

Autism Parents' Handbook

Perth & WA
2020/21 Edition



Your essential guide to services and support in Western Australia
by Heidi Brandis



Autism

Parents' Handbook

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2020/21 Edition

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Disclaimer

Every effort has been made to ensure that the information contained in this handbook is correct and up-to-date at the time of publishing (November 2020), however, as services change regularly this cannot be guaranteed. This handbook does not contain all of the services available in Western Australia for children on the autism spectrum or endorse any of the services listed. Please contact each organisation listed for more information to identify if their services meet your needs. This handbook is free for families, health and education professionals and may be shared or reproduced. My sincere apologies for any errors or omissions.

Front cover: Mia, Daniel & Toffee Brandis

Foreword

It is a pleasure to write the Foreword for this little gem of a handbook.

We yearn to be parents and to raise happy and healthy children. When we have a child with ill-health or disability, we go through a range of grieving reactions. Sometimes those reactions are severe or prolonged and are cyclical. We may feel denial, sadness, anger and loneliness. Because children on the autism spectrum have difficulties with communication, socialisation and behaviour, families often feel especially stigmatised and crave for more understanding from society. Of course, there will be happy and joyous times and there will be unending love for our child. Families who are active in the community and are knowledgeable about resources are likely to experience less frustration and isolation.

Heidi Brandis is to be congratulated for succinctly setting out resources for parents in Western Australia, who have a child on the autism spectrum. Compiled resources presented in this handbook help families to feel informed and empowered, and possibly surprised at the number of resources. This Autism Parents Handbook will be a very helpful companion to families in the early days around the diagnostic time, as well as being a valuable resource at other periods in the journey.



Dr John Wray
Senior Developmental Paediatrician
Perth, Western Australia
November 2020

From the Author

To all the wonderful parents and carers of children on the autism spectrum in Western Australia.

Welcome to the 2020/21 edition of the WA Autism Parents' Handbook!

The months before and after your child is diagnosed can be so stressful and very overwhelming. It took me many years to get help and support before and after our daughter was diagnosed. Everyone I called seemed to refer me to another agency and I went round and round in circles, not really knowing or understanding exactly what services we needed or how to access them. I spent countless hours searching for help while trying to manage ongoing day to day autism challenges, running my own business and developing anxiety and depression along the way. This had a huge impact on our family's relationships, mental and physical health, friendships and social life, and my career.

If I had had a handbook like this one, it could have saved us so much time, energy, enormous stress, confusion and insomnia. Our daughter could have been so much better supported had we been better informed, and her childhood so much better as a result. That's what inspired me to gather resources along our journey, thinking that one day I would put them all together to create a "survival guide" for other parents - and here it is!



I hope this handbook saves you from going through the same exhausting process that we did - and that somewhere in these pages you will find all the help and support, people, funding and services that your family needs. Your child or children need your time and your energy; I wish that in some way this handbook gives you more of both to continue your journey and be hopeful about your son's or daughter's future.

Warm wishes
Heidi Brandis
November 2020
hbrandis@optusnet.com.au

Dedication

For our beautiful and talented Mia. Without you, this handbook wouldn't exist. Because of you, so many parent's and children's lives will be better.

And for Daniel, our funny and loving boy. The best brother and son we could wish for.

Memorium

In memory of the late Iain Croft, RIP. An extraordinary man whose children can be proud of the enormous contributions made by their dad to the autism community.

Acknowledgements

This Handbook was made possible with generous support and assistance from the following organisations and people:

Developmental Disability WA (DDWA)

Special thank you to Mary Butterworth for her endless enthusiasm and to the team at DDWA for their support.

Our sponsors DDWA, CliniKids - Telethon Kids Institute, Autism Association of Western Australia, Kalparrin, Activ, National Disability Services and Carers WA.

Dr John Wray, Senior Developmental Paediatrician

for your kindness and guidance on our family's autism journey, and for writing the lovely Foreword to this Handbook.

Thank you to the families who shared photo's of their gorgeous kids for inclusion in the Handbook.

My parents Andre and Isabel Sweidan, my in-laws Ros and Evan Brandis and our incredible family for their endless love and support.

And most importantly, my husband, Darrin Brandis, without whose constant love, encouragement and support this Handbook would not exist.



Special acknowledgement for the 2020 Edition
Many thanks to Sophia Soares - Project Intern for the WA Parent's Autism Handbook 2020

What's in a name?

The autism spectrum varies considerably, from those who are non-verbal and may have intellectual delay, to those who are highly social and more rarely those with savant skills, and many in between.

The terms "high functioning", "low functioning", "Asperger's syndrome", "pervasive developmental delay" and others are now all grouped under one category termed "Autism Spectrum Disorder" in the Diagnostic and Statistical Manual (DSM-5) used when diagnosing autism in Australia. One unusual or atypical presentation of autism is known as Pathological (or Extreme) Demand Avoidance which was first identified in the United Kingdom in the 1980's. The key features of PDA include extreme resistance to, and avoidance of, the ordinary demands of everyday life.

Those with PDA often have better social skills (good eye contact, very articulate) than others on the spectrum. PDA is best understood as an anxiety-driven need to be in control. Frequently show surface sociability and labile mood ("Jekyll and Hyde" type personality). Typical management strategies used with children on the spectrum (timers, routines, visuals) are counter-productive and worsen behaviour and anxiety.

For more information on effective strategies please see www.pdasociety.org.uk and for local support and meet ups follow PDA Perth Facebook: <https://bit.ly/3ilwsnt>

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Artwork by Mia, Instagram: @Peachy.Bunnyy

Autism Diagnosis

Autism Spectrum Disorder (autism) is the collective term for a group of neurodevelopmental disorders characterised by persistent deficits in social communication and social interaction, and by repetitive patterns of behaviour and restricted interests. The behavioural features that characterise autism are often present before three years of age, but may not become apparent until the school years or later in life. The developmental challenges, signs and/or symptoms can vary widely in nature and severity between individuals, and in the same individual over time, and may be accompanied by mental and physical health problems. Genetic factors play a role in the development of autism, but there is lots of variability between different individuals. There is no 'cure' for autism, although there are many interventions and therapies that share a goal of minimising the impact of developmental challenges on functional abilities and quality of life.

(Andrew Whitehouse, Director of CliniKids and Bennett Professor of Autism, Telethon Kids Institute and UWA).

Who is involved in autism assessments?

Traditionally in WA, a multidisciplinary team has been required to conduct autism assessments, in accordance with the WA Autism Diagnostician Forum guideline. Until now a developmental paediatrician, psychologist and speech pathologist have conducted autism assessments for children under 12 years and a paediatrician or psychiatrist, together with a psychologist (speech therapist optional) have conducted autism assessments for children 12 to 17 years old, using criteria outlined in the Diagnostic Statistical Manual DSM-5.

However, across Australia, clinicians are gradually transitioning to the National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorder in Australia which provides for other health professionals to be involved in diagnosis.

The Autism Cooperative Research Centre published the National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorder in Australia in 2018. See:

<https://www.autismcrc.com.au/knowledge-centre/resource/national-guideline>

Where to get a diagnosis?

The first step in having your child assessed for autism spectrum disorder is to see a general practitioner, preferably one who has experience with children on the spectrum.

The GP can then refer you to a private developmental paediatrician (private system) or to Child Development Services (public health system). CDS will screen your child to determine if an autism assessment is required. Also in the public health system the Department of Communities (formerly Disabilities

Services Commission) – Neurodevelopmental Disability Assessment Service can conduct autism assessments, however only after assessment and referral from a paediatrician. Please note that if your child is aged 13 to 30 years they may be eligible for the free Youth Autism Diagnostic Clinic at the Autism Association of Western Australia. There may be a long waitlist in both systems so it is worth joining a waitlist as soon as possible.

What Is The Cost Of A Diagnosis?

Diagnostic assessment through the WA public health system is provided at no cost to families. The cost of private assessment will depend on the fees set by individual practitioners. Families who choose private assessment may be able to recover some costs through Medicare rebates, or private health insurers. An autism assessment and treatment rebates fact sheet is available from Medicare.

What Happens After The Diagnosis?

The assessment team will contact the family to discuss the diagnosis. Recommendations for interventions will be made. Families can contact an Autism Advisor at the Autism Association of Western Australia who will provide information regarding eligibility and available funding for Early Intervention (therapy) and other funding and support services. See next page for more information.

This page is based on information provided by WAADF, TKI, AAWA and CDS.

First Contacts Following Diagnosis

The first thing to do after your child has been diagnosed with autism is:

- 1) Put the kettle on. Sit down. Take a deep breath;
- 2) Say to yourself, “Everything is going to be okay.”
- 3) Make yourself a cuppa, grab a snack (preferably chocolate) and read ahead....

Autism Association of Western Australia

Ph: (08) 9489 8900

www.autism.org.au

Following diagnosis, or during diagnostic process, families and carers can contact an Autism Advisor at the Autism Association of Western Australia at no cost. The Autism Association provides services to individuals with autism and their families from early childhood through to adult life. Services include Autism Advisor service, early intervention (therapy) and adult therapy services, employment, training, post school options, community living, respite, and intensive family support.

National Disability Insurance Scheme (NDIS)

Check www.ndis.gov.au for up to date information and to confirm your eligibility for NDIS. (See page 8 for more info on NDIS.)

CliniKids, Telethon Kids Institute

Ph: (08) 6319 1133

www.clinikids.org.au

CliniKids is Telethon Kids Institute’s first clinical service, and the CliniKids Planning and Support Service is a first supportive step in your autism journey. At your first meeting a skilled, understanding team member will learn about your family and offer advice around the most appropriate services for your child and family. This is a free service offered by CliniKids.

Find a Therapist/Psychologist

Your GP or Paediatrician can recommend Occupational Therapists, Psychologists and Speech Pathologists in your area.

