Advocating for children with disability

Help for Your Family fact sheet

Connecting with other families



Getting to know other families with children with disability is a great way to build your information and support network.

Every family raising a child with disability has travelled a unique journey, full of joys and challenges.

Connecting with other families who share similar experiences and who 'get it' can become a valuable source of emotional support and an important part of looking after yourself. Together you can share information and ideas, celebrate the joys and see how others approach challenges.

There are many ways to connect, so choose what works for you. You can meet in person, connect online or through a disability-specific group or association. Some groups provide information while others may offer emotional support or fun activities. It's worth exploring what these groups have to offer as you navigate your child and family's journey.

Joining a peer support group can help you feel more confident, capable and less isolated. Many families say it helps to smooth the road ahead and can lead to meaningful relationships throughout their child's life.

There are also many opportunities to meet other families in your local community through groups, libraries, events and activities which are open to everyone.

Playgroups

Playgroups are a great way for parents and children to come together and have some fun. Playgroups are inclusive of all children. There are also several disability-specific playgroups, including PlayConnect+ for children with developmental delay and playgroups with Auslan interpreters.

Find local playgroups
https://www.playgroup.org.au/

Strengthening Parent Support Coordinators

Strengthening Parent Support Coordinators across Victoria help families with children with disability connect with each other and provide information about local services and support. Contact the Coordinator near you for information about connecting with other families in your local area.

Find your local Strengthening Parent Support Coordinator
https://www.acd.org.au/strengthening-parent-support-coordinators/

MyTime groups

MyTime is for parents and carers of children with a disability, developmental delay, or chronic medical condition. It's a place where you can unwind and talk about your experiences. It's a world away from appointments and therapy. A Play Helper is there to play with preschool children.

Find your local MyTime group
https://www.mytime.net.au/

Join ACD's online Virtual MyTime.

https://events.humanitix.com/host/association-for-children-with-a-disability

Working out Dads

Working Out Dads is a free online support program for fathers of children with developmental delay or disability. It is an established evidence-based program developed by Tweddle Child and Family Health. ACD has partnered with Tweddle to tailor the program specifically for fathers of children with developmental delay or disability.

Working out Dads is a six-week evening program run several times a year. It offers dads a supportive space to connect, share experiences and build practical strategies.

Bookings can be made with ACD when sessions open.

https://events.humanitix.com/host/association-for-children-with-a-disability

Magazines

Source Kids magazine, founded by mum Emma

Source Kids – For parents, carers & professionals of children with special needs
https://sourcekids.com.au/

The Blend magazine, by mum Melanie whose young child is peg fed

https://www.theblendmag.com/

Closed Facebook groups

There are lots of closed Facebook groups for parents raising children with disability. Google your child's disability and/or where you live to find the best groups for you.

Free workshops and parent training

ACD offers free online workshops for families which give you the chance to connect with others and get up-to-date information to help your child and family. There are workshops for all ages and stages. To find out what is coming up each month, sign-up to receive our online newsletter.

https://www.acd.org.au/newsletter/

Multicultural support groups

Vietnamese Families with Special Needs
https://vfsn.org.au/

Chinese Parents Special Support Network
https://cpssn.org.au/

Disability-specific organisations (A to Z)

ADHD Support Australia
https://www.facebook.com/groups/ADHDSupportAustralia/

Angelman Syndrome Association Australia
https://angelmansyndrome.org/

Aussie Deaf Kids
https://www.aussiedeafkids.org.au/

Autism – Amaze
https://www.amaze.org.au/

Autism - Different Journeys
https://www.differentjourneysautism.com/

Autism – Yellow Ladybugs
https://www.yellowladybugs.com.au/

Batten Disease Support and Research Association Australia
https://bdsraaustralia.org/

Brainwave Australia
https://brainwave.org.au/

Cerebral Palsy Parents Australia
https://www.facebook.com/groups/Cpparentsaustralia/

Cri Du Chat Support Group
https://criduchat.org.au/

Deaf Children Australia
https://www.deafchildrenaustralia.org.au/

Dyslexia Victoria Support
https://www.facebook.com/groups/dyslexiavictoriasupport

Down Syndrome Victoria
https://www.downsyndrome.org.au/vic/

Eating Disorders Families Australia (includes ARFID)
https://edfa.org.au/

Eosinophilic Gastrointestinal Disorder
https://www.ausee.org/

Epilepsy Foundation
https://epilepsyfoundation.org.au/

Foetal Alcohol Spectrum Disorder (FASD)
https://www.fasdhub.org.au/

Fragile X Association of Australia
https://www.fragilex.org.au/

Genetic Support Network Victoria
https://www.gsnv.org.au/

Heads Together for ABI – Acquired brain injury
https://headstogether.org.au/

Kabuki Syndrome – Supporting Aussie Kids with Kabuki Syndrome (SAKKS)
https://www.sakks.org/

Life's Little Treasures – children born premature or sick
https://lifeslittletreasures.org.au/

Little Dreamers Australia – Young carers
https://www.littledreamers.org.au/

Muscular Dystrophy Australia
https://www.mda.org.au/

Prader-Willi Syndrome Association of Victoria
https://pwsavic.org.au/

Rett Syndrome Association
https://rettaustralia.org.au/

School Can't Australia
https://www.schoolcantaustralia.org.au/

Short Statured People of Australia
https://sspa.org.au/

Siblings Australia
https://siblingsaustralia.org.au/

SPELD – Learning disabilities
https://speldvic.org.au/

Stroke – Childhood stroke
https://strokefoundation.org.au/About-Stroke/Learn/Childhood-stroke

Tourette Syndrome Association of Australia
https://tourette.org.au/

Usherkids
https://usherkidsaustralia.com/

Very Special Kids – Life threatening illness
https://vsk.org.au/

Vision Australia
https://www.visionaustralia.org/

Vision Resource Centre
https://www.svrc.vic.edu.au/

Foster and kinship carers

Over 50% of children in out-of-home care have a disability. Connecting with other carers can be helpful.

Foster Care Association of Victoria
https://www.fcav.org.au/

Kinship Care Victoria
https://kinshipcarersvictoria.org/

Permanent Care and Adoptive Families
https://pcafamilies.org.au/

Carer Kafe
https://carerkafe.org.au/

Mirabel Foundation
https://www.mirabel.org.au/

Carer support groups

There are local carer groups that offer free social and wellbeing activities across Victoria.
https://www.acd.org.au/local-carer-supports/

Free services for families

- **Support Line**
- **Workshops**
- **Information**
- **Peer support**