

Autism Information Handouts

This is not an exhaustive and comprehensive list of supports/services/resources that may be useful, but it is a starting point. Each of these handouts are designed to be explored in conjunction with LAC as not all information will be relevant to each individual's specific situation. Also, on all handouts webpages and/or phone numbers are provided so their accuracy can be checked.

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Getting an Autism Diagnosis

An autism assessment needs to be done by a multidisciplinary team consisting of a paediatrician, psychologist and speech therapist. Sometimes an occupational therapist is additionally included in the team. All of these assessors must independently agree on the diagnosis.

These assessments can be done at no cost through Disability Services Commission's Eligibility department – 9426 9200. As of Aug 2012 for children 0-6 there is about a 6 month waitlist for assessments and for children 6-16 there is around a 1 year waitlist. Individuals over 16 years are unable to be assessed for Autism through the Commission.

Alternatively the assessments can be done privately and subsidised through the Federal Helping Children with Autism program. This program has Medicare items available for:

- paediatricians and psychiatrists to diagnose and develop a treatment and management plan for a child aged under 13 years on referral from a general practitioner;
- audiologists, occupational therapists, optometrists, orthoptists, physiotherapists, psychologists and speech pathologists to provide up to four services in total per child per lifetime, to collaborate with the paediatrician or psychiatrist on the diagnosis, where required. These services must be provided before the child's 13th birthday.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/autism-children>

Once an autism diagnosis has been obtained it is encouraged that a copy of the assessment is provided to Disability Services Commission's (DSC) Eligibility department so the child can be assessed for eligibility for state funded services through the Commission. DSC Eligibility can be contacted on 9426 9232.

You have an Autism Diagnosis – What next?

- If your child is 6yo or under link in immediately with your Autism Advisor
- Organise funded Early Intervention therapy if your child is 6yo or under.
- Refer to funded school-age therapy services if your child is 7-15yo
- Link in with your LAC and/ or support groups to find out about more information
- Consider Sibling Supports if your child has a sibling
- If significant behavioural issues are present explore psychology and/or behavioural interventions
- Consider social/recreational activities for your child to help with social skill development

Autism Specific Supports

Autism Advisors - A national program of Autism Advisors is available across Australia to provide information and advice to parents and carers of children aged 0-6 who are diagnosed with an Autism Spectrum Disorder. The WA Autism Advisor accessed through the Autism Association of Western Australia. Contact: (08) 9489 8900 or visit www.autism.org.au. Autism advisors are able to help provide a link between the clinical diagnosis & access to early intervention (EI) programs & support services as well as support families from rural and remote areas to apply for a one- off rural and remote payment of \$2000 per eligible child to cover the additional expenses associated with accessing early intervention services.

Early Days: a national autism workshops program - Early Days is a program of free online and/or face to face workshops for parents and family carers of young children with an autism spectrum disorder. The program is funded under the Helping Children with Autism package. Phone 9489 8900 or visit www.earlydays.net.au for more information.

PlayConnect Playgroups - At a PlayConnect Playgroups, children from 0-6 with Autism Spectrum Disorder (ASD) and ASD like symptoms (no formal diagnosis required) have the opportunity to play for 2 hrs a week in a secure, supportive environment with their parents, carers and other family members. It provides opportunities for parents and carers to meet other families with children with ASD in their area and access information about how to link with early intervention programs and support services. For information contact 1800 171 882. At present in the northern suburbs there are play connect playgroups in Whitfords and North Perth.

Autism Spectrum Disorder Website - The Raising Children Network (RCN) ASD website provides information, online resources and interactive functions to support parents, families, carers and professionals. The RCN is an Australian Government funded site providing information to parents of children from birth to school age.

Autism Specific Early Learning and Care Centres - The Autism Association of Western Australia in partnership with Curtin University and Mercy Care Childcare Services provides a service to parents and carers seeking long day care for children with Autism, or children who are going through the diagnostic process, and are aged 0 to 6 years. The centre provides Autism specific, early learning programs within a long day care setting. The Autism Association's Autism Specific Early Learning and Care Centre is located within the Mercy Care Childcare Services in Bedford. Contact Program Manager – 6380 5504.

Early intervention assistance - The early intervention funding under the Helping Children with Autism package is aimed at providing increased access to early intervention for children aged 0-6 with an ASD. The eligibility criteria for children accessing the early intervention funding through the Helping Children with Autism package is as follows:

- All eligible children up to their sixth birthday will now have access to the early intervention funding of up to \$12,000 (up to \$6,000 per financial year) regardless of whether or not they have commenced school.
- From the child's sixth birthday until their seventh birthday, special consideration may be given which would allow continued access to the funding. This will be determined by an Autism Advisor on a case-by-case basis using nationally consistent criteria.
- Once a child turns seven years of age they are no longer eligible to access funding under the early intervention component of the package.

A list of early intervention providers - note: 2 or more of these providers can be used at one time through the Helping Children with Autism funding.

Suburb / Town	Service Provider	Address	Contact Number
Balcatta	<u>Autism and Educational Services (AES)</u>	Stirling Regional Business Centre, Office 23, 45 Delawney Street	08 9240 5800
Como	<u>Kathy Ziatas Speech Pathology (Is for Autism)</u>	Suite 4, 69 Manning Road	08 9332 2223
Dianella	<u>Step Ahead Speech, Language and Literacy Services Pty Ltd</u>	15 Cossington Court	08 9275 2630
East Fremantle	<u>Learn Australia Pty Ltd</u>	217 Canning Highway	08 9438 3800
Floreat	<u>Learning Tree Therapy Centre</u>	3 Pearson Place	08 9387 8538
Joondalup	<u>Therapy, Learning & Communication - North</u>	10 Elcar Lane	08 9301 1154
Osborne Park	<u>Next Challenge</u>	3-4/14 Main Street	08 9201 0707
Roleystone	<u>ISADD</u>	2 Butcher Street	08 9397 5970
Subiaco	<u>Autism Association of Western Australia (Inc).</u>	37 Hay Street	08 9489 8900
Tuart Hill	<u>Friends of Autism</u>	3/77 Wanneroo Road	08 9440 6800
West Leederville	<u>The Complete Advantage (Therapy Focus)</u>	9 Rosslyn Street	1300 135 373
Woodvale	<u>Connect and Relate for Autism Inc</u>	30 Chichester Street	08 9309 3961

www.fahcsia.gov.au/sa/disability/progserv/people/HelpingChildrenWithAutism/Pages/default.aspx

Children with Intellectual Disability and Autism who are 0-6 years of age may access state funded early intervention therapy from approved providers in addition to the early intervention therapy being accessed through the Helping Children with Autism Federal funding package.

For more information about the Helping Children with Autism package:

- Call the ASD Support Helpdesk on 1800 778 581 or
- email ASD.Support@fahcsia.gov.au

Professional Development and other Workshops - Families are able to access a variety of training and workshops on autism-related subjects. The Department of Education, Employment and Workplace Relations (DEEWR) offers:

- professional development for teachers and other school staff to support school students with ASDs to achieve better educational outcomes and
- funding for parents and carers of school students with ASDs to attend workshops and information sessions and to access online workshops and information.

This program is being delivered through 'Positive Partnerships' at the [Autism Training website](http://www.autismtraining.com.au) (<http://www.autismtraining.com.au>).

Additional training and workshops are held by a variety of School Age Therapy Providers (details listed further below) and where there are costs involved for families to attend, funding may be applied for through the Commonwealth Carelink Centre – 1800 052 222.