Kalparrin

Ph: (08) 6456 0035

Email: kalparrinwa@health.wa.gov.au

www.kalparrin.org.au

Address: Perth Children’s Hospital
Family Resource Centre

You could become a member of Kalparrin and book in for a ‘Next Steps’ consultation. Kalparrin will help you link to services, support and other families travelling a similar path to yours via their parent link program or by joining ‘Kalparrin Families’ Facebook Peer Support Group.

Disability Services (Department of Communities)

Ph: (08) 9426 9352

Email: Admin_LAC@dsc.wa.gov.au

www.disability.wa.gov.au

DS is a State Government Department providing a range of services and support to people with disabilities, their families and carers. Contact DS to see if your family is eligible for registration, services and to find out about DS support in your area from a Local Coordinator (LC). Can be conducted in any language with an interpreter provided. Workshops can also be tailored to A&TSI families.

Early Days Online Workshops

Ph: (08) 9489 8900

Online Workshops: www.earlydays.com.au

One Day Workshops (Autism Association of Western Australia): <https://www.autism.org.au/training/training-for-families-2020/early-days-workshops-webinars/>

Workshops for parents and carers of children aged six years or younger who have recently been diagnosed or are currently going through assessment. You can do online workshops or attend face-to-face one-day workshops.

Positive Partnerships

www.positivepartnerships.com.au

Workshops and online resources for parents and carers of primary school aged children with autism. Part of Commonwealth Helping Children with Autism package.

Autism Services Pathfinder

www.raisingchildren.net.au

This is a guide to getting a diagnosis, finding service providers, comparison of therapies, medication and other intervention, education, funding and support.

Department of Social Services

A list of Early Intervention Service Providers available via this link <http://bit.ly/WAearlyinterventionlist>. It is updated regularly as providers are approved to the Early Intervention panel.

Funding

State & Commonwealth Government funding is available to support your family, depending on your eligibility. This includes the National Disability Insurance Scheme, Medicare, Centrelink & other sources.

1) National Disability Insurance Scheme (NDIS)



The NDIS will provide all Australians under the age of 65 who have a disability that is likely to be permanent and significant with the supports they need to live an ordinary life. The NDIS funds supports that are reasonable and necessary for you to achieve your goals. Everyone's needs and goals are different. That's why the NDIS provides you with the flexibility to manage your individual support needs. It also means your experience with the NDIS might be different to another person's. Supports may include funding for a support worker, domestic assistance, therapy services or a range of other supports.

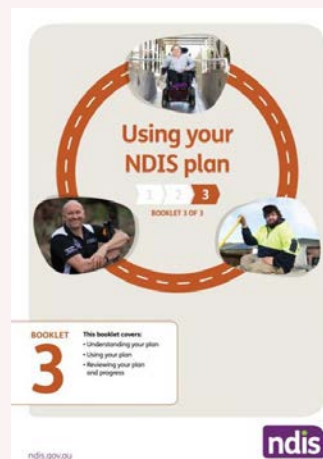
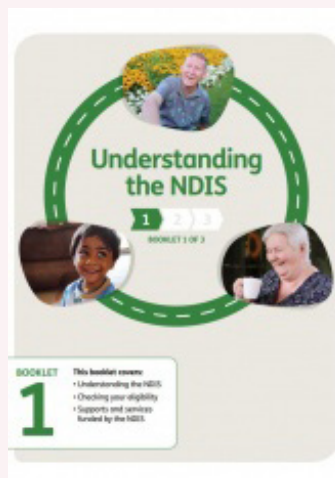
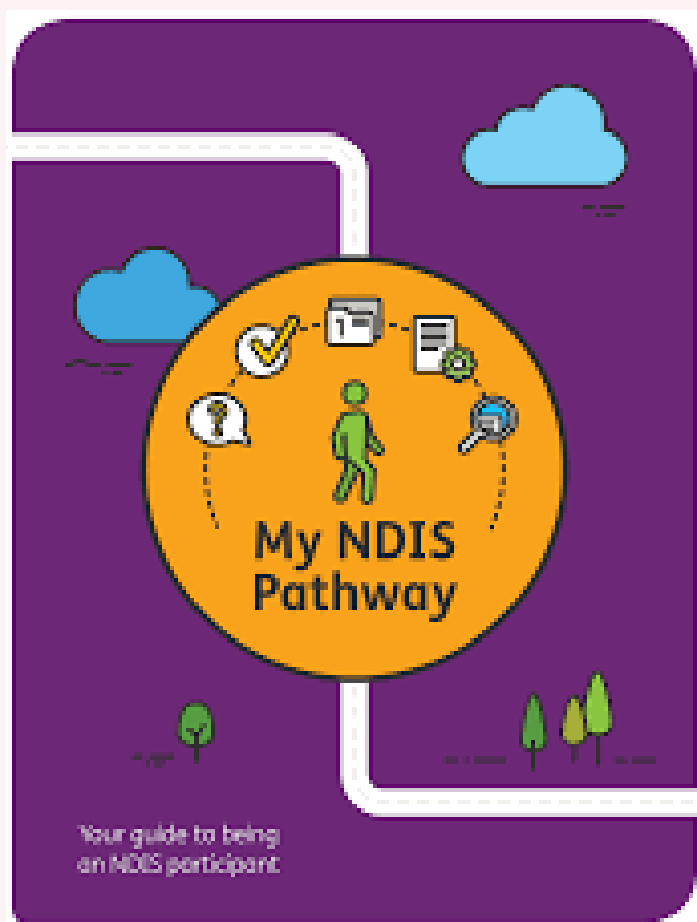
Your first plan with the NDIS will continue to give you the support you need now. It will make sure you have time to learn more about all of your options with the NDIS and consider your goals for your next plan. The NDIS will support you throughout your life for as long as you need it, so this pathway will continue on, and you'll update your plan as your needs change.

Please refer to the document **"My NDIS Pathway"**

(<http://disabilityservices.lwb.org.au/assets/Uploads/LWB-All-My-NDIS-pathway-NDIS-Resource.pdf>)

Please refer to booklets 1, 2 and 3 to assist you with the planning process:

<https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>



Accessing the NDIS

If you experience impairment and disability as a result of Autism Spectrum Disorder (ASD) you will need to provide information about your diagnosis to access NDIS. A copy of the diagnosis report will be helpful if available. NDIS will need to know that you have been diagnosed by appropriately qualified health professionals in WA or elsewhere.

NDIS needs to know about the impact of Autism Spectrum Disorder (ASD) on your day-to-day life. You will usually be required to provide up-to-date information about how your disability affects you day-to-day when requesting access to NDIS. It would be helpful to provide reports from an occupational therapist and other treating health professionals.

Many families benefit from working with an advocacy service to assist with the NDIS access process. Please refer to Advocacy Services on page 18.

The two agencies in WA who will assist your family to access the NDIS are Mission Australia and APM. If eligible for access, you will be allocated a local coordinator who will conduct your planning meeting and ongoing reviews with you.

NDIS Contact Centre

Monday to Friday
8am to 8pm (local time AWST)

Telephone 1800 800 110

Translating & interpreting
For a free-of-charge translator or interpreter
Telephone 131 450

If you have hearing or speech loss
TTY 1800 555 677
Speak and Listen 1800 555 727

National relay service
Telephone 1800 555 727
Ask for 1800 800 110

Emailenquiries@ndis.gov.au

Website<https://www.ndis.gov.au>

Facebook <https://www.facebook.com/NDISAus/>



Funding (cont'd)

2) Medicare



Early Intervention Therapy services (for Children under 7)

Early Intervention funding under the HCWA program is aimed at providing increased access to Early Intervention for children aged up to six years with autism. This may include registered occupational therapy, speech therapy and psychology services. Funding of up to \$12,000 (maximum of \$6,000 per financial year) can be accessed until the child's seventh birthday. Your Autism Advisor can assist you in identifying a suitable Early Intervention service provider. See www.humanservices.gov.au (search Helping Children with Autism) for eligibility and list of therapy service providers, which is updated weekly. **NB: existing clients with HCWA can continue to use their funding until 31/03/2021 if they do not have an NDIS plan. However newly diagnosed children can no longer access HCWA and families should contact the NDIS on 1800 800 110 to determine the child's eligibility.**

Autism Therapy/Treatment (for Children over 7)

Under the HCWA program, a child can be referred by a consultant paediatrician or psychiatrist for up to 20 treatment services from psychologists, speech pathologists, occupational therapists (for a child under 15 years of age, providing a treatment and management plan is in place before their 13th birthday). These are the total number of services available to each child through the Helping Children with Autism program and are not an annual entitlement. Patients will require a separate referral for each allied health provider and they will also need new referrals for each new course of treatment. See www.mbsonline.gov.au for the Medicare benefits schedule.

NB: existing clients with HCWA can continue to use their funding until 31/03/2021 if they do not have an NDIS plan. However newly diagnosed children can no longer access HCWA and families should contact the NDIS on 1800 800 110 to determine the child's eligibility.

Better Access to Mental Health (Counselling and Psychology Services)

Medicare rebates are available for up to 20 individual sessions and up to 6 group allied mental health services (psychologists, some social workers and occupational therapists) per calendar year to patients referred by their GP managing the patient under a GP Mental Health Treatment Plan or under a referred psychiatrist assessment and management plan. (This can include social skills programs.) Can get a Better Access Plan for yourself and/or your child as there are no age restrictions.

Website : <https://bit.ly/3eloMX3>

Chronic Disease Management Plan (formerly called Enhanced Primary Care Plan)

This Plan allows a GP to coordinate health care of patients with chronic medical conditions, including patients with these conditions who require multidisciplinary, team-based care from a GP and at least two other healthcare providers. Up to five sessions a year are partially covered by Medicare rebate and have no age restrictions.

Website: https://www2.health.wa.gov.au/Articles/A_E/Chronic-Disease-Prevention

Once the above two entitlements have been exceeded, you can use private health cover to subsidise private OT, speech and psychology services for therapy if you do not have NDIS funding.



