

# DISABILITY RESOURCES FACT SHEET



Welcome to Kingston's Disability Resources Fact Sheet. This fact sheet has been developed to assist you to find out about the range of readily accessible and updated information available in the City of Kingston.

The free resources listed in this fact sheet have been developed and produced by other organisations, and will help you to develop a greater knowledge of the range of services and supports that are available for people with disabilities, their families and carers in the City of Kingston.

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## Resources developed by MOIRA

Ph: 03 8552 2222

E: [moira@moira.org.au](mailto:moira@moira.org.au)

Website: [www.moira.org.au](http://www.moira.org.au)

Resources: <http://www.moira.org.au/resources>

### **Time For A Break:**

Time For A Break is a guide to respite care and recreation services for people with disabilities and their families in the Southern Metropolitan Region.

<http://www.moira.org.au/resources/time-for-a-break-2016>

### **Compass: A Guide to Services for People with Disabilities and Their Families - Living in the Inner Southern Metropolitan Region of Victoria.**

The Compass Resource Booklet has been developed as a guide to a range of services and support options for people with disabilities and their families. It is intended for use by parents, carers and people with a disability living in the Inner Southern Metropolitan Region including Kingston.

<http://www.moira.org.au/resources/compass>

## Resources developed by Scope

Ph: (03) 9843 3000

E: [contact@scopevic.org.au](mailto:contact@scopevic.org.au)

Website: <http://www.scopevic.org.au>

Scope Vic has a number of resources available on their website to support people with a disability and their families.

<http://www.scopevic.org.au/information-resources-hub>

Scope Vic also has a useful page on their website with a number of external resources and links available.

<http://www.scopevic.org.au/external-resources>

## Resources developed by Association for Children with a Disability

Ph: 03 9818 2000

E: [mail@acd.org.au](mailto:mail@acd.org.au)

Website: [www.acd.org.au](http://www.acd.org.au)

Most of the following resources are also available in hard copy. Contact Association for Children with a Disability or order a copy online.

**Through the Maze:** An overview of services and support for parents of children with a disability in Victoria.

This resource is designed as a basic introductory guide and is supported by a series of Regional Quick Guides that include contact details for local services and support.

<http://acd.org.au/through-the-maze>

**Regional Quick Guides:** The Regional Quick Guides complements Association for Children with a Disability's publication, 'Through the Maze'.

<http://acd.org.au/regional-quick-guides>

**Helping You and Your Family:** Information, support and advocacy for parents and children of children with a disability in Victoria

Helping You and Your Family is an information booklet for families in the early years who have a child with any type of disability or developmental delay. Topics include: Diagnosis, Emotions, Family and Friends, Looking After Yourself, Parent support, and an easy reference list of phone numbers and websites.

<http://acd.org.au/helping-family>

Association for Children with a Disability has created a number of resources to both support Sibs directly, and to assist parents in supporting their own Sibs.

A Sib or Sibling is someone who has a brother or sister with a disability or chronic illness.

<http://acd.org.au/sibling-program-directory>

**Rock Solid:** Resources for Aboriginal and Torres Strait Islander families of children with special needs. This information is for everyone – for Elders, for parents and carers, for young people themselves, and for everyone involved in caring for Aboriginal children. Rock Solid is for Aboriginal families with school-aged or younger children with special needs in Victoria.

<http://acd.org.au/welcome-rock-solid/>

**Positive Education Planning:** A successful year at school requires planning and input from parents and a positive approach towards including children with a disability by everyone involved in your child's education.

The Positive Education Planning booklet includes parent stories and information on a range of topics including Parents and schools, Developing positive partnerships, Setting goals and Supports for students with a disability.

<http://acd.org.au/positive-education-planning-resource>

**Transition to Secondary School:** Supporting students with a disability in the transition to Victorian government secondary schools

Transition to Secondary School provides information on all aspects of school transition from choosing a secondary school and planning for the right supports to be in place, to developing positive partnerships and raising concerns.

Family stories and a range of specific topics are covered in this resource.

<http://acd.org.au/transition-to-secondary-school>

**Webpages:** Association for Children with a Disability's website has a dedicated page which offers a section titled 'Links to other sites' and this page has a wide range of specific categories and links.