Medicare items for school age children with autism - The Department of Health and Ageing under the Helping Children with Autism program has made new Medicare items available for children aged under 15 years (for treatment). Medicare items are available for audiologists, occupational therapists, optometrists, orthoptists, physiotherapists, psychologists and speech pathologists to provide up to 20 early intervention treatment services in total per child per lifetime following a diagnosis of autism/PDD for the child, and consistent with the treatment and management plan prepared by the referring practitioner. These services must be provided before the child's 15th birthday, provided an autism/PDD treatment and management plan was in place before the child's 13th birthday. For more information visit:
www.health.gov.au/internet/main/publishing.nsf/Content/autism-children.

In addition to Medicare items under Helping Children with Autism, children with autism and/or their families may be able to additionally access some subsidised psychology support through two programs:

- **Access to Allied Psychological Services (ATAPS)** which enables up to 18 sessions per year with an approved allied health professional such as psychologists, social workers, mental health nurses and occupational therapists. www.health.gov.au/internet/main/publishing.nsf/Content/mental-boimhc-ataps

- **The Better Access to Mental Health Care** initiative which enables people with a diagnosed mental disorder to access up to 10 sessions of subsidised psychology support per calendar year.
http://www.psychology.org.au/medicare/better_access/

School Age Therapy

Children with an autism diagnosis who have been assessed privately are able to provide a copy of the assessment to Disability Services Commission's Eligibility department so the child can be assessed for eligibility for state funded services through the Commission. If the child is found eligible then they can access funded school age therapy services. These therapy services are as follows and one referral form can be completed to refer to all these providers:

Therapy Focus (Inc) - 9478 9500 – www.therapyfocus.org.au

The Centre for Cerebral Palsy (SAIP Endeavour) - 9443 0211 - www.tccp.com.au

Autism Association of WA (Inc) - 9489 8900 - www.autism.org.au

Senses Foundation (Inc) - 9473 5400 - www.senses.asn.au

Supports for children in Playgroups/Childcare/Vacation/Holiday Programs

All children have the right to be included in their local playgroup / childcare and/or vacation program and no program may discriminate. Sometimes the specific needs of the child may be complex and additional support is required to ensure the child is fully included in the program. In these instances, supports can generally be accessed with the correct planning.

At all times LACs promote the inclusion of children in their local, mainstream program. To ensure this occurs successfully with the child being valued and included and program staff being confident about their inclusion, a lot more preparation needs to be done than simply booking them into the program.

Meeting with program staff well in advance to talk about what is needed for the child's successful inclusion is a must, and this allows for additional supports / training to be accessed if required. If you are considering support for the upcoming school holidays, approach the centre providing the holiday program 4-6 weeks ahead of the holidays to talk about your child's needs so if required they can start sourcing additional staff and the funding for this.

Familiarising your child with the centre before the holiday program begins is also a useful idea.

Child Australia - 9249 4333 or www.childdaustralia.org.au is committed the inclusion of all children in childcare and provides child care services (such as long daycare, outside school hours care & vacation care, family daycare, occasional care & in-home care) with advice, resources & access to a range of practical supports so that those services can provide quality inclusive environments for all children. To access, the childcare organisation needs to contact Child Australia.

Daycares & Family Daycare – Childcare and Family Daycare programs are able to be accessed by children with additional needs, just like any other child. To find a childcare service that suits your needs visit: www.childcarewa.com or www.familydaycarewa.com.au

Playgroups WA have a range of groups, some specifically for children with disabilities. Visit: www.playgroupaustralia.com.au/wa/go/our-services/types-of-playgroups

3 yo pre-kindy Programs are offered at different centres and aim to provide programmes that focus on child social development, through child initiated activities. Child Australia are unable to fund these programs however Lake Joondalup's 3+ program is a mainstream program set up like a daycare centre (thus they DO get Child Australia funding to include children with disabilities) and they offer a 3yo program similar to 3yo kindy programs. Phone 0406 034 998 www.evelynenrichmentfoundation.org/Home.html

School Holiday Programs are offered by a range of organisations/services and are not able to discriminate against including your child. Some of the holiday programs you may like to consider include:

- YMCA – 9473 8480 or <http://www.perth.ymca.org.au/Family---Children-Services.aspx>
- Local Recreation Centres like Joondalup Arena – 9300 3355 or Craigie Leisure Centre – 9400 4600
- Local Cities like City of Joondalup – 9400 4000, City of Stirling – 9205 8555 or City of Wanneroo – 9405 5000

Sibling Supports

Often siblings struggle with having a brother or sister with additional needs. Some siblings are extra helpful and responsible and are 'young carers' in their own right while others may feel jealous or resentful of their brother or sister with Autism. Either way, accessing sibling support programs has been found to result in positive outcomes for all concerned.

CarersWA provides support to young carers under 26 years of age. For more info call: 1300 227 377 or visit: www.carerswa.asn.au/carers-wa-services/young-carers

Day activities, camps and other events are available regularly at no cost. For upcoming events visit: www.youngcarerswa.asn.au/news-events/upcoming-events

Kalparrin Centre – 9340 8094 provides sibling activities for 9-15yo at no charge. For more info visit: www.kalparrin.org.au/respice-and-recreation/siblings-school-holiday-program

Young People Who Care – offer scholarships and nominations for young carers aged 10-18yrs. For more info visit: <http://www.youngpeoplewhocare.com.au>

Family Support WA conducts the Interact Siblings Group which provides opportunities for children with siblings with a disability to make friends, receive support and have fun. Ph: 9303 4660 or visit: www.familysupportwa.org.au/services/respice-in-home-services

Siblings Australia is a national organisation committed to improving the support available for siblings of children and adults with chronic conditions including disability, chronic illness and mental health issues. The website will allow you to access information about sibling support - services, resources, research and policy. Visit: <http://siblingsaustralia.org.au/>

Livewire is a police protected and monitored website for young people between 10 and 21 years of age living with a serious illness, chronic condition or disability. It has specific sites for parents and siblings. Visit: www.livewire.org.au

Supports for Parents/Carers - Carer Support Groups

Just as siblings may struggle with having a brother or sister with a disability, parents/carers can struggle at times also. Connecting with other carer's is an invaluable way to share information, find out about resources and ensure you remain connected in the community. A range of great carer supports are available so check some out.

Kalparrin Centre – 9340 8094 provides practical and emotional support to families of children with special needs. Can link people up with others experiencing similar situations, provides camps and retreats etc.

Dads Matters – is a Kalparrin program offering dads the opportunity to listen to a range of guest speakers, hear from a panel of dads as well as meet and socialise with other dads of children with special needs. Programs generally run on a weekend with details on the website: <http://www.kalparrin.org.au/respite-and-recreation/fathers-network/>

Couples Respite Weekends – offered through Kalparrin are designed to strengthen the relationship between couples living in a committed relationship and caring for a child with a disability. They offer workshop sessions which encourage talking about the effect having a child with a disability has on your relationship, teach ways to strengthen communication skills, coping strategies and manage stress within the relationship as a result. Visit: <http://www.kalparrin.org.au/respite-and-recreation/couples-respite-weekends/>

CarersWA offers a range of supportive services including free or subsidised relaxation classes and movie days, free workshops about a range of topics and more. By joining Carers WA you automatically receive the information about what events are coming up. Contact: 1300 227 377 or visit: www.carersaustralia.com.au

The Skips group – 9401 2699 meet weekly (on Fridays) at the Granny Spiers centre (2 Albatross Ct, Heathridge) – it's a group that provides play activities for children 8 weeks to 6 years with special needs and their siblings and well as providing respite, support and social activities for their mums. Amenity fee \$3 and crèche \$4 per child applies.