3) Centrelink

The **Payment Finder** located on the website can help you locate a range of benefits that you may be eligible for, including Family Tax Benefit, Child Care Benefit, Child Care Rebate, Parent Payment, as well as some or all of the following:

<https://www.servicesaustralia.gov.au/individuals/topics/payment-and-service-finder//28656>

Carer Allowance

A fortnightly supplementary payment for carers who provide additional daily care and attention for someone with a disability. Not means-tested. Your GP, Registered Psychologist, Occupational/Speech/Physiotherapist or RN can complete the Medical Report.

Carer Payment

A fortnightly, assets and means-tested income support payment for people who provide constant care for their child with severe disability and are unable to work as a result. Your GP, Registered Psychologist, Occupational/Speech/Physiotherapist or RN can complete the Medical Report.

Annual Carers Supplement

If you receive the Carer Allowance or Payment, you may be eligible for annual Carers Supplement of \$600 paid around July each year.

Child Disability Assistance Payment

If you receive the Carer Allowance or Payment and care for a child under 16 years you may also be eligible for annual payment of \$1000 paid around July each year.

Mobility Allowance

Help for people with a disability aged over 16 years who cannot use public transport and need to access work or study/training.

Assistance for Isolated Children Scheme (AIC)

Payment made each term for students who cannot go to an appropriate state school because of geographical isolation, disability or special health needs. Approx \$800 per term.

Health Care Card

A Health Care Card is automatically issued for your child when you receive the Carer Allowance. It entitles your child to concession rates for prescription medicines and other concessions, such as discounted public transport for some cardholders, bulk billing by selected doctors and higher refunds through the Medicare Safety Net.

Carer Adjustment Payment

A one-off payment of up to \$10,000 following a catastrophic event when a child under seven years of age is diagnosed with a severe illness, medical condition or major disability. You have two years following diagnosis in which to apply.

Disability Support Pension

Financial support for people who have disability that stops them from working, are aged 16 years and over, and unable to work more than 15 hours a week. Check eligibility criteria.

Pensioner Education Supplement

A small subsidy payment for secondary and tertiary part-time and full-time students who are already receiving a benefit or payment.

Inclusion Support Subsidy

Paid to approved child care services, including out of school hours care and holiday programs, so that they can provide extra care for children with special needs. Your child care service will need to apply through their Inclusion Support Facilitator.



4) Other Funding Sources

Secondary Assistance Scheme

Ph: 08 9264 4516

Email: student.allowances@education.wa.edu.au

www.education.wa.edu.au

Available to parents or independent secondary students who hold eligible concession cards. It comprises an Education Program Allowance which is paid to the school, and a Clothing Allowance that is paid to the parent (if students are enrolled in a public school, parents can nominate that the clothing allowance is paid to their school). Forms are available at secondary schools.



Australian Government

Department of Education

Variety WA

Ph: 9355 3655

Email: kidssupport@varietywa.org.au

<https://www.variety.org.au/wa/variety-wa-individual-community-grants/>

Provides grants for practical equipment, resources and experiences for children who are disadvantaged or have special needs.



WA Grants Directory

<https://www.dlgs.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx>

WA government directory of grants to help communities source financial support including Grants for women.



Avivo Family Support Program

Ph: 9204 7800

Email: familysupport@avivo.org.au

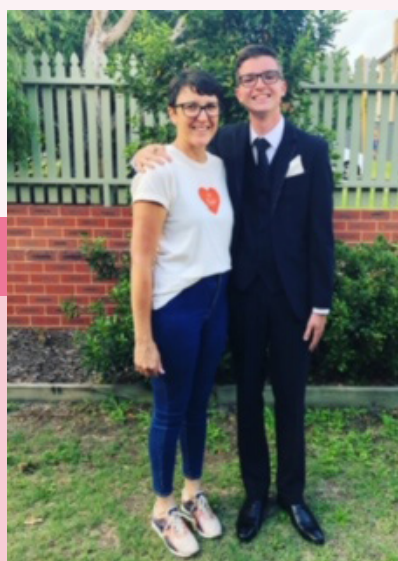
Avivo provides a program called Family Support that offers small short term grants/reimbursements to families to build capacity and/or to gain resilience in their caring role. This is available to families who are not registered with an NDIS plan.



KidSport

<https://www.dlgs.wa.gov.au/funding/sport-and-recreation-funding/kidsport>

Kidsport enables WA children age 5 - 18 years with a Health Care Card or Pensioner Concession Card to participate in community sport and recreation by offering up to \$200/year for club fees (club must be KidSport approved).



Concessions

Accessing services and supports can become expensive. A number of concessions and discounts are available to help ease the financial pressure.

WA Government Social Concessions Portal

Ph: (08) 6217 6888 or 1800 176 888

<https://concessions.communities.wa.gov.au/Pages/default.aspx>

Reliable up to date information about all social concessions and rebates available through the State Government via a single portal.

Discounts include:

- Cost of Living Assistance e.g. power, water, rates
- Boarding Away from Home Allowance - Respite



ConcessionsWA

Companion Card Program WA

Ph: 1800 617 337

Email: wacompanioncard@nds.org.au

www.wacompanioncard.org.au

For people with a significant disability, who always need a companion to provide attendant care support in order to participate at most community venues and activities. Companion Card applicants must meet eligibility criteria (see website). Cardholders present their card when booking or purchasing a ticket from a participating business who will issue the cardholder with a second ticket for their companion at no charge. Participating businesses are available on the website.



Low Income Health Care Card

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/low-income-health-care-card>

Access to cheaper prescription medicines, and various concessions from state and local government and private organisations including health care services.



Australian Government
Department of Human Services

Virgin Australia Disability Assistant Concession Fare

Ph: 1300 139 303

Email: va.medical@virginaustralia.com

Contact Virgin Australia Guest Contact Centre. Virgin Australia offers 50% discount for a Carer if PWD requires assistance to travel



Qantas Carer Concession Card (Domestic Only)

Ph: 1800 422 015

Email: pwd@pwd.org.au

www.pwd.org.au

Qantas Carer Concession Card program for people with a disability and high level support needs, who require fulltime assistance of a carer while on a plane. 50% discount for carer and 10% for person requiring care on domestic flights only. Card costs \$49.50 and is valid for 3 years.



Education

There are three main options in Western Australia for primary and high school - government school, private school or home schooling.

1) WA Government Public Schools - Department of Education (DoE)

Supporting Schools to Provide Teaching and Learning Adjustments

WA public schools support students with diverse learning needs by implementing teaching and learning adjustments which target an individual student's needs.

Schools have access to a range of support services to assist them to plan and cater for individual students. These include specialist consulting teachers from the Schools of Special Educational Need: Disability, Sensory, Behaviour and Engagement, and Medical and Mental Health (SSEN). The SSEN provide specialist teacher consultancy and targeted professional learning to build the capacity of teachers to plan and cater for students. Assistive technology and personal care training is also available to help support students access and participate.

On-site school psychology services are also available to further support schools to plan and cater for the needs of students. Access to these services is initiated by the Principal.

Through the student-centred funding model, funding to support students with disability falls into two categories. The Educational Adjustment (EA) is provided to every mainstream school automatically, to allow more intensive and explicit targeted interventions to address the needs of students. No application is required for the EA.

The Individual Disability Allocation (IDA) provides funding to schools to support the classroom adjustments made for students with an eligible disability. The IDA is based on application, approval and review. Schools will require copies of a student's diagnostic reports to enable them to access the IDA. Schools are able to use funding in a flexible manner to provide targeted learning programs with specific outcomes for students with disability.

Early Intensive Intervention Programs (EIIP)

Contact Principal of Autism Education:

Ph: (08) 9402 6185

Five Early Intensive Intervention Programs support students in kindergarten and pre-primary with a diagnosis of ASD. The programs offer behavioural interventions and accelerated learning in preparation for successful participation in mainstream school. Students have a dual placement in the pre-primary year with their local public school before transitioning full-time for year 1. In 2020 EIIPs are located at Mt Hawthorn Education Support Centre; Canning Vale Education Support Centre; Meadow Springs Education Support Centre; and Spencer Park Education Support Centre (in Albany). To apply to enrol in an EIIP, parents are advised to contact the EIIP school principal.

Specialised Learning Programs for students with Autism Spectrum Disorder (SLP)

Specialised Learning Programs are located in eight primary and eight secondary schools. These programs cater for

the specific needs of students from Kindergarten to Year 12 with ASD who are at significant risk of disengagement, underachievement and/or who exhibit complex and challenging behaviours. The programs target age-appropriate academic engagement and achievement. Each primary program can cater for a maximum of 25 students. The secondary program can cater for a maximum of 18 students. To apply to enrol in a SLP, parents are advised to contact the school directly.

Primary school SLPs are located at: Alkimos Primary School; Heathridge Primary School; Marangaroo Primary School; Cooinda Primary School; Cooloongup Primary School; Gosnells Primary School; Samson Primary School; and North Mandurah Primary School.

Secondary school SLPs are located at: Alkimos College; Ocean Reef Senior High School; Ashdale College; Southern River College; Fremantle College; Eaton Community College; Coodanup College; and Baldivis College

Education support programs

Students who require substantial or extensive teaching and learning adjustments may be eligible to attend an education support program. These programs are offered by education support schools, education support centres, and endorsed education support programs located in mainstream schools. Contact your local Department of Education Regional Office to find out the location of education support programs in your area.

School of Special Educational Needs: Disability (SSEND)

Tel: (08) 9402 6100

Email: SSEND.Enquiries@education.wa.edu.au

www.oneclassroom.wa.edu.au

Address: Statewide Services Centre
33 Giles Avenue, Padbury, WA 6025

A team of SSEND Consulting Teachers with specialised expertise in the area of disability support schools to provide teaching and learning adjustments. Public schools may request assistance from SSEND to differentiate the curriculum or develop alternative programs for students with ASD. Consulting Teachers with expertise in the area of ASD liaise with schools to determine the best way to offer support. This may include classroom observations, professional learning, support in the development of documented plans and the provision and modelling of practical resources. Requests for Assistance to SSEND are initiated by the school.

