

May 2026

Hi ,

Last week, a new NDIS Bill was introduced to the Australian Parliament. The Bill proposes significant changes to who can access the NDIS, what supports it will fund, and how it will operate in the future.

The Bill will now be examined by a Senate committee, and ACD is preparing a submission to ensure the experiences and needs of children with disability and their families are heard.

We will be speaking up for:

1. Infants and young children with high support needs to be able to get access early, before their functional capacity reduces
2. Children and young people to receive support that reflects their growing independence
3. A fair approach to parental responsibility that recognises when families provide much higher levels of care and support
4. More investment in supports for children and families outside of the NDIS

We are also joining with Disability Representative Organisations across Australia to advocate for reasonable timelines for change, strong safeguards and fair processes for participants and families.

The Senate committee is accepting submissions until 29 May 2026. Families and community members can share their views, and feedback can be as simple as sending a short email. You can find out more on our [NDIS changes page](#).

Take care

Karen Dimmock, CEO

Free online workshop



Successful Secondary Years



Supporting your child through secondary school

Starting or navigating secondary school can bring lots of changes and questions for families. ACD's Successful Secondary Years workshop is a practical, supportive online session. It will help you understand what to expect and how to support your child to feel confident, included and supported at school.

In this workshop, you'll learn about

- What reasonable adjustments can look like
- Supporting your child's social connections and wellbeing
- Communicating with your child's school
- Helping your child build self-advocacy skills

Led by experienced facilitators who are also parents, this workshop offers real-life insights in a welcoming, family-focused space. Workshops start from 9 June, and places fill up quickly.

[Register now](#)



Have your say

Inclusive Communities



Have your say: helping build more inclusive communities

What makes a community feel welcoming, safe and inclusive for your child? ACD is inviting families to join a relaxed online session to share your experiences, ideas,

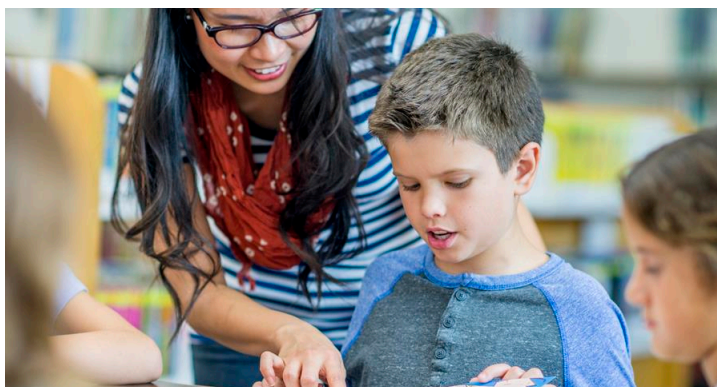
and what really matters to make the community more inclusive of our children and families.

This is your chance to talk about:

- How community spaces, events and activities can be more inclusive
- Ways to celebrate difference and build a broader understanding of disability
- Practical ideas that are already working and changes that could make a real difference

Your insights will help inform the State Disability Plan and future change. A \$50 shopping voucher will be sent to those who actively participate in the session and who have a Victorian postal address. Choose a session on 2 June or 4 June.

[Register now](#)



When your child is on reduced school hours: what to know

Is your child attending school at reduced hours? This can happen in a few ways:

- The school calls you regularly to pick up your child early
- School says your child can only attend for a shorter number of hours each day
- A reduced number of hours is a planned reasonable adjustment for your child

From 2026, these arrangements are expected to last no longer than a term (10 weeks) before being reviewed.

Quick tips for families

- Always expect a written plan (Modified Timetable Agreement) with clear hours, supports, and a review date
- Make sure other supports are in place. Reduced hours should not replace them

- You can say yes, no, or ask for changes
- Check that the plan is helping your child's return to full participation, not excluding them

Read our new fact sheet, 'Reduced hours at school and modified timetables,' to understand your rights and what to expect.

[Read the fact sheet](#)



Looking after you, too

When things feel uncertain, it can be even harder to find time for your own health. Caring for a child with disability already takes energy, and your wellbeing matters for you and your family. Some days, even the basics can feel out of reach. That's okay. Start small and be gentle with yourself.

Quick tips

- Book and keep your own health check-ups
- Choose one small habit, like a short walk or quiet break
- Ask for help and stay connected with people who understand
- Forgive yourself on the days when you can't get things done

[Read our guide](#)



\$2.2 billion for students with disability in Victorian schools

This year's state budget includes \$2.2 billion to support students with disability in government and specialist schools. It's a big investment that will continue Disability Inclusion reforms and strengthen support in classrooms.

Family voices played an important role in this moment. ACD volunteer Community Champions Catherine and Franzi sat down with the Victorian Premier, Jacinta Allan, on budget day to share the difference this kind of investment can make in everyday learning.

The funding will support more staff in classrooms, better training for teachers, and specialist inclusion support. For families, this means a stronger focus on making sure children with disability can learn, participate and feel included at school.

This is a step forward, but we know the journey isn't finished. We will keep working alongside families to make sure every child gets the support they need at school.

Home Medicines Review: checking your child's medication

This is one option you might not have heard about, but it may be helpful for some families.

A free Home Medicines Review checks how your child's medications are working together. A pharmacist will talk with you about everything your child takes, including prescriptions, over-the-counter medicines and supplements, then provide a report with recommendations for your GP.

It can help with questions about side effects, combinations, and changes as your child grows, for example, if they take ADHD medication, anxiety medication and melatonin. To get started, talk to your GP

first and ask for a referral.

[Find out more](#)



Talking with your child about disability

Many parents wonder when and how to start this conversation. The truth is, it doesn't have to be perfect. What matters most is being honest, kind and starting early.

Simple ways to start

- Keep it age-appropriate and build the conversation over time
- Be open and honest using clear, simple language
- Talk about your child's strengths as well as their challenges
- Let them have feelings and reassure them you're there to listen

These don't need to be one big talk. Small, regular conversations can help your child make sense of their experiences and grow in confidence. Read our full fact sheet for practical ideas to guide these conversations.

[Read more](#)



Woodville Park, Hoppers Crossing: A fun, inclusive playground designed for everyone

Woodville Park has been upgraded into a bright, all-abilities play space where kids can play side by side and feel part of the action.

What makes it great

- A We-Go Swing so children using wheelchairs can join in without transferring
- Wheelchair-accessible merry-go-round and trampoline
- Ramps and accessible play equipment
- Soft rubber ground for comfort and safety
- Easy to navigate paths and boardwalks

There are also picnic tables, a BBQ area and seating, so you can stay and make a day of it. Explore this fun playground at 47 Woodville Park Drive, Hoppers Crossing.

[Find more inclusive playgrounds near you](#)


How else can we help

Join our community: Follow us on [Facebook](#) and [Instagram](#) for daily tips and information.

Stay informed: You'll find a wide range of resources for all ages and stages. Families tell us what's important, and we provide easy-to-read, up-to-date information, available in 5 languages on our [website](#).

Connect and learn: Feeling like you need more practical tools or advice? Our Term 2 [workshops](#) are now open for registration!

We are here to listen: If you are worried about school or feeling overwhelmed, our Support Line is open.

 **Call us:** [03 9880 7000](tel:0398807000) or [1800 684719](tel:1800684719) (regional) 9.00 am - 5.00 pm Mon-Fri

Best wishes

The ACD team

Stay connected



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ACD acknowledges the traditional owners of this land. We recognise their continuing connection to land, waters and community. We pay our respects to Elders past and present.

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