus.org.au](http://www.therapyfocus.org.au)
- Senses [www.senses.org.au](http://www.senses.org.au)
- Cahoots [www.cahoots.org.au](http://www.cahoots.org.au)
- Lady Lawley Cottage [www.redcross.org.au/ladylawleycottage](http://www.redcross.org.au/ladylawleycottage)
- Autism Association of WA [www.autism.org.au](http://www.autism.org.au)
- Intelife [www.intelife.org](http://www.intelife.org)
- Workpower [www.workpower.com.au](http://www.workpower.com.au)



Milo, autism support robot



# Service as unique as your child

**24**   
locations  
across Perth

Rocky Bay, one of the biggest and oldest service providers in WA, offers individualised services, tailored to your specific needs and life goals.

With a focus on quality and service excellence, Rocky Bay works with children living with all disabilities, delivering relevant therapies, innovative leisure and social programs and training opportunities in the home, at our centres and in the community

**To find services near you, call our friendly team on 08 9383 6113 or visit [www.rockybay.org.au](http://www.rockybay.org.au)**

*Discovering abilities*

*growing together*

For more information

**(08) 9383 6113**  
**[rockybay.org.au](http://rockybay.org.au)**



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## MENTAL HEALTH AND COUNSELLING

Caring for a child with a disability or chronic health condition can be challenging. It is important to be mindful of your own mental health, that of your partner and other children and access support and/or counselling when necessary.

There are a number of **free or low-cost** counselling services available for carers:

	<p><b>Carers Australia WA</b></p> <p>Carers WA have a dedicated counselling line, offering phone, skype, email and face-to-face counselling.</p> <p><b>e:</b> <a href="mailto:chat@carerswa.asn.au">chat@carerswa.asn.au</a></p> <p><b>t:</b> 1300 227 377</p>
	<p><b>Anglicare WA</b></p> <p>Anglicare offer free, face-to-face family relationship counselling for carers, available from eight centres throughout Western Australia.</p> <p><b>e:</b> <a href="mailto:info@anglicarewa.org.au">info@anglicarewa.org.au</a></p> <p><b>t:</b> 1300 114 446</p>
   	<p><b>University Counselling</b></p> <p>Most universities offer services provided by students but carefully supervised by a qualified clinical psychologist at highly discounted rates.</p> <p><b>Caladenia Counselling Murdoch University</b></p> <p><b>e:</b> <a href="mailto:caladeniacounsel@murdoch.edu.au">caladeniacounsel@murdoch.edu.au</a></p> <p><b>t:</b> (08) 9360 7848</p> <p><b>Curtin Child and Adolescent Psychology Clinic</b></p> <p><b>e:</b> <a href="mailto:curtinclinics404@curtin.edu.au">curtinclinics404@curtin.edu.au</a></p> <p><b>t:</b> (08) 9266 1717</p> <p><b>Robyn Winkler Clinic, University of Western Australia</b></p> <p><b>e:</b> <a href="mailto:clinic-sps@uwa.edu.au">clinic-sps@uwa.edu.au</a></p> <p><b>t:</b> (08) 6488 2644</p> <p><b>ECU Psychology Services Centre</b></p> <p><b>e:</b> <a href="mailto:psychologicalservices@ecu.edu.au">psychologicalservices@ecu.edu.au</a></p> <p><b>t:</b> (08) 9303 7801</p>
	<p><b>Beyond Blue</b></p> <p>Beyond Blue also offer short term/emergency counselling via phone, online or email with a trained mental health professional.</p> <p><b>t:</b> 1300 224 636</p> <p><b>w:</b> <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p>

## BETTER ACCESS TO MENTAL HEALTH CARE PLAN

If you feel that you or another member of your family would benefit from support or counselling, it's a good idea to speak with your General Practitioner (GP) about a 'Better Access to Mental Health Care Plan'.

If eligible, this Plan will provide up to 10 individual and 10 group sessions with a psychologist, mental healthcare social worker or some occupational therapists. A Medicare rebate for these sessions is applicable, however, there is usually a gap fee. Your GP can also refer you to a psychiatrist where necessary.

## REDUCING ISOLATION

Joining an on-line or in-person peer support group is a good way to help reduce feelings of isolation.

Kalparrin hosts Western Australia's largest, non-diagnosis-specific, online peer support group. It is also useful to join a support group specific to your child's condition. Having others with whom to share your experiences and gather valuable insight will help you to understand that you are not alone on this journey.



## ADVOCACY

If you experience issues or concerns relating to an organisation or business that is working with your child and you are having trouble advocating on behalf of your child, you can contact an advocacy agency who will support you to reach an outcome.

An advocate is someone who is 'on your team', they will stand by you and work towards the best outcome for your child and your family.

An advocate can attend meetings with you, make phone calls on your behalf and assist you to write emails, letters and documents. They can help you to liaise with Centrelink, education providers and others.

Advocates will also provide assistance with your child's NDIS process and, where necessary, assist with appeal applications to either Centrelink or the NDIS.

Advocacy organisations also lobby for positive changes in the community.