Local Public Schools

All students with ASD can to apply to enrol in their local public school. To do this, parents should contact their local public school principal.

2) Private and Independent Schools



Association of Independent Schools (AISWA)

Ph: (08) 9441 1600

Email: ie@ais.wa.edu.au

www.ais.wa.edu.au

Address: Suite 3, 41 Walters Drive Osborne Park WA 6017

Address: PO Box 1817, Osborne Park, WA 6916

AISWA oversees all non-Catholic private and Independent schools in WA. AISWA employs an Inclusive Education team to support independent school students with a disability. Limited funding may be available to support your child at school. Parents need to discuss supports for their child at school directly with the school Principal.

AISWA School Psychology Service (ASPS)

Provides a specialist psychology-based service to AISWA schools. To request support from the AISWA School Psychology Service, please contact your school Principal.



Catholic Education (CEWA)

Ph: (08) 6380 5200

<https://www.cewa.edu.au/> Search word 'Disabilities'.

Students with disability who are enrolled in a Catholic school receive assistance through a range of options including, among others:

- individualised learning plans
- access to specialised programs, resources and equipment
- small group or individual instruction
- Education Assistant support.

Education Support Centres have been established in designated primary and secondary Catholic schools for students with disability whose educational needs require the provision of additional support and resources.

CEWA Students with Disability Team assists Catholic schools in providing appropriate, inclusive education.

Catholic Education Western Australia Psychology Team

The Psychology Team provides assistance to schools in relation to psychological and educational needs; centralised and school based training in evidence and best practice based intervention programs; system level school interventions to address educational behavioural or social and emotional needs; crisis management planning and response. To request support from CEWA Psychology Team, please contact your school Principal.



3) Home Education

Department of Education (DoE)

<http://det.wa.edu.au/homeeducation/detcms/portal/>

Approval to educate children at home is required from the WA Department of Education. For requirements and resources contact your nearest district education office and ask for Home Education Moderator. Contact details on website.

Home Based Learning Network

www.hbln.org.au

Home Based Learning Network is a volunteer, non profit organisation dedicated to supporting all Western Australian home based learners.

Southlands Christian College

Ph: (08) 6818 6000

Email: southlands@acc.edu.au

southlands.accde.edu.au

Distance education program which can be purchased for home education, either online or as a hardcopy.

Swan Christian College - online learning

Ph: (08) 9374 8392

Email: swanonline@swan.wa.edu.au

swanonline.wa.edu.au

Swanonline welcomes students from Year 7 – 12. The online school offers ATAR and non-ATAR subjects in Years 11 and 12, allowing students to pursue careers through university and TAFE.

Home Education Australia

www.hea.edu.au

Aims to encourage and promote the practice of home educating in Australia and to provide members with benefits which would be difficult to obtain by individuals or smaller groups.

Khan Academy

www.khanacademy.org

Free educational videos on huge range of topics.

HBLN - Home Education WA

<https://www.facebook.com/hblnpage/>

Homeschooling Perth

<https://www.facebook.com/groups/homeschoolingperth/>

4) Tertiary Education

Curtin Specialist Mentoring Program (CSMP):

Ph: (08) 9266 7303 or 9266 7850

Email: autism.mentoring@curtin.edu.au

<http://life.curtin.edu.au/health-and-wellbeing/autism-related-conditions-peer-mentoring.htm>

Specialist peer-to-peer mentoring available through CSMP supports students on the autism spectrum to navigate tertiary education at Curtin University more successfully. The program fosters the development of academic,

employment and social skills in preparation for a more meaningful and engaged life.

UWA Specialist Mentoring Program

Ph: 6488 4652

Email: anna.jorgensen@research.uwa.edu.au

<https://www.uwa.edu.au/students/study-success/uniaccess>

The UWA Specialist Mentoring Program supports students on the Autism Spectrum throughout the tertiary education journey. We offer one-on-one peer mentoring with an experienced UWA student, social gatherings where you can meet other students on the spectrum, and tutor-led study groups to help build your academic, social and employment skills.

UWA UniAccess

Ph: 6488 2423 (to book appointment with disability officer)

<https://www.uwa.edu.au/students/study-success/uniaccess>

UniAccess staff are equipped to recommend the best options to enable your participation.

North Metropolitan TAFE

Ph: (08) 9427 1314

Email: Student.Support@nmtafe.wa.edu.au

www.northmetrotafe.wa.edu.au

Disability Support coordinates and implements support for students with a disability, mental health or medical conditions. We are committed to ensuring that people with disability have equal access to our services, programs and facilities. It is advisable for students to contact Disability Support early to ensure supports and reasonable adjustments are in place at course commencement.

South Metro TAFE

Ph: 1800 001 001

Email: student.access@smtafe.wa.edu.au

southmetrotafe.wa.edu.au

Student Support Services works across all campuses to coordinate and implement support for students with disabilities whether temporary or permanent. We offer support and arrange reasonable adjustments.

Autism Academy for Software Quality Assurance (AASQA)

Ph: 0401 103 460

Email: t.tan@curtin.edu.au

<https://research.curtin.edu.au/projects-expertise/institutes-centres/autism/>

Our mission is to enable individuals on the autism spectrum to leverage their unique talents through training, educating and mentoring programs, so as to create pathways to valued, long-term employment; whilst addressing the business needs of the Australian ICT industry facing challenges in attracting and retaining ICT practitioners within the sector.

Carers' Agencies

As your child's full-time carer, your ongoing mental and physical health is crucial to you and your family. The following agencies can support you in your invaluable caring role.

Carers WA

Ph: 1300 227 377

Email: info@carerswa.asn.au

www.carerswa.asn.au

Carers WA offers a range of innovative programs and services aimed at providing practical and emotional support. We can assist in helping carers connect, learn about supports available, take a break from their caring role, provide advice, information and resources to link carers to relevant workshops and services, including new Carer Gateway services in WA.



Kalparrin

Ph: (08) 6456 0035

Email: kalparrinwa@health.wa.gov.au

www.kalparrin.org.au

Address: Perth Children's Hospital
Family Resource Centre

Kalparrin is WA's largest, not-for-profit member organisation, supporting families raising children with additional needs. Membership is free and provides parents with practical advice and guidance, information and resources as well as connection to a community of thousands of other parents walking a similar path.



Carer Gateway

Ph: 1800 422 737

www.carergateway.gov.au

A new national online and phone service providing practical information and resources to support carers.



MyTime

Ph: 1800 111 546 or 9368 9368

<https://www.mytime.net.au/groups/>

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you. There are 22 MyTime groups across WA, visit the website to find the group nearest to you.



MyTime Online

<https://www.facebook.com/groups/MyTimeWAOnline/>

MyTime WA Online is an online service for parents and carers of a child with a disability, developmental delay or chronic medical condition. You will be able to access a Wednesday online group session and join our closed Facebook group with other members who "get it". Our online sessions and Facebook group create opportunities for you to share experiences, learn about services and support available to you and gain access to trusted and reliable information.

SHINE Community Services

Ph: (08) 9383 2663

Email: reception@shinecs.com.au

www.shinecs.com.au

Provide in home and community services, including domestic assistance, personal care, respite care, social support, shopping, home & garden maintenance and more.

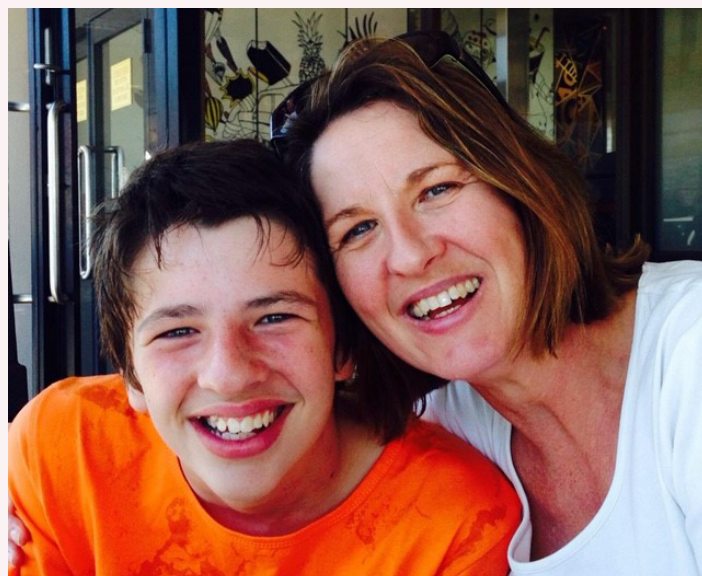


Playgroup (WA) PlayConnect

Ph: 1800 171 882

Email: playconnect@playgroupwa.com.au

Free weekly facilitated playgroup for families of children with autism aged 0 to 6.



Advocacy

An advocate may help you to promote your welfare, may offer you support to access funding & services, or speak on your behalf.

Developmental Disability WA

Ph: (08) 9420 7203
Email: ddwa@ddwa.org.au
www.ddwa.org.au



People with Disabilities WA

Ph: (08) 9420 7279
Email: info@pwdwa.org
www.pwdwa.org



Legal Aid WA

Ph: 1300 650 579
www.legalaid.wa.gov.au



Ethnic Disability Advocacy Centre (EDAC)

Ph: (08) 9388 7455
Email: admin@edac.org.au
www.edac.org.au



Future Living Trust

Ph: (08) 9387 0575
Email: info@futureliving.org.au
www.futureliving.org.au



Explorability Inc.

