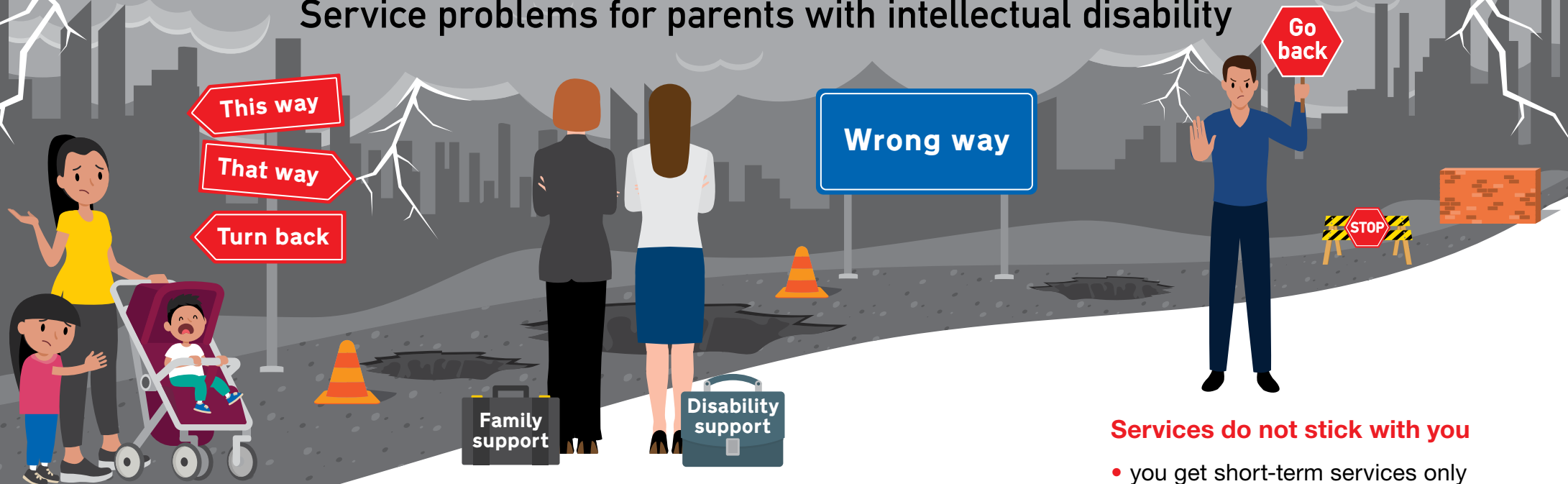


What makes it hard to get help?

Service problems for parents with intellectual disability



Services do not work together

- you get NDIS. You do not get help to create a plan
- your family support worker does not understand your disability
- your family support and NDIS services do not talk to each other.

Services do not work for you

- your main NDIS goal is to be a good parent
- your NDIS workers say they only help you. They cannot help you with your child
- your worker is rude and says your child is not safe
- you go to a parenting class. You do not feel welcome.

Services do not stick with you

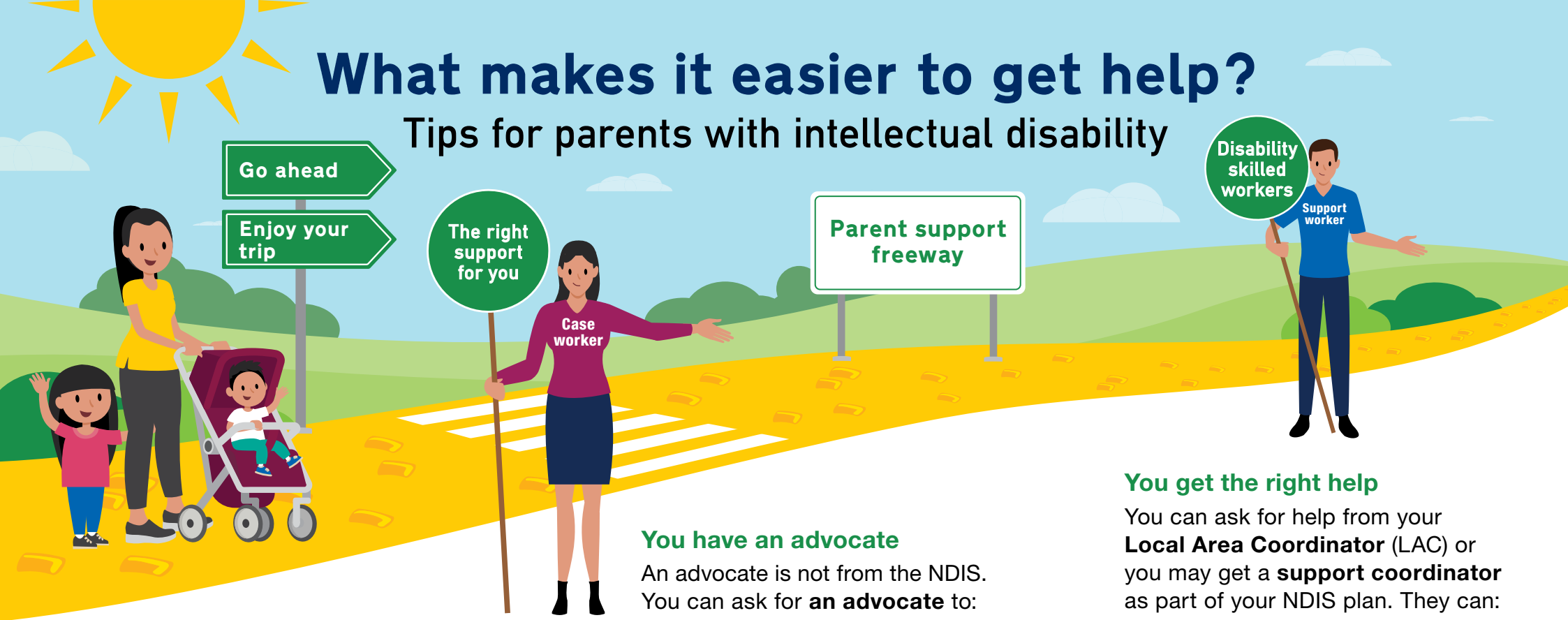
- you get short-term services only
- you get help to learn how to care for your baby. It stops before you are ready
- services are not around when your child gets older. You need help parenting your child at all ages and stages
- you get a good worker by chance not by choice. Good workers always move on.

For more information contact:

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

What makes it easier to get help?

Tips for parents with intellectual disability



You get the NDIS

Your NDIS **planner** is there to help you. You can ask a **friend or family member** to your plan meeting. They can help you to:

- get ideas for making goals
- decide what goes into your plan
- use your plan to be a good parent.

For NDIS information:
<https://www.ndis.gov.au/understanding/what-ndis>

You have an advocate

An advocate is not from the NDIS. You can ask for **an advocate** to:

- help you know about your rights
- come to meetings with you
- help you understand what things mean
- help you get information that you can read
- help you ask for things to be explained.

For an advocate:
<https://pwd.org.au/>

You get the right help

You can ask for help from your **Local Area Coordinator (LAC)** or you may get a **support coordinator** as part of your NDIS plan. They can:

- talk to you about different services
- show you how to use the NDIS portal
- help you match services to your goals
- explain the money in your plan
- link you into parenting groups or playgroups.

For parenting help:
<https://raisingchildren.net.au/>