My Time Fridays – 9401 2699 offers a weekly local support group for anyone caring for a young child with a disability or chronic medical condition. Parents socialise and share ideas with others who understand and a play leader keeps the children busy and active – also at Granny Spiers centre- 2 Albatross Ct, Heathridge.

Friday Girls Lunch Bunch - This group mainly consists of carers who have a family member who has a disability but it is an inclusive group open to anyone. LACs are also invited by the group to participate and provide relevant information and support. The group meets on the 2nd Friday of each month to share stories and info, support and encourage each other, apply for funding to plan carer breaks and to catch up, enjoy lunch and have some fun. For more information contact Lee-Anne on 9403 7225 or join the group on Facebook at 'Girl's Friday Lunch Bunch'.

Ocean Reef Local Parents Autism Support Group – runs monthly on a Monday between 11-12 noon at different venues. Contact LAC Jodyne Greig on 9300 5963 or jodyne.grieg@dsc.wa.gov.au for details.

North East Local Parents Autism Support Group - a support group in the Marangaroo area will commence in July 2013. Please contact LAC Bronwyn Jones at bronwyn.jones@dsc.wa.gov.au or telephone 9343 5627 for more details.

Playconnect Playgroup offers a weekly facilitated Playgroup for families with children aged 0-6 with Autism Spectrum Disorder(ASD) or similar needs. Children do not need a diagnosis to participate and siblings aged 0-6 years can join in too. Families with children with a developmental delay or needs related

to a communication difficulty or disability are all welcome. 9.30 – 11.30 Wednesdays during school terms at Whitford Church, Pebbles Room – 19 Scaphella Ave, Mullaloo. 1800 171 882.

Supports for Parents/Carers - Crisis / Counselling / Psychology Support

Crisis Care – 1800 199 008 or 9223 1111 offers a 24hr helpline, 7 days a week in the event you feel you can't cope or need support urgently.

Edith Cowan University Psychological Services Centre - This service provides psych services to the community of Perth at a teaching clinic located in Joondalup. The clinic is the primary training centre for post grad students in the School of Psychology at ECU. The client can self-refer or be referred by a health professional. Ring 9301 0011

Wanslea Family Services – Grandcare - This is a telephone service providing information, advocacy, support and also support groups for Grandparents who care for their grandchildren on a full-time basis. There is no waiting time & no charge. Ring 1800 008 323

Carers WA - The Carers Counseling Line is available 24 hours a day, 7 days a week, and provides a safe place to express their emotions, needs and wants anytime. This is a professional & confidential service. Ring 1800 007 332. There is also a mobile counselor offering face to face sessions at fixed venues in the metropolitan area. For this service, phone 9444 5922. To be eligible, a person must provide regular and sustained care/assistance to another person without payment (other than a carer pension or allowance).

Centrecare Counselling Service - This service provides confidential and professional counselling and support to individuals, couples and families. Issues may cover depression, loss and grief, addictions, relationships, finance, arguments, step family conflicts, adjusting to change, separation, anger and loneliness, etc. There are also special 'Men in Relationship Program Services' and self development courses. There may be a waiting list for some services. Ring them on 9325 6644.

Women's Healthworks - This Joondalup based agency provides counselling with a registered psychologist as well as a number of other support and information services. There may be a waitlist and session costs are often negotiable. Ring 9300 1566.

Relationships Australia - This agency provides counselling, relationship education, mediation and professional training services. There are also courses and seminars to people wanting to learn how to make their relationships more successful. Some examples of these are Communication, Assertiveness, Managing angry emotions, Positive Parenting, and many more. The fee for counselling is based on a sliding scale and their aim is be affordable to all income levels. Ring 1300 364 277.

Mindworks - Provides counselling in Joondalup with a discreet professional psychotherapy service for the general public. Their counsellors are experienced specialist clinical psychologists and psychologists. Substantial private and medicare rebates may apply, ask your GP for a referral. Contact: 9300 0755

Anglicare's Kinway Counselling Program – 9400 7200 (Grace House in Joondalup) offers a no-cost counselling and mediation service in Joondalup for people caring for a family member with a disability. They are able to offer advice, information and referrals to assist families in this situation – specifically in the areas of future planning, dealing with relationship conflict and breakdown due to stresses, grief and loss around coming to terms with the disability etc...

MercyCare in Joondalup offers a free reconnect program (that can do home visits) for people 12-18yo who have difficulties staying at home 1800 800 406.

Access to Allied Psychological Services (ATAPS) which enables up to 18 sessions per year with an approved allied health professional such as psychologists, social workers, mental health nurses and occupational therapists. <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-boimhc-ataps>

The Better Access to Mental Health Care initiative which enables people with a diagnosed mental disorder to access up to 10 sessions of subsidised psychology support per calendar year.
http://www.psychology.org.au/medicare/better_access/

Behavioural Supports

In addition to the Medicare items under Helping Children with Autism, children and/or their families may be able to access some subsidised psychology or counselling support for behavioural issues through alternative options – thus saving their autism rebates for specific therapy needs:

Access to Allied Psychological Services (ATAPS) which enables up to 18 sessions per year with an approved allied health professional such as psychologists, social workers, mental health nurses and occupational therapists. <http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-boimhc-ataps>

The Better Access to Mental Health Care initiative which enables people with a diagnosed mental disorder to access up to 10 sessions of subsidised psychology support per calendar year.
http://www.psychology.org.au/medicare/better_access/

Art Yo & Art Gro – Art Therapy programs are for 13-17yo and 18-25yo who may be experiencing emotional issues, depression or stress. It is facilitated by a registered psychologist and art therapist and is 100% free of charge. It is carried out once a week for 2hrs per session, 8 weeks of school term or in the summer holidays. Referrals accepted from GP, Psychologist, Social Worker or Allied Mental Health Professional. Ph: Natalie Robertson at Perth North Metro Medicare Local on (08) 9208 9592 and further information is also available at www.pnml.com.au/medicare-local-programs/art-yo

Wanslea Family Services - This agency provides a service called Creating Stronger Families. This is a parenting program for families who have identified that they require assistance with routine and behavioural management for their children. Workers work in the home to assist parents. The team includes a Social Worker and Family Care Worker. People who are already a client of DCD have a priority to this service. It has a waiting list. There is no charge. Ring 9245 2441

Specialist Behavioural Support is for people with disability aged six to 25, aim to improve the safety, wellbeing, skills and quality of life for the person with disability. They also aim to prevent family breakdown or the placement of the person with disability in accommodation other than the family home. The teams work intensively with the individual and family to increase their understanding and management of the challenging behaviour. The service is time-limited (usually six to nine months). To gain access to the service, a referral must be made through the family's LAC. Referrals are usually called for twice a year and the LAC can let the family know when referrals can be made. Visit:
<http://www.disability.wa.gov.au/services-support-and-eligibility/services-supports-and-eligibility-new/services/services-provided-by-the-commission/therapy-services/behaviour-support-teams/>

Financial or in kind Supports

Incontinence Pad Schemes – Many children with developmental or other disabilities may take a lot longer to toilet train. Consequently there are a few Incontinence Pad Schemes you can apply for which give significant discounts on nappies or other incontinence products (savings generally around \$500/yr on popular brands like Snugglers & Huggies).