There are a number of disability specialist advocacy organisations in Western Australia, some of which hold training and workshops to help parents and carers self-advocate more effectively.

## Useful Contacts

- People with Disabilities WA [www.pwdwa.org](http://www.pwdwa.org)
- MIDLAS [www.midlas.org.au](http://www.midlas.org.au)
- Ethnic Disability Advocacy Centre [www.edac.org.au](http://www.edac.org.au)
- Explorability [www.explorability.org.au](http://www.explorability.org.au)
- Individual Disability Advocacy Sussex Street  
Community Law Service [www.sscls.asn.au](http://www.sscls.asn.au)
- Citizen Advocacy Perth West [www.capw.org.au](http://www.capw.org.au)

## SUPPORT GROUPS

Support groups provide invaluable assistance, enabling parents to connect and share their extensive knowledge, insights and experiences.

Some support groups are diagnosis-specific while others are more general in nature. Some are online and others provide a forum in which carers can meet in person.

Facebook groups also exist for many conditions. These sites are often very active providing, information and support around the clock.

## USEFUL CONTACTS

Some more generic Support Groups to get you started are listed below:

	<p><b>Kalparrin Families</b></p> <p>Western Australia's largest, non-diagnosis-specific peer support network. (Closed Facebook group - accessible only to Kalparrin members.)</p> <p><b>Tel: (08) 6456 0035 and become a member</b></p>
	<p><b>Kalparrin Families High Medical Needs</b></p> <p>A peer support group for members who have children with high medicalised needs. (Closed Facebook group - accessible only to Kalparrin members.)</p> <p><b>Tel: (08) 6456 0035 and become a member</b></p>
	<p><b>MyTime</b></p> <p>Free support for parents of children with disabilities.</p> <p><b><a href="http://www.mytime.net.au">www.mytime.net.au</a></b></p>
	<p><b>Carers Australia WA</b></p> <p>Social support events designed to introduce carers (and young carers) to supportive peer and social networks within their local area or community.</p> <p><b><a href="http://www.carerswa.asn.au">www.carerswa.asn.au</a></b></p>
	<p><b>Be My Koorda</b></p> <p>An Aboriginal support group for parents with children with Autism and ADHD.</p> <p><b><a href="https://www.facebook.com/bemykoorda">www.facebook.com/bemykoorda</a></b></p>



Look out for  
Kalparrin's fun  
family events, held  
throughout the year  
and enabling families  
to meet and develop  
strong friendships and  
resilient networks.



## SIBLINGS

Siblings are also known as Young Carers as they often provide care and support for their additional needs sibling. Siblings can feel isolated and alone and may need emotional support. It may be a good idea if you have extended family, to ask them to take out your child's sibling(s) on their own so that they receive individual, one-on-one time and attention.

It is important that the school your child's sibling(s) attends is aware of their family circumstances so that teachers can be vigilant and understanding about their needs.

## USEFUL CONTACTS

	<p><b>Young Carers Australia WA</b> Up to age 25. Support, services and resources.</p> <p><b>Tel: 1300 227 377</b> <a href="http://www.youngcarerswa.asn.au">www.youngcarerswa.asn.au</a></p>
	<p><b>Siblings Australia</b> Support, services and resources.</p> <p><a href="http://www.siblingsaustralia.org.au">www.siblingsaustralia.org.au</a></p>
	<p><b>Little Dreamers</b> Empowering and supporting young carers to achieve better emotional health and wellbeing.</p> <p><b>Tel: (03) 9973 9078</b> <a href="http://www.littledreamersonline.com">www.littledreamersonline.com</a></p>
	<p><b>Lionheart Camp for Kids</b> Bereavement program for children aged 5 to 12 years.</p> <p><b>Tel: 0481 199 758</b> <a href="http://www.lionheartcampforkids.com.au">www.lionheartcampforkids.com.au</a></p>
	<p><b>Kids Helpline</b> Age 5 to 25. Anytime. Any reason.</p> <p><b>Tel: 1800 551 800</b> <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a></p>
	<p><b>Headspace</b> Mental health support for people aged 12 to 25 years.</p> <p><a href="http://www.headspace.org.au">www.headspace.org.au</a></p>



Subscribe to  
Kalparrin's weekly  
eNews to hear about  
fun events, activities  
and opportunities  
specific to siblings.

# Aboriginal and Torres Strait Islander (ATSI) Services



## Rocky Bay

'Visiting My Mob – Koorliny Djinanginy Moort', is an illustrated book designed to provide Aboriginal families with insight into what it can be like living with autism and doing everyday activities. The book provides practical suggestions using the Noongar language.

Tel: (08) 9383 6113  
[www.rockybay.org.au](http://www.rockybay.org.au)



## Be My Koorda

Meaning be my brother or be my friend in the Nyoongar language is a parent-run support group for Aboriginal families who have children with a disability.

[www.facebook.com/bemykoorda](https://www.facebook.com/bemykoorda)



## Positive Partnerships

Yarn Up Sheets covering core characteristics of autism in a simple, easy to read format, including behaviour, communication, coping with the environment, socialisation and learning as well as storytelling animations and storyboards.