Ph: (08) 6361 6001 or 1800 290 690
Email: admin@explorability.org.au
<https://www.explorability.org.au/advocacy>



Individual Disability Adocacy Service

Ph: (08) 6253 9500 or 1300 648 655
Email: idas@sscls.asn.au
[http://www.sscls.asn.au/Programs-Services/Individual-Disability-Advocacy-Service-\(IDAS\)](http://www.sscls.asn.au/Programs-Services/Individual-Disability-Advocacy-Service-(IDAS))



Midlas

Ph: 9250 2123
<http://www.midlas.org.au/services/disability-advocacy/>



Your Say - Uniting Care West

Ph: 1300 663298
<https://unitingwa.org.au/services/advocacy/>



Citizen Advocacy Perth West

Ph: 9445 9991
<http://www.capw.org.au>



Your Way Personal Coaching Services

Sarah MacDermott
Ph: 0439865400
Email: sarah@cassavah.com.au
NDIS Planning Meeting Assistance



Youth Disability Advocacy Network

Email: hello@ydan.com.au
<https://www.ydan.com.au>



Support Groups for Parents

Agency-Run Support Groups:

Autism Association of Western Australia

Ph: (08) 9489 8900

Email: autismwa@autism.org.au

www.autism.org.au

A range of parent support groups are provided across several locations in the Perth Metro area. These are run by experienced Parent support facilitators; and provide an opportunity to meet other families, share stories and support, and take a break! Play leaders are available to supervise children aged six and under.

Developmental Disability WA - Side By Side

Email: ddwa@ddwa.org.au

www.ddwa.org.au/behaviour-support-side-by-side

<https://www.facebook.com/groups/378334628980426>

Side by Side is behaviour support for families who have a son or daughter who has intellectual or developmental disability and who has behaviour which can be described as challenging.

CliniKids, Telethon Kids Institute

Ph: (08) 6319 1133

www.clinikids.org.au

CliniKids offer a group program for parents & caregivers to understand and support their child on the autism spectrum. The 5-session program is run by allied health professionals to support parents at the start of their autism journey.

Spectrum Space

Ph: 9431 2111

Email: info@spectrumspace.org.au

www.spectrumspace.org.au

Work with people on the autism spectrum, delivering strengths based social and advocacy groups, invests in skills development, community education and raising awareness. Also runs annual conference and holiday groups.

Dads Autism Connect - Autism Association of WA

Ph: (08) 9489 8900

Email: Autism.Dads@autism.org.au

www.facebook.com/groups/autismanddadsWA

www.autism.org.au

A specific social group for dads and other father-figures in WA, who care for someone with autism. Chat, share and support each other and be the best dad you can be. Join the Facebook group or email directly at Autism.Dads@autism.org.au

Parent-Run Support Groups:

Eastern Suburbs Autism Network

Kelly Arfuso

Ph: 0409 774 972

Email: kellyarfuso@gmail.com

https://m.facebook.com/groups/534279353310658?view=info&ref=content_filter

Be My Koorda Aboriginal Support Group

Evelyn McKay

Ph: 0426863198

Email: bemykoorda@gmail.com

www.bemykoorda.org.au

We are an Aboriginal support group for families and carers of children with Autism and other disabilities based in the south east metro area in Perth. New members and volunteers are always welcome. We also offer school holiday activities, advocacy, cultural camps and respite (subject to funding).

Joondalup Autism Carers Support Group

Helen Owen

Ph: 0413 123 615

Email: helenpark279@yahoo.co.uk

Online Support Groups:

There are many local, national and international online support groups relating to parenting children with disability or on the autism spectrum. Check Facebook as these change regularly.

Autism Awareness Australia

www.facebook.com/AutismAwarenessAustralia

Kalparrin Families peer support group

www.facebook.com/groups/kalparrinfamilies

Perth Autism Dad's Support

<https://www.facebook.com/groups/2203590513211683>

Camp Autism WA Inc Support Group

<https://www.facebook.com/groups/CAWASupport/>

PDA Perth, Western Australia

<https://www.facebook.com/groups/pdaglobal/>

24-Hour Autism Hotline - 1300 222 777

(Staffed by volunteer autism parents)

Respite - Taking a Break

Caring for your children takes its toll. When you need extra support, a break or some time for yourself (or you and your partner) the following agencies can help. Your child may also attend Respite services.

Carer Gateway - Australian Government

Ph: 1800 422 737

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

Carers can get a wide range of help – from counselling and peer support groups to respite care, home help and equipment. Through calling Carer Gateway you will reach the service providers in your local area, to help you access the support and services you need.



Commonwealth Respite and Carelink Centres

Ph: 1800 052 222

A single point of contact for the general public, service providers, GP and other health professionals for information on community and disability services and carer support. The centres can assist with information about costs for services, assessment processes, eligibility criteria and help arrange respite when carers need to take a break from caring.



Autism Association of Western Australia

Ph: (08) 9489 8900

Email: autismwa@autism.org.au

www.autism.org.au

Weekend and school holiday breaks for children with Autism from 5-18 years of age. Short Breaks (respite) services are provided in a number of homes throughout the metropolitan area. Children are carefully matched based on age, gender and support needs to ensure each child enjoys their stay.



Activ Foundation

Ph: (08) 9387 0555

Email: customerengagement@activ.asn.au

www.activ.asn.au

Activ offer short term accommodation support for a range of ages, both in and out of the family home. Our tailored short term accommodation (STA) provides top quality care for children living with an intellectual disability.



Community Vision Child and Youth Respite

Ph: (08) 9309 9578

Email: info@communityvision.asn.au

www.communityvision.asn.au

Supports children and youth with disabilities, who are under 18 years of age, and their families. Activities include weekend and school vacation support, recreational activities for small groups of teenagers with disabilities and one-to-one support in the home or the community.



INKA Respite

Ph: 0424 646 983

Email: contact@inkarespite.com

www.inkarespite.com

A home-stay style farm in Lake Clifton, approximately 1.25 hours drive south of Perth, for teens and adults with autism and down syndrome. Funding may be available from DS (Disability Services).



WorkPower

Ph: 1800 610 665

Email: info@workpower.asn.au

www.workpower.asn.au

Provides community and employment supports within the school holidays and or after school hours and weekends. During school holidays children can choose to participate in one of our programs or request support to be provided to assist them participate in community activities of their choice. Families can set up regular supports across the year to enable their child develop independence and community connections outside of the family, whilst also providing a break for themselves. Requires NDIS or Carer Gateway funding.



Family Support WA

Ph: (08) 9206 3400

Email: info@familysupportwa.org.au

www.familysupportwa.org.au

Provides in-home respite services or various accommodations around Perth.



Wanslea

Ph: 1800 444 262

Email: inhomecare@wanslea.asn.au

https://www.wanslea.asn.au/early-learning-and-development/in-home-care/in_home_care_western_australia/

In-home care is a flexible option which offers childcare in your own home. Care is provided by approved educators who will endeavour to fit in with your family's special circumstances. May be eligible for Child Care Benefit/Rebate.



Identity WA

Ph: (08) 9474 3303

Email: admin@identitywa.com.au

www.identitywa.com.au

Provides a range of support services, including school holiday camps, in-home respite and recreation programs. Two children's respite houses provide care for up to six children.



Unique Support Services Pty Ltd

Ph: (08) 6400 1198

Email: admin@uniquesupport.com.au

Unique Support is a Perth based organisation that provides a range of services to support participants of the NDIS. Services include assistance with daily living, community and social participation, in-home respite, supported independent living, support coordination and plan management.



Carers WA

Anne Bluntish Carers Retreat

Ph: 1300 227 377

Email: carersretreat@carerswa.asn.au

2 bedroom apartment in South Perth. Carers/Parents can access the retreat for a maximum of 3 nights after completing a planning assessment.



Spectrum Space

Ph: 9431 2111

Email: info@spectrumspace.org.au

www.spectrumspace.org.au/

Run Telethon Holiday Makers Program during school holidays, providing incursions, excursions and activities based on participants' interests. Run by qualified professional staff with autism experience.



WA Families and Disability Support Workers Network

<https://www.facebook.com/groups/181116518735285>

A networking group on Facebook to advertise or look for suitable disability care workers and family support workers or respite for their family members in their private homes or helping their loved one participate in community activities.



Siblings Groups and Resources

“While siblings face lots of challenges, if they are supported adequately, then there are lots of positives they will also gain from having a sibling with special needs. They can become more compassionate, more tolerant, more responsible and tend to have stronger family relationships. Siblings need information about the disability, to feel listened to and understood, able to express a range of feelings, to feel special themselves, to feel competent and valued, not have too much responsibility, strategies to deal with difficult situations, contact with siblings in similar situations, social support, help with independence. Most children will cope better with stress if they feel listened to, understood and supported by caring adults. The grief you have experienced will also be felt by them, to a different degree. Isolation is one of the biggest issues faced by siblings of children with special needs. It can be very helpful to have contact with others who have similar issues.”

(Kate Strohm, Siblings Australia)

Carers WA - Young Carer Program

Ph: 1300 227 377

Email: youngcarers@carerswa.asn.au

<https://www.carerswa.asn.au/our-services/young-carers/>

A young carer is someone aged between 8-25 years-old who provides unpaid care and support to family members and friends who live with disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged. We provide support to young carers through; activities and events, peer support groups, workshops and presentations in education facilities, individualised outreach support, and counselling.



Siblings Australia

Email: info@siblingsaustralia.org.au

www.siblingsaustralia.org.au

A sibling advocacy network for brothers and sisters of children with special needs.

Information about sibling support services, resources, research and policy. Based in South Australia.



CliniKids, Telethon Kids Institute

Ph: 6319 1133

www.clinikids.org.au

The CliniSibs Program at CliniKids has been designed to provide a place where siblings of children with autism can meet to share their experiences and feel supported to learn new ways of coping. This 6-week group program is facilitated by experienced Clinical Psychologists.





Recreation

Each month new recreation options become available for those on the spectrum. It's impossible to keep this listing up to date as a result. Keep an eye on Inclusion WA, WADSA, 'Kalparrin Families' Facebook page or subscribe to Kalparrin's weekly eNews, for information about events and activities for kids with autism.

