



What is a disability?

If your child has a medical, physical or intellectual condition that means it might not be possible for them to do everyday activities without some type of help, then this is known as a disability.

If you have been told your child has a disability, don't worry – you are not alone. Many other Aboriginal families are also caring for a child with a disability.

What can I do?

Disability can affect your child in different ways, so the amount and type of support needed may vary. The most important thing to do is to get information about how you and your child can have a strong and happy life.

Remember:

- there are people who can help you care for your child
- you can get financial support for your family and your child
- you don't have to do it alone, so don't be ashamed to ask for help
- you have the right to ask for help, but you need to ask the right people and you might have to ask more than once.

If you're wondering what to do next or how you can get help, call (02) 8270 2235 or visit www.adhc.nsw.gov.au to order your free information booklet, containing everything you need to know about disability services, respite services (to give you a rest), and Aboriginal organisations that can make your life easier.

You'll also read about how other people just like you have been able to cope with caring for a child with a disability.

An initiative of the NSW Government

stronger together ::

A new direction for disability services in NSW # 2006-2016

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Don't go it alone:

Places to find help

When you have a child with a disability there are going to be times when you need some help. The important thing is to not give up and to not be too ashamed to ask for help.

For information about organisations that may be able to help you and your family contact:

Ageing, Disability and Home Care (ADHC)

offers a wide range of services for people with a disability – ask for the Intake Information and Referral Service.

Web: www.adhc.nsw.gov.au

Metro North Region ph: 02 8855 4200

Metro South Region ph: 02 9334 3700

Western Region ph: 1300 134 450

Northern Region ph: 1300 364 563

Hunter Region ph: 02 4908 5229

Southern Region ph: 02 6200 7300

Aboriginal Home Care

Provides services to Aboriginal people with a disability and their carers.

Phone: 1300 797 606

Email: AAAteam@adhc.nsw.gov.au

Shoulder to Shoulder

Information for Aboriginal families who have a child or young person with a disability



Family & Community Services
Ageing, Disability & Home Care