<http://acd.org.au/links>

## Resources by the Department of Education and Early Childhood Development

The Department of Education and Early Childhood Development's website has a number of resources and publications available online including:

- **Kindergarten Inclusion Support Packages:** These packages help children with disabilities and complex medical needs take part in an inclusive funded kindergarten program that supports their learning and development during the important early years.
- **Autism Friendly Learning:** The Department has a wide range of support and intervention services available to help children and young people with Autism Spectrum Disorder (ASD) access inclusive education that meets their needs.
- **Victorian Deaf Education Institute:** is working with the Department to improve learning outcomes for deaf and hard of hearing children and young people, from birth to 18 years of age.

These resources can be found at this link:

<http://www.education.vic.gov.au/about/programs/needs>

**Hearing impairment kit:** The Department has led the development of an information kit. The kit has been designed in collaboration with parents, service providers and other key stakeholders.

<http://www.education.vic.gov.au/childhood/providers/needs/Pages/hearingkit.aspx>

**Sharing Our Journey:** This kit has been designed to support the kindergarten to school transition for children with severe disabilities who are in receipt of a Kindergarten Inclusion Support package.

<http://www.education.vic.gov.au/Documents/childhood/providers/needs/sharingourjourneykit.pdf>

**Online Directory:** The Department of Education and Early Childhood Development's website also has an online directory linking you to a range of disability services available in Victoria (with links to other Federal and other State governments).

<http://www.education.vic.gov.au/childhood/providers/needs/Pages/ecisdirectory.aspx>

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## Resources on Sport and Recreation

### Access for All Abilities – First Point of Call Service

Ph: 03 9792 3588

E: [request@aaavic.org.au](mailto:request@aaavic.org.au)

W: <http://aaavic.org.au>

The Access for All Abilities - First Point of Call Service connects people in Melbourne with a disability to sports and recreation opportunities. You are able to use the search function to look for sporting events and opportunities in your area and even search by sport.

### Disability Sport and Recreation – Score!

Ph: (03) 9473 0133

E: [info@dsrc.org.au](mailto:info@dsrc.org.au)

W: <http://dsrc.org.au>

Disability Sport and Recreation has developed an interactive website which will make it easier to find accessible, inclusive sport and recreation programs, linking you to the sport or recreation program that's just right for you. The ratings and feedback options will mean you can review other people's comments before you try a program. You can also choose to share your own feedback and rate your experience.

<http://www.scoredsrc.org.au>

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## Resources on Carers

### Carer and family support (Department of Health and Human Services, Victoria)

This section offers information on the different types of supports available for families of children with a disability and carers of adults with a disability.

[www.dhs.vic.gov.au/for-individuals/disability/carers-and-family-support](http://www.dhs.vic.gov.au/for-individuals/disability/carers-and-family-support)

**Respite South** provides information about respite services for people with a disability aged 6 and above years of age and their carers living in the southern metropolitan region. It provides current details about local and statewide respite services.

<http://www.respitesouth.org.au>

### **Respite Seeker**

Ph: 1800 052 222

W: <http://www.respiteseeker.com.au>

Respite Seeker is an online tool that will make finding respite easier for carers by providing easy access to current respite information such as day centres, group activities, overnight community respite and respite services in the home. This website is managed by the Victorian Carer Services Network.

### **Victorian Government Carer Card Program**

Ph: 1800 901 958 (free call)

Email: [carercard@dhs.vic.gov.au](mailto:carercard@dhs.vic.gov.au)

W: <http://carercard.vic.gov.au>

A collaboration between the government, businesses and the community, the Carer Card Program gives recognition, understanding and support to Victorian carers. The program has a wide range of discounts and benefits on offer from businesses, the local government and community organisations. Cardholders are also entitled to free travel on public transport on a Sunday plus two return off-peak travel vouchers each year.

### **Companion Card**

Ph: 1800 650 611

W: <http://www.companioncard.org.au>

The Companion Card is issued to people with a significant, permanent disability, who can demonstrate that they are unable to access most community activities and venues without attendant care support.

The program achieves this by using a community development approach, working with various communities, clubs and organisations, to influence local level planning and increase:

- Community awareness of people with disabilities
- Inclusive and accessible sport and recreation environments, activities and events

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## **Resources on Transition**

**Broaden Your Horizons** is a centralised website that has resources relating to young people with disabilities. This resource is dedicated to providing career and transition information and support services available to young people with disabilities.

<http://www.imvc.com.au/content/broaden-your-horizons>

**National Disability Coordination Officer Program** aims to improve the transition of people with a disability aged 15 to 64 into further education, training and employment and can help provide information, coordination and referral for people with a disability.