Inclusion WA

Ph: (08) 9201 8900

Email: info@inclusionwa.org.au

www.inclusionwa.org.au/inclusion

Inclusion WA works flexibly alongside individuals living with disability on a one-to-one basis to achieve their goals. We provide support for people to become valued community members through facilitating involvement in leisure, recreation, sport, education volunteering and employment. We also assist people to develop the skills they need to live independently in their own home.



WA Disabled Sports Association Inc.

Ph: (08) 9470 1442

Email: address-reception@wadsa.org.au

www.wadsa.org.au

Address: The Leisure Life Centre, Corner Kent and Gloucester St, East Victoria Park, WA 6101

Focused on ensuring all levels of ability are able to engage in sports and recreation. WADSA provide sport, recreation, adventure and nature activities and camps. WADSA offers a range of services including weekly come and try activities, state sporting championships, adaptive equipment loan or get aways on one of our 3 night Xperiences.



Spectrum Space

Ph: 9431 2111

Email: info@spectrumspace.org.au

www.spectrumspace.org.au

Address: B Block, Ground Floor
2 Alma Street (Corner of Alma Street and South Terrace), Fremantle

Strengths based so-cial groups including school holiday programs providing social interaction, engagement and fun.



iFit, Thriving, Unigym, Minigym and KIDDO

Ph: 6488 2361

Email: pep-sseh@uwa.edu.au

<https://www.science.uwa.edu.au/centres/community/pep/programs>

Range of fun exercise programs for children and adolescents to assist with physical fitness, health and participation in sport. For enquiries visit the website.



High Flyers Indoor Trampoline Centre

Ph: (08) 9309 3500 (general)

Ph: 0401220706 (Tony Burton)

Email: admin@highflyerswa.com

www.highflyerswa.com

Address: 48B Luisini rd, Wangara, WA 6065

Offer Special Needs or Integrated classes in Trampoline and Gymnastics. For more information contact Tony.



WA All Abilities Football Association

Ph: (08) 9287 5528 / 0411 747 454

Email: hmarchetto@wafc.com.au

<http://www.perthfootball.com.au/programs/integrated-football>

<https://www.facebook.com/perthfootballleagueintegrated>

[perthfootballleagueintegrated](http://www.perthfootball.com.au/programs/integrated-football)

The Perth Football League Integrated Competition is about fairness and equality, respect and dignity, teaching individuals how to strive and succeed; how to cope with success and disappointment; and it brings people together with a common goal. We are committed to ensuring all people in football can participate safely in all forms of the game, and feel welcome in the team and club environment.



Beatty Park Swim School

Ph: (08) 9273 6080

<https://www.beattypark.com.au/swimming/swim-school/learn-to-swim-programs/angelfish.aspx>

Address: Beatty Park Leisure Centre, 220 Vincent Street, North Perth, WA 6006

Angelfish Program for special needs



Fremantle Leisure Centre

Ph: (08) 9432 9541

Email: info@fremantle.wa.gov.au

<https://www.fremantle.wa.gov.au/community/fremantle-leisure-centre/swim-school-and-squads/access-all>

Address: 8 William Street, Fremantle

Access for all - swimming lessons for children and adults with special needs.



Ocean Heroes

Ph: 0431 452 514

<https://www.facebook.com/OceanHeroes/>

www.oceanheroes.com.au

Aims to enhance the lives of those living with autism through surfing. Free surf sessions most months. Check Facebook page for date and location updates and registrations. Paid individual lessons also available.



HorsePower Australia (Formerly Riding for the Disabled Association of WA Inc. RDAWA)

Ph: 08 9296 4655

Email: admin@horsepower.org.au

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

Address: 303 Cathedral Avenue Brigadoon WA 6069
5 centres around Perth and regional WA.

HorsePower Australia aim to enrich the lives of people living with disabilities through the provision of therapeutic and recreational horse activities.



Starkick – Junior AFL Football

Email: starkick@bombersjfc.asn.au

www.starkick.com.au

Now running at 8 locations across Perth. The Award winning Auskick and Modified AFL sport program for children with special needs. The program runs weekly and welcomes both Boys and Girls aged five to 15 years of age, that may have a disability or that may otherwise be daunted by playing team sports. The Program motto is "If you want to play we will find a way"

**Autism In Cricket - Autism Association**

Ph: (08) 9489 8900

Email: autismincricket@autism.org.au

www.autismincricket.com.au

The Autism Association of WA, in collaboration with the WACA and ambassador, Adam Gilchrist, work to break down barriers and support children with autism to get involved in their local cricket club. Support to join and play or to become a part of your club community in other roles. Program includes access to Come and Try days, e-newsletters, Autism in Cricket Facebook group, access to downloadable resources, training to local and regional clubs.

**Ninja West**

Ph: (08) 9494 2717

www.ninjawest.com.au/sessions

An indoor sport simulation centre which offers Ninja Warrior competitions, rock climbing walls, parkour, Gamers Den, children's parties and fitness programs. Caters for children with special needs. Bookings essential

**DADAA (Disability in the Arts, Disadvantage in the Arts, Australia)**

Ph: (08) 9430 6616

Email: info@dadaa.org.au

www.dadaa.org.au

Address: 21 Beach Street, Fremantle, WA 6160

Fremantle, Lancelin and Midland

DADAA provides arts and cultural programs and workshops for all ages. Artlink, our inclusive children and young people's workshop program, is designed to facilitate social participation and artistic skill development. Participants can explore different artforms, ranging from visual and digital art to performance, filmmaking and music. This program runs on weekends and in school holidays. Weekday workshops across artforms including visual art, cartooning, animation, filmmaking, performance, dance and music.

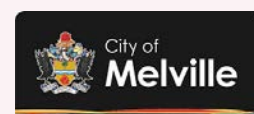
**City of Melville Active Link**

Ph: 9364 0666

Email: activelink@melville.wa.gov.au

<https://www.melvillecity.com.au>

Activelink supports eligible City of Melville residents of all abilities to participate in sport, recreation, hobbies (such as creative art classes, library activities or programs or dance classes) and connect with others. Provides vouchers (\$200 per year) to contribute to costs of community recreation and leisure activities.

**Sensory Friendly Movie Nights**

https://www.facebook.com/pg/sensoryfriendlyflicks/about/?ref=page_internal

<https://www.grandcinemas.com.au/Page/Sensory-Friendly-Flicks>

Camps

Therapy Dogs

Camp Autism WA Inc.

Ph: 0412724093

Email: enquiries@campautismwa.org

<http://www.campautismwa.org/>

Throughout the year camps are organised where the whole family can attend. These camps are educational, relaxing and fun.

**Cahoots Org**

Ph: 1300 1038 880

Email: info@cahoots.org.au

www.cahoots.org.au

Cahoots creates inclusive opportunities for children and young people living with disability and others that face exceptional challenges to develop friendships, skills and confidence.

**INKA**

see Respite section page 20.

WA Disabled Sports Association Inc.

see Recreation section page 24.

Assistance Dogs Australia

Ph: 02 9548 3355

Email: info@assistedogs.org.au

www.assistedogs.org.au

PAWS (Parents Autism Workshops and Support) brings together parents of children diagnosed with autism, with qualified dog instructors to explore the different avenues and benefits a trained dog can offer within their families, from their own pet dogs to purposely trained dogs for autism. They also offer occupational and animal assisted therapy.

**Guide Dogs WA**

Ph: (08) 9311 8202

Email: info@guidedogswa.com.au

www.guidedogswa.com.au

Guide Dogs WA Guide Dogs WA's Autism Assistance Dog (AAD) program provides highly trained dogs to families of children with autism. Our AADs are trained locally over a two year period, and after a careful matching process, handler training is provided to the parent/s. Ongoing after-care visits provided.



Continence, Sexuality and Sleep

Continence

Perth Children's Hospital

Ph: (08) 6456 0358

<https://www.pch.health.wa.gov.au/Our-services/Continence>

Address: 15 Hospital Avenue, Nedlands, WA, 6009

Alarm blanket treatment program takes approximately six to eight weeks. Child should be 5.5 years upwards and must be referred by their GP.



Therapy Focus

Ph: 1300 135 373

Email: enquiries@therapyfocus.org.au

www.therapyfocus.org.au

Therapy Focus provides specialist advice and support for children with autism and other disabilities who experience bladder and bowel health issues, incontinence and toileting challenges.



Continence Aids

<https://www.servicesaustralia.gov.au/individuals/services/medicare/continence-aids-payment-scheme>

Payment Scheme - CAPS (Commonwealth)

A yearly non-taxable payment to cover some of the cost of products that help you manage incontinence. Eligibility criteria listed on website for product subsidy. May be ineligible if receiving NDIS funding.

Incontinence Pad Scheme - IPS - Children (WA)

<http://www.disability.wa.gov.au/individuals-families-and-carers/for-individuals-families-and-carers/services-supports-and-eligibility-new/services/services-provided-by-the-commission/continence-services/>

A product subsidy of up to \$490 per year is available to assist families with meeting the cost of continence products for their children. Eligibility criteria listed on website. May be claimed at same time as CAPS scheme above. May be ineligible if receiving NDIS funding.



Sexuality

SECCA

Ph: (08) 9420 7226

Email: admin@secca.org.au

www.secca.org.au

Address: 2 Delhi Street, West Perth, WA 6005

Provides education and training, counselling and consultancy services regarding sexuality and disability.



The People 1st Programme

Ph: (08) 9227 6414

Email: info@pip.org.au

www.people1stprogramme.com.au

Counselling & educating people with disability in sexuality, relationships & protective education, along with parents, carers and service providers.



Sleep

There are a variety of sleep centers located in WA. Please ask your Child Health Nurse, GP or paediatrician for a referral and further information. Melatonin and Circadin are also widely used to assist with sleep in children with autism. Please discuss with your General Practitioner to see if appropriate for your child.

Ngala

Ph: (08) 9368 9368

www.ngala.com.au

Family support services including workshops, day stays and overnight stays, specialise in supporting families of babies and young children on a range of issues particularly sleeping and feeding. Helpline is available 8am-8pm, 7 days a week.



