Supports For Parents of Children with Additional Needs

It is critical that as parents of children with additional needs, essentially carers; that you take care of your own wellbeing. There are supports and services out there that can help.

INFORMATION AND SUPPORT PHONE LINES	CONTACT
Autism Connect – free, national autism helpline, providing independent and expert information over phone, email and webchat	1300 308 699 8am – 7pm amaze.org.au/autismconnect
Carer Gateway – emotional and practical services and support for carers. Providing support groups, counselling, online skills course and respite care	1800 422 737 8am – 5pm carergateway.gov.au
Disability Gateway – has information and services to help people with disability, their family, friends and carers, to find the support they need in Australia	1800 643 787 disabilitygateway.gov.au
Gateway Family Services – emergency relief, drop in, playgroups, family work, parenting support for families with children with additional needs	4720 6500
NSW Parent Line – free confidential counselling for parents and provides information about a range of services for young children and their families	1300 130 052
Learning Difficulties Coalition NSW Inc. – parent group organisations representing learning difficulties, ADHD, dyslexia, Tourette Syndrome, Autism and Aspergers, dyspraxia and anxiety	Call the Parents hotline 9806 9960 to be put in touch with local support groups
Thrive Family Services for families in the Blue Mountains – offer practical support, emergency relief, drop in, family work, and parenting support for families with children	4782 1555
Wesley Family Support – helps parents to better engage with their children at a younger age, as well as building connections with a network of other families	8887 4911 - Sarah Khalil 32 Highfield Road, Quakers Hill teiwesternsydney@wesleymission.org.au

You are not alone.
Reach out to a support group.

SUPPORT GROUPS – Autism Spectrum Disorder	SUPPORT GROUPS – ADHD
MyTime is a free parent support group for parents of children with disabilities to share ideas and their experiences St Marys. www.mytime.net.au or call 1800 171 882 Kellyville Tuesdays 9.15am–10:45am, during school terms, 9923 2727 or email services@earlyed.com.au Bungarribee Resource Hub Thursdays 4:30-6pm 1300 2888 898 or www.alisthub.com.au	**ADHD Support Group Nepean** Monthly meetings at the South Penrith Neighbourhood Centre 3 Trent Street, South Penrith. www.facebook.com/adhdsupportgroupnepean Email: adhdnepeanpenrith@gmail.com **Macquarie ADHD Parent Support Group** Quarterly meetings at The Chats Function Room, The Ranch Hotel, Corner Epping & Herring Roads, North Ryde. www.macquarieadhd.org.au www.facebook.com/macqadhd.org.au

Compiled by Laura Woodbury, Transition Support Teacher – Early Intervention. Mobile: 0493 385 664

Looking for Autism Specific Services?

It is to you and your child's benefit, after diagnosis, to educate yourself as much as you can.

ORGANISATION	PROVIDES
Autism and Aspergers Support Group www.aass.org.au Richmond 0425 380 575	The Autism Advisory and Support Service provides services to support, advocate, help, educate and guide families who have a family member with Autism as well as the greater community
Autism Awareness Australia www.autismawareness.com.au autismwhatnext.com.au	Offers information about autism and helps families navigate the first year following diagnosis. Also includes books to purchase - toileting, emotional skills, play skills, transition to school
Autism Spectrum Australia (ASPECT) www.autismspectrum.org.au	Support for schools and families; intervention and information workshops, books to purchase
Early Ed www.earlyed.com.au	Offer parent training - toilet training, Stepping Stone Triple P, key word sign and augmentative & alternative communication
Parental Stress Centre www.parentalstresscentre.com	Run an autism specific parenting program and offer free webinars throughout the year
PlayConnect www.playgroupaustralia.com.au	Facilitate playgroups specifically for children with ASD. Good to learn about helping your child and meeting other parents
Positive Partnerships www.postivepartnerships.com.au 1300 881 971	Work together with parents, carers and educators of children on the autism spectrum to provide current, relevant and evidence informed information through workshops and online resources
Raising Children Network www.raisingchildren.net.au	Under the disability/autism tab on website – support on acknowledging your emotions and looking after yourself. Great videos.

App

- **Kindship** – free social networking app for parents raising children with delays, neurodivergence and disabilities www.kindship.com.au

Podcasts

- **The Parenting Spectrum** – a podcast about autism and family life
- **The Autism Science Foundation** – weekly podcast presenting latest research in autism
- **Spectrum** – podcast on autism research news
- **Source Mama Podcast** – different interviews each week
- **Two Peas In a Pod –** hosted by proud 'mediocre' mums with amazing twins with multiple disabilities/additional needs.
- **The Sue Larkey Podcast** – podcasts providing valuable insights into ASD, ADHD, ODD and PD
- **The Secret Life of Carers with Jamilla Rizvi** – highlights the unique experiences of Australia's 2.65 million unpaid carers
- **The Child Psych Podcast** – designed to educate and inspire you with current research and concrete strategies that foster resiliency and healing in children and teens

Texts

- **Tips For Toileting:** A guide for parents and professional's toilet training children with autism – Sue Larkey and Jo Adkins
- **The Australian Autism Handbook:** The essential guide to parenting a child on the autism spectrum by Benison O'Reilly and Seana Smith

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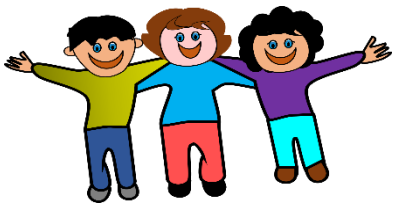
Magazine Subscriptions

- SourceKids – a magazine for parents, carers and professionals of children with special needs. The glossy, national publication is printed quarterly and is distributed through Australia. Have the magazine delivered to your mailbox for $35 for 4 issues.

Newsletter Subscriptions

- Autism Awareness Australia
- Kindred – for families raising children with disabilities.



Further Supports

NAME	DETAILS	SERVICE PROVIDED
13YARN	13 92 76	The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. Offering confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week.
Barnardo's Australia	4729 1211 penrith@barnardos.org.au	Work with children, young people and families to break the cycle of disadvantage and create safe and stable homes.
Be You	beyou.edu.au/fact-sheets/development/transition-from-early-learning-to-primary	Provide information on transitioning from an early learning centre to primary school and offer a webinar on transitions: preparing children and young people for change.
Blacktown Area Community Centre	bacc.org.au/parenting-programs	Offer and organise free parenting programs.
Envisage Families	envisage.community	Through their collaborative workshops, led by early childhood professionals and experienced caregiver peers, parents will have the opportunity to share stories, exchange insights, and discover strategies that can truly make a difference in your daily life.
Mountains Outreach Community Service	4758 6811 www.mocs.org.au	Offering parenting support, occasional care, supported playgroups, and mobile minder.
Nanima Care	www.nanimacare.com	Provide free transport, grocery assist and social connection to Aboriginal families.
OLT International	aus.oltinternational.net/free-parents-courses	OnLine Training International provide two free parent courses on ADHD and Autism.
Sensitive Storytime	Tuesday 9:30am – 10:15am Castle Hill Library	A sensory, sensitive story time for neurodivergent children 0-5 years of age. Bookings essential online
Service Seeker	www.serviceseeker.com.au	Search for all services in your local area and receive their contact details.
Triple P Free course	www.triplep-parenting.net.au Positive Parenting Program	A map for your parenting journey. It gives you more understanding and builds on the skills and knowledge you have, with simple tips to try.