* For children aged between 3-16 years you can apply to Independence Australia – 1300 788 855 or at www.independenceaustralia.com/health-solutions/products-services/continence-management-and-support-scheme-cmass-incontinent-pad-scheme-ips/

* For children over 5 years you can apply for the Continence Aids Payment Scheme through Medicare on 132011 or 1800 330066 or visit www.bladderbowel.gov.au

* The Continence Management and Advice Services (CMAS) is run through Silver Chain and also offers products for individuals over 16 yrs. Contact details are: www.silverchain.org.au/continence-clinics or 1300 650 803 or 1300 787 055.

The Companion Card is issued to people with a significant, permanent disability, who can demonstrate that they are unable to access most community activities and venues without attendant care support. The card contains a photograph of the cardholder and is presented when booking or purchasing tickets or entering a venue and entry costs for the support person providing the care are not charged. To apply visit www.wa.companioncard.org.au/aboutcompanioncard.html

Kidsport allows eligible children aged 18 or under to apply for up to \$200 per year financial assistance to contribute towards club fees. The Club has to be an incorporated association. Applications forms can be completed by families and submitted with photocopy of family's Health Care Card or if there is no health care card in the child's name, your LAC may be able to write a letter recommending them for the program. More information is available at www.waneroo.wa.gov.au/Lifestyle/KidSport or www.joondalup.wa.gov.au/Govern/GrantsandFunding/SportingGrants/KidSport.aspx

Concessions WA is an easy-to-use online resource about more than 100 rebates/concessions/subsidies provided by the Government of Western Australia. Visit: www.concessions.wa.gov.au/Pages/default.aspx

CAEP – Community Aids & Equipment Program assists people with disability to stay in their own homes by providing long-term loans of equipment or funding home modifications. Visit: [www.concessions.wa.gov.au/Concessions/Pages/Community-Aids-and-Equipment-Program-\(CAEP\)---funding.aspx](http://www.concessions.wa.gov.au/Concessions/Pages/Community-Aids-and-Equipment-Program-(CAEP)---funding.aspx)

The **Independent Living Centre** of WA (ILC) provides information and advice, assessment, funding and hire services that enable Western Australians of all ages and abilities to live more comfortable, independent and fulfilling lives. Service areas include respite and carelink, multicultural aged care, assistive technology and equipment, occupational therapy driver assessment, Home and Community Care regional assessment, and grants and equipment funding. Visit: <http://ilc.com.au/> or call 1300 885 886.

The **Taxi Users' Subsidy Scheme** (TUSS) provides taxi travel at a reduced rate for people who have a severe disability that will always prevent them from using a conventional public transport bus service. For further information please visit www.dpi.wa.gov.au/taxis/15155.asp or call 1300 660 147.

Transperth Carers Travel Permit entitles a Carer to free fares when accompanying a person who is unable to travel on their own because of a disability. Applications can be made to Serco Transport and must be

accompanied by a supporting letter from their Doctor confirming the care-recipient is unable to travel on public transport unassisted. For further information phone on 9428 1933

Travel Concessions for WA Government Railroads (Country Services within WA) are available for carers of a person with a disability who has a Taxi Subsidy Scheme Card. They can travel on WAGR country services at half price. For reservation call: 131053. Contact: 9229 2051.

QANTAS can issue a **Qantas Carer Concession Card** to people with a disability and high level support needs, who require full time assistance of a carer while travelling on a plane. For further information or an application form contact NICAN, 1800 806 769.

Centrelink – Details of all payments are on their website: www.centrelink.gov.au and links are mostly under 'Carers' or 'People with Disability'. Alternatively you can call 13 27 17 for all enquiries. You should consult these webpages to see what may be applicable to you – what follows below is a brief overview:

Carers Allowance – isn't means tested and is around \$100 fortnight. Parents and a medical professional need to complete the application.

Carers Payment – is means tested and is a payment of around \$700 fortnight for a carer who is caring for someone with a severe disability. To apply, parents and a medical professional need to complete the form.

Carers Supplement – is automatically paid to anyone receiving Carers Allowance or Payment and is a yearly payment of around \$600 per eligible person in your care.

Carer Adjustment Payment – is a one-off payment helping families with increased costs following a sudden accident, illness or disability involving a child aged under seven years. Claims for this payment must be lodged with Centrelink within two years from the date of diagnosis of a severe illness/disability.

Child Disability Assistance Payment - is paid annually to people who receive Carer Allowance (child) for a period including 1 July. This includes carers whose payments are backdated to include 1 July. Carer Allowance (child) recipients will receive a Child Disability Assistance Payment of up to \$1,000 for each child in their care.

Schoolkids Bonus – is a twice yearly payment of around \$200 per primary school-aged child and around \$400 for each secondary school-aged child. It is paid to parents/carers who receive Family Tax Benefit Part A and meet other eligibility criteria. Children in preschool are not eligible.

Education Entry Payment – is a payment of around \$200 to help cover your study costs, if you are enrolled to study in an approved course and receiving Carer Payment or Disability Support Pension (or some others, check website for more info). You do not have to make a claim in order to receive the Education Entry Payment. Your eligibility will automatically be assessed by us when you provide proof of enrolment in an approved course of study.

Assistance for Isolated Children Scheme Payments – is a payment of \$62.40 per fortnight for students aged under 21 years receiving Disability Support Pension or Parenting Payment (single) and studying at primary level. For full eligibility criteria consult the website.

Continence Aids Payment Scheme (CAPS) – is a payment of around \$500 for individuals five years or older who have permanent and severe loss of bladder and/or bowel function (incontinence).

Disability Support Pension (DSP) – of around \$700 fortnight is paid to an individual with a disability over 16 years of age and under Age Pension age, who is permanently blind or have been assessed as having a physical, intellectual, or psychiatric impairment, and unable to work, or to be retrained for work, for 15 hours or more per week at or above the relevant minimum wage within the next two years because of your impairment, and have been assessed as having a severe impairment or as having actively participated in a program of support. To assess your eligibility for Disability Support Pension, we usually need a report from your doctor or specialist about your disability, injury or illness. You may also need to have a Job Capacity Assessment.

Youth Disability Supplement – is a payment of around \$100 fortnight and paid if you are under 21 and receive a DSP and should be automatically added to your DSP payment. If you are under 22 you may also be eligible for the youth disability supplement.

Mobility Allowance – a payment around \$80 fortnight for individuals aged 16 or over who cannot use transport without substantial assistance because of a disability, illness, or injury and need to travel to and from your home to look for work, do paid or voluntary work, or participate in study or training.

Telephone Allowance - helps toward the cost of your telephone bills if you have a telephone connected in your or your partner's name and you receive an eligible income support payment. There are two rates of Telephone Allowance, depending on your circumstances. Your eligibility for it is assessed when you make a claim for certain Centrelink payments.

Practical Supports

Commonwealth Carelink Centre – 1800 052 222 – Can provide a one-stop shop of information services that may be relevant or useful to you. Eg. they can tell you about Home Help, Maintenance or Modifications, personal Care, Respite care, Counselling etc... and may have funding for some of these.