Tel: 1300 881 971  
[www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)



## Carers Australia WA

Aboriginal Carers Yarning Linking Together group meets regularly throughout the year.

Tel: 1300 227 377  
[www.carerswa.asn.au](http://www.carerswa.asn.au)



## Ability Centre

'Going to Hospital' is a colouring booklet developed to support Aboriginal youths during visits to hospital. 'Remembering My Family' is another colouring booklet designed to support children dealing with grief and loss. 'Message Book for Families' provides information about types of supports and services, funding and working together with service providers. 'Message Book for Disability Services' provides Aboriginal views of disability, communication and language, empowering families and other topics of holistic health.

Tel: 1300 106 106  
[www.abilitycentre.com.au](http://www.abilitycentre.com.au)



# Culturally and Linguistically Diverse (CaLD)



## Translating and Interpreting Service (TIS)

Most service providers are able to organise a translator either in person or via the Translating and Interpreting Service (TIS) by phone. When calling or emailing an organisation you can request an interpreter.

Tel: 131 450  
[www.tisnational.gov.au](http://www.tisnational.gov.au)



## Fremantle Multicultural Centre

Aims to build capacity and improve outcomes for migrants and refugees from a diverse range of cultural and linguistic backgrounds.

Tel: (08) 9336 8282  
[www.fmcwa.com.au](http://www.fmcwa.com.au)



## Ethnic Disability Advocacy Centre

Help to advocate on behalf of your child. Aims to safeguard the rights of ethnic people with disabilities and their families.

Tel: (08) 9388 7455  
[www.edac.org.au](http://www.edac.org.au)



## Carers WA

Factsheets for carers containing information about programs and services offered by Carers WA.

Tel: 1300 227 377  
[www.carerswa.asn.au](http://www.carerswa.asn.au)



# Glossary

Term	Acronym	Description
Access Request Form		The form people fill out that helps NDIA identify if a person is eligible to become a Participant.
Access requirements		Criteria someone must meet to become a Participant of the NDIS.
Agency Managed		When the NDIS manages all or part of your child's NDIS budgets.
Early Childhood Early Intervention	ECEI	An early intervention approach for children, aged between 0 and 6 years who have a developmental delay or disability to support them to develop the skills needed to participate in daily activities.
Early Childhood Partner	ECP	NDIS representative who will help you to connect to supports and services in your area.
Funded Supports		Supports the NDIS pays for through a Participant's Plan.
Goals		Things a Participant wishes they could do or achieve in the future with the help of the NDIS.
Informal Supports		The supports Participants get from the people around them, for example family, friends, neighbours.
Local Area Coordinator	LAC	Local organisations working in partnership with the NDIA to help Participants, their families and carers access the NDIS. LACs will help Participants write and manage their Plans and also connect Participants to mainstream services and local and community-based supports.
Mainstream Services		The government systems providing services to the Australian public, eg health, mental health, education, justice, housing, child protection and employment services.
National Disability Insurance Agency	NDIA	The Commonwealth government organisation administering the NDIS.
National Disability Insurance Scheme	NDIS	A new way of providing support for Australians with disability, their families and carers.
National Access Team		NDIA staff members who work in locations around Australia.
Nominee		A person who is appointed to act and make decisions for a Participant who does not have a parent or guardian.
Participant Statement		Information setting out a Participant's living arrangements, relationships, supports, description of day-to-day life as well as their short and longer term goals.
Plan		A written agreement developed with the Participant, stating their goals and needs and the reasonable and necessary supports the NDIS will fund for them. Each Participant has their own individual Plan.
Plan Management		Plan Management is one of the four options NDIS participants can use to manage their NDIS funds
Plan Review		All participants will have a Plan review specified in their Plan by the NDIA.  The NDIA must conduct a review of a participant's Plan before the Plan's review date.

Term	Acronym	Description
Provider		Someone who has products or services to help Participants achieve the goals in their Plan. Participants can choose their providers and change providers at any time. This is also known as choice and control.
Registered Provider		A disability support provider that has met the NDIS requirements for qualifications, approvals, experience, capacity and quality standards to provide a product or service.
Self-Management		Participants manage all or part of their NDIS funding and pay their providers directly.
Service Agreement		A contract between the Participant and the service provider they have chosen to deliver the supports in their Participant Plan.
Supplier		Someone who provides items to support Participants, eg equipment.
Supports		People or items that help a person undertake daily life activities and enable them to participate in the community and reach their goals.
Support Coordinator		A capacity building facilitator to implement all supports in a Participant's Plan.
Funded Support Package		The funding available to a Participant. There are three budgets in a support package: Core, Capacity Building and Capital.







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# Kalparrin

## **Kalparrin**

Family Resource Centre  
Perth Children's Hospital  
15 Hospital Ave, Nedlands WA 6009  
C/- Child and Adolescent Health  
Locked Bag 2010  
Nedlands WA 6840

**t** Phone: (08) 6456 0035

**e** [kalparrinwa@health.wa.gov.au](mailto:kalparrinwa@health.wa.gov.au)

**w** [www.kalparrin.org.au](http://www.kalparrin.org.au)



*Kalparrin is endorsed as a deductible  
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