

What prevents service integration?

Barriers to supporting parents with intellectual disability



Mainstream services are not accessible

- parenting classes do not explain complex ideas in simple words
- lawyers and other professionals use technical jargon
- services expect all parents to have good literacy and communication skills
- feeling confused or judged can make parents disengage.

Mainstream services do not understand disability

- intellectual disability is misunderstood and invisible
- disability training is not consistently offered to workers
- workers can see parents as resistant to help
- workers can blame parents for things beyond their control.

Mainstream services do not help parents with disability support

- the NDIS portal is confusing to navigate
- finding the right services is a complex task
- understanding budgets takes good financial skills
- coordinating services takes good organisational skills.



For more information contact:

The Research Centre for Children and Families,
Sydney School of Education and Social Work
e rccf.research@sydney.edu.au w sydney.edu.au/arts/our-research/centres-institutes-and-groups/research-centre-for-children-and-families.html

For more about the project: rccf-parenting-disability.sydney.edu.au/

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This resource was co-designed with six co-researchers who are mothers with intellectual disability.

What enhances service integration?

Tips for supporting parents with intellectual disability



Integrated services

- coordinate support to avoid gaps and overlaps
- communicate with parents about what they can and cannot offer
- involve NDIS support coordinators to ensure holistic support
- help parents get the most from their NDIS plan
- help parents find the best parenting and peer support groups for them.

For information about parents and parenting with intellectual disability:
<https://www.parentingrc.org.au/programs/healthy-start/>

Inclusive support workers

- listen to parents and respect their boundaries
- slow down, explain things clearly and check parents understand
- encourage parents to make good decisions
- celebrate with parents when they reach a goal
- communicate honestly and sensitively about their concerns.

For tips on how to work with parents with intellectual disability:
<https://aifs.gov.au/cfca/2020/09/30/practices-support-parenting-parents-intellectual-disability>