Perth Home Care – 9204 7800 (general no) 9204 7801 (Crisis support) can provide HACC (Home and Community Care) services at low or no cost such as in-home respite, domestic/cleaning support, personal care or meal preparations etc... They also have an emergency Crisis Care Support Service which offers short-term (up to 3 consecutive days) of emergency support for the main carers of people who are frail aged or have a disability in the event of critical illness, carer's stress and any other urgent incident. The service is specifically for those incidents that occur without warning and result in the main carer being unable to continue to care for their family member. www.phcs.org.au

Read Write Now – 1800 018 802 is a service consisting of volunteers who are able to help with tutoring to improve adult reading and literacy skills. Individuals who have left school who may be pursuing further studies can access this support to help with understanding and editing assignments etc... Individuals must be capable of learning and improving and not have an intellectual disability and assignments will not be completed for them by a tutor.

Inclusion WA offers a **Recreation Access Program** and **Youth Connect program** for 12-18yo and 18yo + to assist individuals in accessing mainstream community activities. The program offers support in identifying activities, connecting with them, provides 1:1 support in attending initially with the view to individuals being able to independently participate in the future with support fading out. These programs at present are limited to families living south of Ocean Reef Rd. For more information contact: 9201 8900.

The Centre for Cerebral Palsy offers an **Independent Living /Transition Program** for those living in the Northern Suburbs who would like support achieving a targeted transition goal – such as accessing a community activity, developing transport, budgeting, cooking, cleaning, shopping skills etc. For more information contact The Centre for Cerebral Palsy on 9443 0506.

Transitional Living Program "TLP" is offered by Westcare as an individualised program for working adults with a disability to teach them the range of skills they will need to live a productive, safe and happy life in the community. The range of skills includes, community safety, transport use, basic first aid, budgeting, shopping and cooking. Future planning is an important aspect of the TLP and the coordinator works with participants, their families and LACs to plan for a successful future both before and during the program. The program lasts 6 to 8 months. Visit: www.westcare.com.au/accommodation/service-options/transitional-living-program/ or call 9381 1916.

Activ Library is a major library for the disability sector in WA. With more than 8,000 items in our collection (including books, journals, training materials, selected websites and audio visual resources) there is a strong focus on intellectual disability and autism, as well as resources on other disabilities, developmental delay and learning difficulties. Activ also has Boardmaker available for use so members can design and

print / laminate their own visual schedules. Visit: <http://library.activ.asn.au/> to search the catalogue or connect to homepage. Ph: 9387 0458

Boardmaker a popular software program enabling you to create your own visual schedules / symbol-adapted materials offers a free trial for individuals thinking of buying it. Trials range from 7 – 14 – 30 days and there is no obligation to buy after trialling. Visit: <http://www.mayer-johnson.com/downloads/trials/>

TADWA (Technology Assisting Disability WA) provides a range of services including customised aids and equipment, affordable refurbished computers and training, modified bicycles for individuals with disabilities and more. Call 1300 663 243 or visit: <http://www.tadwa.org.au/default.aspx?cntID=1>

Green PC offers affordable refurbished computers to low income families (with a health care card, disability pension or other pension card) at affordable prices. Call 03 9418 7400 or visit: <http://www.greenpc.com.au/>

Schooling & Supports

Within the public education system there are four main supported options within the local area:

- 1) Including a child with a disability in any mainstream school and setting up an Individual Education Plan (IEP), Aide Applications and accessing the support of the Centre of Inclusive Schooling (CIS) where appropriate. The Disability Act prevents any school from excluding children with disabilities from attending, and support for the inclusion of children is available through the CIS and the Schools Plus program (through which Aide time is applied for). This is always the preferred option.
- 2) Accessing a local school that has an Ed Support Unit attached to it – blending aspects of segregation and inclusion.
- 3) Accessing a local school that has an Ed Support Centre affiliated with it (ie. an independently operating special education school on the same premises as the local school).
- 4) Accessing a special school specific for children with disabilities.

Primary Units

These units exist depending on local area need. Please contact your local primary school to discuss your child's individual needs.

Primary Centres

Roseworth ESC	Pacific Way, Beldon 6027	Ph: 9402 3544	Fax: 9402 3136
Creaney ESC	Creaney Drive, Kingsley 6026	Ph: 9409 6344	Fax: 9309 5376

Creaney ESC also offers an Early Intervention program.

The aim of the program is to equip students with the applicable skills for entry into a mainstream Year 1 classroom. The program is based on Discrete Trial Training and is appropriate for kindy and pre-primary students with Autism Spectrum Disorder and/or Global Developmental Delay. A full time teacher and four education assistants are associated with this program. Pre primary students attend Creaney ESC for two days a week and their local school for three days a week. The teacher and education assistants work in conjunction with the 'local' primary schools to continue the student's academic and social programs.

South Ballajura ESC	Wyperfeld Gardens, Ballajura 6066	Ph : 9249 8022
Westminster ESC	Marloo Road, Westminster 6061	Ph: 9349 1344

Secondary Units

Girrawheen SHS	Giles Av, Padbury 6025	Ph: 9307 3199	Fax: 9307 3155
Balga SHS	Markham Way, Balga	Ph : 9247 0222	

Secondary Centres

Belridge ESC	Gwendoline Dr. Beldon 6027	Ph: 9402 3255	Fax: 9402 3244
Duncraig ESC	27 Readshaw Rd, Duncraig 6023	Ph: 9448 3522	Fax: 9448 0644
Mirrabooka ESC	180 Nollamara Ave, Dianella	Ph: 9344 4060	Fax: 9345 2172

Education Support School – Primary through Highschool

Gladys Newton	93 Balga Ave, Balga. 6061	Ph: 9349 6499
Burbridge School	Burbridge Ave, Koondoola 6064	Ph: 9342 1633

Note: When a child turns 3 they can enter a 3's Plus Program. The year a child turns 4 is the year they start Kindy. They can either attend 2 full days a week or 4 half days a week. Children start Pre Primary in the year that they turn 5. Pre Primary is full-time. Children start year 1 in the year that they turn 6.

Schools with Specific Autism Programs

Heathridge Primary School has an Accelerated Learning Centre for Autism which provides two years of intensive intervention based on Applied Behaviour Analysis and the Assessment of Basic Language and Learning Skills (ABLLS) protocol. Students all have a diagnosis of autism and attend for 12 hours per week. Expectations are that students will enter mainstream with skills commensurate with their typically developing peers. Address: 55 Channel Drive, Heathridge. Contact: 9401 8088

Ocean Reef Senior High School has an Autism Extension Program for students in Years 8, 9 and 10. Students eligible for this program have the potential to achieve success in mainstream schooling and beyond, but are at risk of failure or disengagement due to the complexities of the impact of autism at the secondary level. Address: 21 Venturi Drive, Ocean Reef. Contact: 9307 0280.

Ashdale Senior High School also has an Autism Extension Program for students in Years 8, 9 and 10. Address: 75 Westport Parade, Darch. Contact: 9302 7100.

Private Education Options

Within the private education system there are a few schools that offer education support centres and units for children with disabilities. Like the public sector, no school can exclude children with disabilities from attending however the supports available to the school may not be as extensive or readily available as the supports set up in the public sector.

St Simon Peters Primary School is a pre-kindy to year 6 primary school. The Catherine Centre is a Special Education Centre within the school and their staff are specialists in providing support to children with special needs enrolled in this school.

Address: 18 Prendiville Avenue, Ocean Reef. Contact: 9301 6888

Prendiville Catholic College supports students yr 7-12. They have a Special Education Program within the school for students with disabilities and/or learning difficulties.

Address: 11 Prendiville Ave, Ocean Reef. Contact: 93017 2000

Lake Joondalup Baptist College offers a kindergarten to yr 12 coeducational experience and offers a christian based educational program. They run a learning enhancement program across primary and high school years for children with learning difficulties.