Artwork by Mia, Instagram: @Peachy.Bunnyy

Training, Workshops and Seminars

"The key is to prepare for the process as well as you can. When you come across a challenge, try to stay positive, keep asking questions and focus on what you can do next or learn things along".

www.raisingchildren.net.au



Developmental Disability WA

www.ddwa.org.au

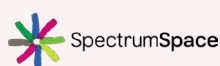
Workshops on a range of topics including autism, challenging behaviour, education, complex communication and self advocacy.



Autism Association of Western Australia

www.autism.org.au/training

Provides a range of Autism-related courses for parents and professionals. All parent training workshops are designed to provide information, practical strategies and resources to support families in managing everyday situations.



Spectrum Space

www.spectrumspace.org.au

Organiser of annual conference. Runs life skills, autism awareness and employment workshops and delivers autism awareness assemblies to schools.



Compass Seminars

www.compassaustralia.com.au/seminars.html

Offers professional training seminars on autism, behaviour, disability.



Positive Partnerships

www.positivepartnerships.com.au

Evidence-based materials and practical resources published online and delivered nationally through training for teachers and other school staff, and workshops for parents and carers of primary school aged children with autism. Part of Commonwealth Helping Children with Autism package.

Behaviour Help

Ph: 0423 293 254

Email: dolly@behaviourhelp.com

www.behaviourhelp.com

Speech pathologist who runs Behaviour Zen & other PD workshops relating to ASD, online and face-to-face. They also offer Positive Behaviour Support books.



CliniKids, Telethon Kids Institute

Ph: 6319 1133

www.clinikids.org.au

CliniKids offer a wide range of workshops, training opportunities, guest speakers and events. These are regularly updated on their website.



Sue Larkey

www.suelarkey.com

An Australian teacher and author with extensive experience and research into education for kids with autism. Delivers seminars in Perth annually. Online training package available.



Dr Tony Attwood

www.tonyattwood.com.au

International speaker on Aspergers Syndrome. Delivers seminars in Perth every one to two years.



Dr Wenn Lawson

<http://www.buildsomethingpositive.com/wenn/>

A published psychologist, parent to four children and has autism spectrum condition, Wenn travels internationally to deliver workshops on autism.



Research

CliniKids, Telethon Kids Institute

Ph: (08) 6319 1133

www.clinikids.org.au/research

Led by Professor Andrew Whitehouse, the CliniKids team is dedicated to deliver world-class research and translate research into practice while providing families with access to individually tailored, holistic supports and the very best evidence-based therapies. The team's research is focussed around four main areas; young children showing developmental delay, children on the autism spectrum, adolescent and adult outcomes and autism policy and biological markers. CliniKids research is regularly updated on our website.



Autism CRC

Email: Sonya.Girdler@curtin.edu.au

www.autismcrc.com.au

The Cooperative Research Centre for Living with Autism (Autism CRC) is the world's first national, cooperative research effort focused on taking a "whole-of-life" approach to autism focusing on diagnosis, education and adult life. The Curtin University Autism Research Group (CARG), are leading Program 3, which focuses on finding supportive transitions from school to post school options, and education barriers faced by individuals with ASD.



Technology, Driving, Sensory Resources

A number of the services on this page may be included in your NDIS funding plan if prescribed by your therapist.

TADWA

Ph: (08) 9379 7400

Regional Ph: 1300 663 243

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

371 Collier Rd, Bassendean WA 6054 PO Box 266,
Bassendean WA 6934

Whatever your goals, we can help find a solution for you with assistive technology, Home modifications (minor and complex), vehicle modifications, Freedom Wheels bikes, occupational therapy, assessments, workplace modifications, technology and computer purchase and support and more.

Indigo (formerly Independent Living Centre WA)

Ph: 1300 885 886

Email: general@indigosolutions.org.au

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

Through our services we aim to achieve greater independence and inclusion for all through allied health and assistive technology solutions. Our service areas include occupational therapy, physiotherapy, speech pathology, driver assessment and lessons, education and training and home modifications. We offer support via phone, email, videoconferencing and home visits as well as specialised services within schools.

Karens Autism and Kidz Items

Ph: 0488 083 633

Email: karensautismandkidz@bigpond.com

www.karensautismandkidzitems.com.au

www.facebook.com/KarensAutismItems

Offers Autism Awareness items like jewellery, badges, hair accessories, lanyards, silicone bands. Resources and sensory items to help kids eg Chewelry for people who like to chew, sensory bracelets, hand and eye coordination items, learn to blow items, visual items, no tie shoe laces, anchor laces, and many different fidget items and stress toys.

Skillbuilders

Ph: 1300 132 785 or 94174903

Email: info@skillbuilders.com.au

www.skillbuilders.com.au

Australia's biggest online range of resources for children also available to view in store at the Cockburn Central therapy centre location. Appointments for the shop can be made via the website.

Buckaroo Educational

Ph: 0448120399

Email: giddyup@buckarooeducational.com.au

www.buckarooeducationalstore.com.au

Sensory Toys, Adaptive Equipment, Educational and Therapeutic Resources, Calming Supports and Furniture, Oral Chew Toys and everything else in between. Additionally we provide Assistive technology products online including Tablets, Apple products, Laptops and other devices to participants within the NDIS Scheme.

Calming Kids

Ph: 0439 958 048

Email: info@calmingkids.com.au

www.calmingkids.com.au

Supply sensory tools including weighted vests & blankets, lap bags, rollers, lycra bags, standing/pedal desks & seating.

Paint Me a Rainbow

Email: paintmearainbow@outlook.com

www.paintmearainbow.com

Autism awareness program for primary schools, parent support group, kids yoga, sensory products online store.

AT Chat

Ph: 08 6202 4700

AT.Chat@ilaustralia.org.au

www.atchat.com.au

AT Chat is a peer-led, co-designed community for assistive technology (AT) users to share information and lived experience about AT. Facebook @atchatwithus

Drive - Perth's Driving School

Ph: 0478 888 654

Email: lessons@driveperth.com.au

driveperth.com.au

Automatic and manual driving lessons for people of all abilities including autism in Perth, Joondalup, Canning Vale and all areas between. Highly effective teaching methods, patient, friendly, male and female driving instructors. NDIS registered.

Intelife Keys for Life

Ph: (08) 6169 1100

Email: centralreception@inteliflife.org

www.inteliflife.org

Programs to support learner drivers with disabilities.



Support and Services across Regional WA

“The sense of isolation expressed by many parents of a child with autism can be even more intense for parents living in regional WA. It does not have to be this way. Support is available and, so often, from people who have walked the same walk.”

Mary Butterworth, Developmental Disability WA

Autism Association of Western Australia

Regional Callers Ph: 1800 636 427

Email: regionaltherapy@autism.org.au

www.autism.org.au/regional

Following diagnosis, or during diagnostic process, families living in regional areas can now access a range of services from the Autism Association of Western Australia. These include a therapy consultation program, regional intensive holiday programs in Perth, access to online parent training, regional visitation, face-to-face training and workshops for family, childcares and the general community.

Developmental Disability WA (DDWA)

Ph: (08) 9420 7203

www.ddwa.org.au

Address: City West Lotteries House, 2 Delhi St, West Perth WA 6005.

Developmental Disability WA (DDWA) is a source of independent information, advocacy, education and support for people with intellectual and other developmental disability, their families and the people who support them.



Activ

Ph: (08) 9387 0555

<https://www.activ.asn.au/who-we-are/activ-locations/>

Activ services extend throughout the Perth metropolitan area and through various centres of regional WA offering: individualised services, community based activities, supported living options and supported employment.

RuralLink

Ph: 1800 552 002

<https://www.mhc.wa.gov.au/getting-help/helplines/rurallink/>

A specialist after-hours mental health telephone service for the rural communities of WA. Operates 4.30pm to 8.30am Monday to Friday and 24 hours on weekends and public holidays. During business hours you will be connected to your local community mental health clinic.

Skillbuilders

Ph: 1300 132 785 or 94174903

Email: info@skillbuilders.com.au

www.skillbuilders.com.au

Registered NDIS provider for both therapy services and resources for children. Australia's biggest online range of resources. They also offer telehealth therapy services for regional families.



South West

South West Autism Network (SWAN)

Ph: 0499 819 038 or 0476 315 694

Email: info@swanautism.org.au

www.swanautism.org.au

<https://www.facebook.com/SWANAutism/>

Disabled Persons and Families Organisation providing information, resources and peer support on all aspects of NDIS, disability and mainstream services.

Enable WA

Ph: (08) 9792 7500

Email: reception@enablewa.org.au

www.enablewa.org.au

Provides support to children and adults with autism, including community access, in-home, therapy and positive behaviour.

Advocacy WA

Ph: (08) 97216444

Email: admin@advocacywa.org.au

www.advocacywa.org.au

Address: 4 Plaza St South Bunbury, WA, 6321.

Support and advocacy across the southwest region of Western Australia.

Enable WA Rotary Sail into Life Initiative

Ph: (08) 9792 7500

Email: reception@enablewa.org.au

Aims to provide everyone with the opportunity to experience the joy and freedom of sailing, regardless of their abilities. The program has sailing dinghies which are designed to be sailed to accommodate people with disabilities. A hoist is available for those requiring assistance to get from the jetty into the dinghy, and trained volunteers are always on hand to help.

TADWA

Ph: (08) 9379 7400

Regional Ph: 1300 663 243

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

Address: 3 Parade Road South Bunbury WA 6230

PO Box 6214 South Bunbury WA 6230

Helping you do what's important to you. Whatever your goals, we can help find a solution for you with assistive technology, Home modifications (minor and complex), vehicle modifications, Freedom Wheels bikes, occupational therapy, assessments, workplace modifications, technology and computer purchase and support.

