



# Where to get help

## for disabled parents and carers of disabled children and adults

**Do you have a disability?  
Do you care for a disabled child or adult?  
If you do, you might need more support.  
This fact sheet tells you how.**

If you are disabled and are also caring for another disabled person, it can be hard to get the help and support you need.

Having a disability doesn't mean you lack parenting or caring skills or that you can't parent or care as well as other people. You can do a great job of raising your children, especially if you have the right support from family, friends, community and support services. Some people might also need support to help them learn the skills they need.

Disabled people have the same right as other people to have children, be in relationships and be part of a family.

### **You might need help and advice if you:**

- **Are struggling with parenting or caring because of a lack of support**
- **Are at risk of your children being removed because people don't think you can care for them**
- **Don't have information about funding, support, aids and equipment**
- **Are living in isolation with little communication or support from peers**
- **Are about to get support from the NDIS**

### **Do you know about:**

- Your rights under the United Nations Convention on the Rights of Persons with Disabilities?
- Support you may get from the National Disability Insurance Scheme?
- Support you can get from other government and non government agencies?
- How to access advocacy?

# Help, Support & Advice

## Disability Support - National Disability Insurance Scheme

If you are eligible for disability care and support from the NDIS, you can ask for 'support to maintain your caring role'.

The NDIS can help you get support to care for another person. You can find out more here -

[www.disabilityloop.org.au/ndis.html](http://www.disabilityloop.org.au/ndis.html)  
or from the NDIS website  
[www.ndis.gov.au](http://www.ndis.gov.au)

## Peer Support Groups

There are not many peer support groups in Australia for disabled carers of disabled people.

The Carers with Disability Australia group is a new group that is national and based online. You can find it at [www.facebook.com/groups/carerswithdisability/](https://www.facebook.com/groups/carerswithdisability/)

There's more peer support info here [www.peerconnect.org.au/](http://www.peerconnect.org.au/)

## Information about Parenting for People with an Intellectual Disability

You can find out general information about parenting here -

<http://raisingchildren.net.au>

Here are some other helpful links -

<https://tinyurl.com/idmakingsense>  
[www.healthystart.net.au](http://www.healthystart.net.au)

## Advocacy Services

If you need someone to help you speak up or solve problems, you can contact an advocacy agency.

Advocacy is about your voice being heard.

You can find a list of advocacy organisations here - [www.dana.org.au/home/advocacy-groups/](http://www.dana.org.au/home/advocacy-groups/)

**CwD: Carers with Disability Australia**