Address: 8 Kennedy Drive, Joondalup. Contact: 9300 7444

School Holiday programs - Mix of Mainstream and Supported Options

All mainstream school holiday program are required to be accessible for children with disabilities / special needs. There is additional support available through some programs to assist in the inclusion of children with higher needs, whereas other programs may require you to supply your own support person. In all cases it is vital to discuss your child's support needs well in advance with the service and your LAC if appropriate, to make sure your child can be included and their needs met.

Although supported options may seem an 'easier' and 'safer' alternative, there are significant benefits when your child participates and is included in local community mainstream activities eg. Increased opportunities for developmental learning, socialisation, building of friendships and natural supports with local children and families & increasing awareness of disability inclusion within the community.

Inclusion WA offers a Recreation Access Program and Youth Connect program for 12-18yo and 18yo + to assist individuals in accessing mainstream community activities. The program offers support in identifying activities, connecting with them, provides 1:1 support in attending initially with the view to individuals being able to independently participate in the future with support fading out. These programs at present are limited to families living south of Ocean Reef Rd. For more information contact: 9201 8900.

For Younger Children

Friends of Autism offer 3 hour themed social groups during the school holidays specifically for children with autism or autistic-like behaviours 4yo or older. Costs are \$50 per session per child and funding is available to eligible families from FAHCSIA, Better Start Program and occasionally the Independent Living Centre. Contact: 9440 6800 or visit: www.friendsofautism.org.au/services_holiday_program.php

Spiers Centre – 9401 2699 in Heathridge offers a SKIPS holiday program for children 5-10yo with disabilities and their siblings (priority is given to SKIPS group members). It is a low-cost holiday program for a few days each school holidays.

The Fairies in Joondalup also offers mainstream holiday programs for children 2-6yrs old. The majority of programs are 3 hrs in duration and activities offered include movie sessions, discos, fairy craft, cooking and dance workshops. For more info contact 9300 9512 or 0429 837 949 or visit: www.thefairies.com/the-fairies-stores/stores/joondalup/

The **RSPCA** runs a fun and informative program for children 4-14yrs during school holidays. This popular program features a range of sessions including pet photography, story-time, pony tales and lots more. Spaces are limited and bookings are essential. For bookings or enquiries, contact the Education Unit on (08) 9209 9325 or visit: www.rspcawa.asn.au

The Department of Environment and Conservation's **Nearer to Nature team** provides the community with unique, enjoyable activities for 4-14yos that help participants discover marvellous natural areas in and around Perth. Parental involvement is required and bookings are needed. Activities include canoeing, bike rides, night-time walks, nature walks and more. Call 9295 2244 Monday to Friday or, for more information, visit www.dec.wa.gov.au/n2n

Go Bananas Joondalup offers weekend and school holiday activities for children 9 months to 4 years. Contact 9301 5133 or visit: <http://www.gobananaskiddiecentre.com.au/location.html>

Your local **Library, Shopping Centre** and **Bunnings** should also offer different activities for children over the school holidays and while parental supervision is required for some, it's not for others. For more information contact: Joondalup Bunnings on 9406 7100

Lakeside Joondalup Shops on 9404 9013 or visit: www.lakesidejoondalup.com

Joondalup, Whitfords, Duncraig & Woodvale Libraries on 9400 4751 or visit:
www.joondalup.wa.gov.au/Explore/Libraries.aspx

An 8 week **Signing Hands Classes** for Babies and Toddlers are available in Kingsley and can help babies reduce frustration and tantrums and potentially develop early speech. Toddler signing helps extend vocabulary & increase self-confidence. Classes are fun, teaching Auslan signs through stories, songs, rhymes, craft and play. Free trial classes available. Book early, numbers are strictly limited. Contact Debbie - 0437 803978 / debbie@signinghands.com.au / www.signinghands.com.au

Whiteman Park always has a variety of school holiday activities to choose from, suitable for all budgets and ages. Visit: www.whitemanpark.com.au/events/eventListing.aspx or contact: 9209 6000 for more info.

What's 2 Eat? Cooking Classes in Wanneroo suits all school aged children and children from 3-6 (if an adult stays to help) and teaches recipes to develop a range of cooking skills for making yummy and healthy snacks and light meals. Bookings are essential and classes go for 90 minutes. Contact: 6201 5054 or visit: www.whats2eat.com.au

Other places to visit for ideas and holiday programs:

www.kidspot.com.au

www.schoolholidaydirectory.com.au/category/all/wa

www.buggybuddys.com.au

www.yourkids.com.au

For Children aged 6 – 18 yrs.

Joondalup Arena – 9300 7136 A mainstream vacation program inclusive for children with disabilities aged 5-12 and 12-15yrs. Activity schedules and Application forms online at <http://www.arena.wa.gov.au>

Kingsway Indoor Stadium - 9408 1920 A mainstream sports-orientated vacation program inclusive for children with disabilities aged 6-12 yrs. Staff are familiar with the needs of children with disabilities as many have been involved with Sportslink. Activities are split into ages 6-9 and 10 -12.

Craigie Leisure Centre – 9400 4600 A mainstream vacation program inclusive for children with disabilities aged 6-12 yrs. Activity schedules & Application forms mailed out.

City of Joondalup – 9400 4705 or 9400 4223 Offers several mainstream vacation activities that are inclusive of people with disabilities aged 12-18 yrs. Activity schedules & application forms are mailed out. Visit <http://www.joondalup.wa.gov.au/Live/Youth.aspx> for a range of events, holiday activities offered.

City of Wanneroo – 9405 5338 Offers several mainstream vacation activities that are inclusive of people with disabilities aged 6-18 yrs. Activity schedules & application forms are mailed out. The youth option doesn't need 'bookings', rather it's a drop in option. Visit: www.wanneroo.wa.gov.au

Anchors Youthlinx (Alise) – 9400 4226 Offers an integrated school holiday program for people aged 12-18 yrs and is inclusive of and experienced with young people with disabilities. Activity schedules and application forms are mailed out.

Crossroads (Larissa) – 0400 552 725 Offers a supported school holiday program for people with disabilities. They run two different programs, one for people with disabilities who have higher levels of ability and one for people requiring more support. For more info contact Larissa or email at larissa.kozulin@crossroads.uniting.com.au

Create (12 yrs +) – 9309 9578 A supported vacation program solely for people with disabilities run by Community Vision. Application forms and activity schedules are mailed out.

Spiers Centre – 9401 2699 in Heathridge offers a SKIPS holiday program for children 5-10yo with disabilities and their siblings (priority is given to SKIPS group members). It is a low-cost holiday program for a few days each school holidays.

Uniting Care Crossroads – 0400 552 725 Offer a School Holiday Program specifically for people with disabilities and offers two options which the children can choose from each day which includes an outing or a Masterchef cooking class. Places disappear fast so register your interest as soon as possible.

Kids Camps (8-18 yrs) – 9420 7247 A supported camp option solely for people with disabilities. Weekend camps are for a max of 5 children and primary aged weeklong camps cater for 10-15 children. Camps for youth (13-18 yrs) cater for 30. Application forms mailed out & on website: www.kidscamps.org.au

Landsdale Family Support Association (6-18 yrs) – 9303 4660 A supported camp option solely for people with disabilities. Application forms mailed out and on website: www.lfsa.org.au

Uni Camps for Kids – 6488 8763 A mainstream camp program for disadvantaged children (including those with disabilities) aged 6-12 yrs. 3 camps held over holidays but only social/welfare workers can refer.