- **A Victorian Guide for Students with a Disability**

These guides have been developed to provide information about key transition considerations for people entering further education. Information includes planning for financial supports, study options and disclosure.

<http://www.ndcovictoria.net.au/resources>

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## Resources on Employment

### Disability Employment Services –

Disability Employment Services consists of two different programs available for people with disabilities to assist them to gain employment.

- The Disability Management Service for job seekers with disability, injury or health condition who require the assistance of a disability employment service but are not expected to need long-term support in the workplace.
- Employment Support Service for job seekers with permanent disability and with an assessed need for more long-term, regular support in the workplace.

<http://employment.gov.au/disability-employment-services>

### JobAccess

Ph: 1800 464 800

W: <http://www.jobaccess.gov.au>

JobAccess has an easy to use website and it has been designed to provide information for job seekers and employees, including advice on job searching, adjusting a workplace, employer incentives, understanding rights and responsibilities at work and much more.

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## Other useful websites:

**Department of Health and Human Services:** a page dedicated to providing information such as financial assistance, accommodation options, community involvement and other supports and services for people with a disability, their families and carers.

<http://www.dhs.vic.gov.au/for-individuals/disability>

### Office for Disability

Office for Disability has a webpage which lists a number of research and resources available for the Victorian Community.

<http://www.dhs.vic.gov.au/for-service-providers/disability/service-quality-and-improvement/disability-act-2006-for-service-provider/community-inclusion/related-resources-holder-2/office-for-disability>

## Victoria Online – Disability Services

Victoria Online developed by the Victorian Government has a webpage which lists a number of resources and information available such as Aids & equipment, Carer support, Disability accommodation, Disability payments & benefits, Disability policy & research, Disabled parking permits, Health & support services and Transport & mobility.

<http://www.vic.gov.au/health-community/disability-services.html>

## National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) was launched in July 2013, following years of discussion about the need for a major reform of disability services in Australia and will be rolled out throughout Australia from July 2016.

The NDIS will become available in the City of Kingston from the 1<sup>st</sup> of April, 2018

The NDIS is a new way of providing individualised support for eligible people with permanent and significant disability, their families and carers. The NDIS is the insurance that gives us all peace of mind. Disability could affect anyone - having the right support makes a big difference.

<http://www.ndis.gov.au>

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## Useful mailing lists

This mailing list delivers useful and updated electronic newsletters straight to your inbox and covers a range of topics that may be of interest.

- **Respite South**

<http://www.respitesouth.org.au/newsletter>

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## My Community Life

My Community Life is a free online marketing website for community groups and organisations to list their details, events, activities and volunteering opportunities. This provides a resource for residents to find out how they can be involved in community life in the City of Kingston.

The My Community Life website allows you to search for activities, events and volunteering opportunities that are on offer within the City of Kingston. Listings can be filtered by suburb, date and type to ensure you find the information that interests you. The site also provides resources such as maps, public transport options and the ability to link to Facebook and twitter if you'd like to share what you've found with friends.

The My Community Life website puts an end to flicking through out-of-date community directories and provides one place to find out about the diversity of community life in Kingston.

[www.mycommunitylife.com.au](http://www.mycommunitylife.com.au)



This fact sheet is a MetroAccess initiative as part of the Building Inclusive Communities Program which supports communities to develop ways of including people with a disability in local life. The Building Inclusive Communities Program is funded by the Department of Health and Human Services and is a core feature of the Victorian State Disability Plan 2013-2016 which has as its vision a more inclusive Victoria where disability is not a barrier to participation.

MetroAccess assists the community to include people with a disability and their families and carers by:

- helping people and organisations work together more effectively
- improving community understanding about the needs and aspirations of people with a disability
- developing and implementing responses to community priorities
- ensuring that the needs of people with a disability are the focus of community planning
- supporting service providers to assist people with a disability to live the sort of life they choose
- developing easy ways for people to access the information they need about services, community activities and consultation opportunities

For further information contact the MetroAccess Officer, Megan Grant at [megan.grant@kingston.vic.gov.au](mailto:megan.grant@kingston.vic.gov.au) or phone/SMS: 0448 983 707

Or you can visit the Department of Health and Human Service's website

<http://www.dhs.vic.gov.au>

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[www.kingston.vic.gov.au](http://www.kingston.vic.gov.au)