Great Southern

Autism Support Network Albany Inc. (ASNA)

Ph: 049 0015 889

Email: asnalbany@gmail.com

www.facebook.com/autismSupportNetworkAlbany

Parent-run support group for families of individuals on the autism spectrum and of those awaiting diagnosis.

Fellowship House

Ph: (08) 98429 221

<https://www.rw.org.au/fellowship-house-form/>

Address: 23 Stead Road, Albany, WA 6330

Support and companionship for people with mental health issues to help improve and maintain a good quality of life. Support is also available for carers of individuals with autism.

Community Living Association (CLA)

Ph: (08) 9842 3855

Email: reception@mycla.org.au

www.mycla.org.au

CLA provides high quality support to people with disabilities (aged 7-65) in the Lower Great Southern region. We help people to actively participate in the community, live independently and develop workplace skills. Our services include Supported Living, Accommodation Support, Community & Social Support, Respite and Host Families, Support Coordination, Positive Behaviour Support and Occupational Therapy.

Southern Agcare

Ph: 98271552

Email: admin@southernagcare.org.au

www.southernagcare.org.au

A not-for-profit body that has been operating for 28 years in the Great Southern region. There are four counsellors who offer a free, mobile, and confidential family counselling service.

Kimberley

Life Without Barriers

Broome

Ph: (08) 9194 5400

Address: 1/12 Coghlan St, Broome WA 6725

Kununurra

Ph: (08) 9168 3311

Address: 10 Coolibah Drive Kununurra WA 6743

www.lwb.org.au

Care and support services

Far North Community Services

Ph: (08) 9193 5207

www.farnorth.org.au/contact-us/

Support people with disabilities and their families with accommodation, respite, transition and behaviour support. Offices in Broome, Fitzroy Crossing, Derby and Kununurra.

Kimberley Disability Advocacy

Ph: (08) 9192 7898 or 1800 316 929

Email: kda@edac.org.au

www.edac.org.au

Address: 3Broome Lotteries House, Lot 642 Cable Beach Road, Broome WA 6725

Advocacy organisation for people with disabilities from culturally and linguistically diverse backgrounds in WA. EDAC advocate in areas such as the justice system, healthcare, education, childcare, employment, housing, transport and others.

Goldfields - Esperance

Full Circle Therapies Inc.

Ph: (08) 9022 9881

Email: Admin@fullcircle.org.au

www.fullcircle.org.au

Full Circle Therapies Inc is a Paediatric Allied Health Therapy centre for all children based in Kalgoorlie-Boulder and surrounds, providing a range of services from individual and group therapy, playgroups, parents workshops and family support.

Goldfields Individual & Family Support Association (GIFSA)

Ph: (08) 9091 4356

Email: admin@gifsa.org

www.gifsa.org

Supported accommodation, post school options, Alternatives to Employment (ATE) community living initiative, support for young people in residential aged care, Swimability Esperance, school holiday program (Kalgoorlie), Saturday morning club (Kalgoorlie), respite and brokerage funding for respite, mobile respite service in the Ngaanyatjarra region.

Escare Inc.

Ph: 9071 3110

Email: meg@escare.org.au

www.escare.org.au

Address: Unit 8 Balmoral Square, 53 The Esplanade, Esperance, WA, 64540

My Time program is a Local Support Group for parents and carers of children with a disability or chronic medical condition.

Goldfields Special Families

facebook.com/groups/442805365791606/

Life Without Barriers

Kalgoorlie

Ph: (08) 9092 2900

Address: 35 Brookman Street, Kalgoorlie WA 6430

Esperance

Ph: (08) 9072 0715

Address: 63a Dempster Street, Esperance WA 6450

www.lwb.org.au

Provides care and support services across more than 250 urban, rural and remote communities across Australia.

Gascoyne and the Mid West

Midwest Community Living Association (MWCLA)

Ph: (08) 99211 505

Email: admin@mwcla.org.au

midwestcommunityliving.org.au

Address: 75 Marine Terrace Geraldton, WA, 6530

Assist people to be able to live independently in their homes or with their family across the Gascoyne and Midwest regions.

AVIVO

Ph: (08) 9920 7600

Email: hello@avivo.org.au

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

Address: 114 Sanford Street, Geraldton, WA 6530

The Geraldton office provides person-centred support and services to people with a disability, their families and carers.

Activ

Ph: 9944 9013

Provides person-centred community support and supported accommodation.

ATLAS (Access to Leisure and Sport)

Ph: (08) 9956 2180

Email: atlas@sportshouse.net.au

www.atlas.asn.au

Provides person-centred community support, leisure and sport buddy programs.

Peel

Peel Autism Network (PAN)

<https://www.facebook.com/groups/539227009456118/>

Parent-run support group for families in Mandurah and across the Peel Region.

Down South Therapy Services

Ph: 0404 698 218

Email: sarah.brewster@downsouththerapy.com.au

www.downsouththerapy.com.au

Engaging social skills, school skill booster groups and school readiness groups for children of all ages.

Mandurah Disability Advocacy

Ph: 1800 659 921

www.edac.org.au

Address: Mandurah Lotteries House, Suite 4, 7 Anzac Place Mandurah WA 6210

Advocacy organisation for people with disabilities from culturally and linguistically diverse backgrounds in WA. EDAC advocate in areas such as the justice system, healthcare, education, childcare, employment, housing and others.

Pilbara

WA Country Health

Karratha Health Campus Ph: (08) 91447777

Outpatients at Karratha Health Campus

Ph: 91447733

Email: khc.outpatients@health.wa.gov.au

Population Health Ph: 91447833 (for those without NDIS funding)

https://www.facebook.com/pg/myhealthypilbara/about/?ref=page_internal

Provides a wide range of primary health services and programs for Pilbara children with special needs network

Pilbara Disability Advocacy

Ph: (08) 9175 0032 or 1800 870 467

Email: pda@edac.org.auwww.edac.org.au

Address: 2 and 3, 15 Iron Ore Parade, Newman WA 6753

This service is an independent advocacy agency for all people with disability living within the East Pilbara and Western Desert Region of Western Australia.

Wheatbelt**Wheatbelt Agcare Community Support Services**

Ph: 90465091

Email: wheatbeltfamily@wn.com.au

Agcare family counsellors provide free and confidential advice to families, couples and Individuals.

Avon Community Services

Ph: (08) 9622 2612

Email: administration@avoncs.org.au<https://www.avoncs.org.au>

Homeless House for At-Risk Youth aged between 15 – 25 engaging in a set program. Mentoring services for Indigenous Youth Aged between 12 – 21 across, Northam, Merredin, Narrogin and Moora. Cultural Programs and Drop-In after school services for youth aged between 12 – 21.

AVIVO

Ph: (08) 9621 7900

Email: hello@avivo.org.au<https://www.avivo.org.au>

Address: 149 Fitzgerald Street Northam WA 6401

Supports people with a disability to live in their own home through visiting supports, shared living and alternative care.

Senses Australia

Ph: 0407 683 658

Email: tatianna.dupre@senses.org.au<https://www.senses.org.au>

Our Wheatbelt team works with clients, their families, carers, and other health professionals to manage clients' disability support services, deliver the right support, and help people achieve their meaningful and achievable goals. Provides therapy services, social work services, respite and short term accommodation.

Accessibility WA Inc

Ph: (08) 9881 4557

Email: admin@accessability.org.auwww.accessability.org.au

Address: 114 Federal Street, Narrogin

NDIS registered provider of; daily living supports, community inclusion & participation supports, supported Independent living (SIL), Individual living options (ILO), Therapy (general and early childhood), support coordination, and plan management.

Essential Personnel Lifestyle Services

Ph: 1800 875 432

Email: teeny@essentialpersonnel.org.auwww.essentialpersonnel.org.au

Supported learning, recreational and social support, mentoring, domestic assistance, support in personal care, supported living, overnight support away from home, support to stay in the family home, including time with a host family, support service coordination. With offices and facilities in Northam and Merredin.

Wongan Hills Therapy Group

Ph: 0428711531

Email: wonganhillstherapygroup@gmail.comwww.wonganhillstherapygroup.com.au

Address: 22 Elphin Crescent, Wongan Hills WA 6603

Provide support and therapy-based programs for kids with special needs, and create a space for like-minded parents to unwind and connect with each other.



Artwork by Mia, Instagram: @Peachy.Bunnyy

Books and Journals



Jessica Kingsley Publishers (JKP)

www.jkp.com

Independent UK based publisher specialising in autism.



Autism Aspergers Digest

<https://www.fhautism.com/autism-aspergers-digest/>

American bi-monthly magazine created to meet the needs of teachers, therapists and family members who face the challenge of autism.



Cochrane

www.cochranelibrary.com

Medical research findings to facilitate evidence-based choices about health interventions - search "autism".



Autism Parenting Magazine

www.autismparentingmagazine.com

Provides latest research and professional guidance for families.



Artwork by Mia, Instagram: @Peachy.Bunnyy

Helplines

Carers WA - Counselling Line	1800 422 737
(accessed through Carer Gateway)	
8.00am – 5.00pm	
Parenting WA Line	(08) 6279 1200
24 hours a day, 7 days a week	
MensLine Australia	1300 789 978
24 hours a day, 7 days a week	
Kids Helpline	1800 55 1800
Ages 5 to 25 years, 24 hours a day, 7 days a week	
Crisis Care – Department for Child Protection	1800 199 008
24 hours a day, 7 days a week	
Mental Health Emergency Response Line	1300 555 788
Lifeline Crisis Support	13 11 14
24 hours a day, 7 days a week	
Beyond Blue (depression and anxiety)	1300 224 636
Family Relationship Advice Line (family separation issues)	1800 050 321
Anglicare WA - Counselling for Carers	9263 2050
Ngala Parenting Line	1800 111 546
Autism Advisory and Support Service (Australia wide)	1300 222 777
24 hour Autism Hotline staffed by autism parents	

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KNOWLEDGE



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Our grateful thanks to all our sponsors
for helping this Autism Parents Handbook reach WA families
and the health and education professionals supporting them.