Rivendell Lodge Respite Retreat - 0406 615 808 Jacqui and Gareth offer a 'home away from home' farm style respite retreat full of structured fun and designed to promote social skill and friendship development for 12 – 18 yrs and 18+. They offer single day trials and weekend stays for individuals with disabilities.

Christ Church Grammar School Sony Camp – 9442 1690 A supported 1:1 camp program for children with disabilities aged 8-17 yrs. Holds a 3 day live-in camp over Summer Holidays for children who have never been on a camp and volunteer students/personal companions are matched with the children.

Scripture Union Camps – 9443 5055 Offers a range of mainstream camps (but inclusive to children with disabilities) over the year with a Christian focus, suitable for students in years 5-12 or aged 10-18 yrs.

Edmund Rice Camps – 9365 2811 Edmund Rice Camps for Kids WA aims to provide recreational opportunities for children and young people aged 8 to 16 years who would otherwise not have such an opportunity to go on a camp. The family/child may be experiencing emotional, financial, social, cultural or other types of pressure. Referrals can be made between: 1st Aug - 1st Dec & 1st Feb - 1st June.

Dept of Sport & Recreation (Deb Courtney) - 9492 9779 Offers a range of camps and day activities suitable for 9-15 yrs at a variety of locations – Whitfords (Ern Halliday), Bickley & Woodman Point.

Family Affair Riding Camp in Watheroo (Bev Ward) – 9651 7103 Offers 1 or 2 week camps held during school holidays for children 6-16 yrs and/or adults. Parent and child weekends can be arranged. Camps include basic handling, learning to horse ride plus paddock work, games and jumping for the more experienced. When not riding, campers enjoy a farm experience – collecting eggs & feeding animals.

Sydney Cartooning Camp – 9343 0833 Offers a day and camp holiday programs for 6-15yo children interested in art & cartooning.

Nearer to Nature – 9295 2244 Provides fun, hands-on environmental activities for the community at national, regional and marine parks all over Perth. Involves short activities, all day events and some overnight camping options. Visit website www.dec.wa.gov.au for more info and look under Parks and Recreation link and then the Activity Programs link.

Caversham Wildlife Park - 9248 1984 Meet koalas, wombats, kangaroos and farm animals. School Holiday programs may be offered.

RSPCA – 9209 9325 Offers school holiday programs for children aged 4-16yrs. Different programs include gentle handling of animals, animal photography, keeping pets cool, being a volunteer etc...

Swan Valley Cuddly Animal Farm – 0424 209 730 Provides children with the opportunity to experience the joy of getting up 'close and personal' with numerous delightful farm animals in an outdoor country atmosphere. Contact Lin to see if holiday programs are being offered.

Whiteman Park – 9209 6000 Offers school holiday programs and a vacation care program.

Joondalup Jungle Gym – 9354 4443 Offers school holiday activities and a vacation care program.

Go Bananas – 9301 5133 or 0432 407 123 Offers vacation care to 5-12yos in a stimulating and fun atmosphere where children feel comfortable and enjoy attending.

Social/Recreational Activities

While we promote the inclusion of all children at all times, sometimes it can be daunting or downright difficult to access mainstream social/recreational activities. Some centres are better than others at including individuals with special needs and some programs offer 1:1 classes or Special Needs classes with the view to building skill and capacity so that the individual can eventually integrate comfortably into the mainstream class.

The options listed here are not a complete list of activities so don't hesitate to explore your own. These are just some ideas that other families have used and enjoyed and please don't hesitate to share with LAC if you know of an activity which you think should be included!

Activities for Children

- * **Angelfish Program** at Beatty Park Leisure Centre offers swimming lessons for people of all ages with disabilities offered on a 1:1 or 1:2 ratio by trained instructors. Ph: 9273 6082
- * The **Dolphin Swim Program** in Wanneroo is for children with special needs. Classes cover water familiarisation, water confidence, swimming skills and stroke correction, as well as water safety and survival techniques. One on one classes are available and other class sizes are typically 4 to 6 participants. Helpers and aides need to be prepared to enter the water as required and students who need warmer water will be taught in the hydrotherapy pool. Ph: 9405 5999
- * **Helen O'Grady Drama Academy** in Kallaroo (Rob Baddock Hall, Dampier Ave) is offering a drama program to help your child's growth in confidence, self esteem and communication skills. Held on Tuesdays 4-5pm (5-8 yrs); 5-6pm (9-12yrs); 6-7pm (13-17yrs). Note: Classes are available in nearby suburbs on alternative days. Contact Sharon to book – 9342 1127
- * **Music Rocks** – using music as a tool for inspiration and skills, MRA has focused on the music, social and personal development of our young participants, allowing an ethos 'music is for everybody' and creating 'the world's most inspiring music experience for young people'. www.musicrocks.com.au or 9275 2111
- * **Catch Music for Kids** is a program for children 6-10 and includes activities to learn musical skills through song and movement. www.catchmusic.org.au or call 0458 228 248
- * **Kids 'n' Music** offers 'You Gotta Get Up' workshops which teach ways of reinforcing therapy concepts for your special needs child through fun and funky songs. Songs are also suitable for children in mainstream classes up to 8 years of age! For more information contact Leonie on 9293 4221 or 0417883119 or visit her website www.kidsnmusic.com.au
- * **Rock 'n' Bop for Kids** is an alternative to a conventional playgroup where parents can bond with their child in a fun and musical environment. It's offered at Granny Spiers Community House, Albatross Court, Heathridge. Costs are \$5 per family and it is suitable for children aged 3-5 years. The program is not specific for special needs but does welcome and include them. Runs Fridays 9.30 – 11.30 during school terms. Contact 9401 2699 to register your interest or for more information.
- * **DaDaa offers an Artlink program** in Merriwa. It is a multi-arts program that teaches art skills and processes while also teaching life skills and community integration and friendships. Classes held on Saturdays in Merriwa with two groups being held – one for ages 4-12 and the other for ages 13 – 18yrs. Children with disabilities and their siblings can attend. Contact Sarah Nelson on 0417 902 559.
- * City of Joondalup leisure centres offer **Art for Kids** classes. Ph: 9400 4600 for more info.

- * **Urban Girls** – runs free Hip hop dance workshops on Tuesdays 4.30 – 5.30 for 12-17 yrs in Karrinyup Community Centre. Contact: 9345 8586 or 0417 186 239.
- * **Turning Point Dance** in Wangara includes children with disabilities in their mainstream classes. Visit www.tppa.com.au or call 0403 543 413.
- * **Sparkle and Shine Dance** - allows people of all abilities to participate in dance in a fun and friendly atmosphere. Web: www.sparkleandshine.com.au
- * **Talent Co. Dance and Entertainment** – runs a range of dance classes in different styles, including a disability specific dance class. Phone: 9303 2665 Web: www.talentcodance.com
- * **Everybody Fitness Group** provides people who find body movement/coordination or exercise not their strengths, an opportunity to slowly build up their physical, social and mental fitness in a fun and friendly environment, to meet new people, and to provide families a venue to exercise and spend time together. Fridays 6-7pm in Kingsley. Contact: Melody 0437 159 559 or divine.fitness@hotmail.com.
- * **Fit 2 Cheer – Cheerability Program** is a special needs program for athletes with physical or cognitive disabilities. The class seeks to create friendships, improve social skills, increase self esteem and teach fundamentals of cheerleading in a non-threatening environment. Ph: 9293 3066
- * **High Flyers Gym & Trampoline centre** in Wangara provide a range of weekly gym and trampoline sessions that children with special needs are welcome to join. Limited places for the 'special needs group' are available The sessions use trampoline and gymnastics to promote strengthening, muscle tone, stamina and spatial awareness while also teaching numeracy, self image, colour recognition and eye contact. Ph: Tony on 9309 3500 or 9300 0485.
- * **Riding for the Disabled** is now being offered in Pinjar (north of Wanneroo). Address is 1441 Old Yanchep Rd, Pinjar. Contact Lauren or Julie on 9407 4383.
- * **ATI Karate** in Malaga offer a Special Needs Class for children who want to develop their skills and confidence before joining the mainstream class. Contact: www.atimartialarts.com.au or 9248 7811
- * **Quad Dreamers** offers quad riding for Children to develop abilities. It's a sporting and social club for children with disabilities and their families. Bikes and safety equipment is provided. You need to bring children in long pants and fully enclosed footwear that covers the ankles. Contact: Peter on 9302 5613 or www.quaddreamers.com.au.
- * **Sportslink** – a program for children aged between 7 & 12 who have a disability and want to develop their sporting skills and confidence. Programs at different locations throughout Perth are coordinated by Recreation Network. Contact: 9201 8900
- * **Play on Sports - Multisports** – offers sports programs for children 3-7yrs who would benefit from consolidating all their fundamental movement skills. During the term we will develop the skills to a number of sports including tennis, hockey, soccer, tee-ball, aussie rules, cricket, netball/basketball, and volleyball. All equipment is supplied, and is modified so that it can be easily used by young children. The games that we play are also modified to ensure early success and inclusion of all kids regardless of their skill level. Contact: 9447 1089 or 0448 228 483 or wayne@playonfun.com.au.
- * **Hockey 4 All** is an inclusive program for 12-18yos with a disability and their siblings. They also run holiday programs. Ph: 9201 8900
- * **Cricket Champs** is an all inclusive program that teaches basic cricket skills and confidence to kids with disabilities in a really fun environment. For children 6-16yo. Visit www.cricketchamps.org.au or call 0403 574 938
- * **Football West - Equal Footingball League** operates programs to encourage young players with various levels of ability to become involved. In conjunction with Special Olympics they run a state program for players with disabilities. Visit: www.footballwest.com.au/community/equal-footingball

* **AFL Auskick Program** is a program for all children aged 5-12yo. The program involves AFL coaches working with physiotherapists and Occupational Therapists. Visit: www.aflauskick.com.au

* **Golf Australia** – provides an opportunity for people with disabilities to learn the fundamentals of the golf swing and to play golf in a fun, friendly and supported environment. Ph: 9367 2490

Activities for Adults

* **Recreation Network's Social Clubs: The Meeting Place and Subi Club** - Membership to these two social clubs is open to adults with disabilities who want to enjoy new experiences and get out and about in Perth. The sociable and supportive environment helps individuals to overcome difficulties they may have in being a part of their local community due to physical, sensory, cognitive or intellectual impairment. Club members decide a varied program of activities. There are activities on a Friday night and Sunday afternoon. Their website has current program and contact details: <http://www.inclusionwa.org.au/social-clubs> or contact 9201 8900.

* **The LIFE Program** at Joondalup Arena has been designed to help people with physical and/or intellectual disabilities integrate into mainstream community activities. The program is supported by students from West Coast College who provide 1:1 support to any person with a disability who accesses the program. Session times are Tues and Thurs between 11-12 or 12-1pm. Cost is around \$85 for 11 visits. Contact: Arena Joondalup on 9300 7171.

* **The Kinship Program** run by Community Vision offers an opportunity for adults with disabilities to achieve their own goals with the support of Mentors and/or Client Support Personnel. Kinship supports participants to be involved various activities such as a 6 week cooking course, joining in with community-based activities, pursuing musical interests or developing independent living skills. Contact: 9309 9578.

* **Saturday night entertainment group** is held in Girrawheen for people with mild disabilities, 18-35 years. The group meets at the Crossroads Girrawheen centre – 65 Salcott Rd and costs are \$13 (includes dinner, transport if needed) but any outing or activity costs (self-chosen by the group) are extra. Contact: 9380 9427.

* **Men in Sheds** is held in Girrawheen (at the Crossroads Girrawheen centre – 65 Salcott Rd) and is held on Tues and Fri – specifically for people with mild disabilities, 18-35 years. For more information contact: 9380 9427.

* **Fit 'n' Fun** is another Crossroads program held in Girrawheen (65 Salcott Rd) and is a group-directed fitness and social program held on Thursdays between 4-8pm. It's for young adults 18-35yrs with mild disabilities and offers a variety of fitness training including circuits, aerobics, zumba etc... and then cook a healthy dinner together afterwards and enjoy that. Costs are \$13 for the fitness, dinner & transport if required. Contact: 9380 9427.

* **Befriend** offers a range of events and social opportunities including Social Clubs, Sunday Sizzles, E-Friends, Big Events and Youth Programs for any isolated person in the Perth area (including people with disabilities). While costs are attached to some social opportunities, others are completely free and the activities always vary. To get on their mailing list or for more information contact 0404 831 201 or visit their website: www.befriend.org.au/

Protective Behaviours & Advocacy Services

* **SECCA** supports people with disabilities in their efforts to learn about human relationships, sexuality and sexual health as well as helping them to develop skills that will empower them to make informed choices. Referrals can be made by individuals, families or friends. A limited number of counselling hours are available free of charge, consequently there is often a waiting list. For more info or for a referral form contact SECCA on 9420 7226 or email: admin@secca.org.au

* The **People 1st Programme** (PIP) encourages people with intellectual/developmental disabilities to access our services as well as parents, service providers and others in the community. PIP offers a range participation options for people of all ages in appropriately and dynamically structured educational sessions & activities. Demand for individually tailored & socially responsive one-to-one educational sessions is very high. For general info about PIP services contact the PIP admin team on 9227 6414 or email: pip@fpwa.org.au

* **People With Disabilities** (WA) Inc. PWD(WA) is the peak disability consumer lobby group in Western Australia representing people with disabilities - physical, intellectual, psychiatric and sensory. PWD services include advocacy, information and referrals, community education and lobbying. Individual Advocacy is available for individuals or groups and assistance with self advocacy is given when needed. PWD is also involved in lobbying for systemic change. To contact PWD phone 9386 6451 or 1800 193 331.

* **Personal Advocacy Service**

Through a structured program it provides opportunities for people with varying degrees of intellectual disability to form close, personal relationships with volunteer advocates from the local community. The service receive recurrent funding from both the State and Commonwealth Governments as well as the Catholic Archdiocese of Perth. Contact 9275 5388

* **Individual Disability Advocacy Service (IDAS)** is an independent, free and confidential support service for people with disabilities, their families and carers. They can help provide information, referrals or 1:1 support in areas such as education, housing, financial, sport or recreation, employment or training, health, transport, access and many others. Contact on 1300 648 655 or email idas@sscls.asn.au

* **Ethnic Disability Advocacy Centre** provides advocacy and info to ensure that ethnic people with disabilities and their carers gain equitable access to a range of services. Visit www.edac.org.au or phone 9388 7455

* **Sussex Street Community Law Service – Disability Discrimination Unit** provides a range of legal and community advocacy services. Contact them on 6253 9500