

# Autism Parents' Handbook

Perth & WA - 2018 Edition



Your essential guide to services and support in Western Australia



# Autism

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## Parents' Handbook

Your essential guide to services and support in  
Western Australia

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### Disclaimer

Every effort has been made to ensure that the information contained in this handbook is correct and up-to-date at the time of publishing (March 2018), however, as services change regularly this cannot be guaranteed. This handbook does not contain all of the services available in Western Australia for children on the autism spectrum or endorse any of the services listed. Please contact each organisation listed for more information to identify if their services meet your needs. This handbook is free for families, health and education professionals and may be shared or reproduced. My sincere apologies for any errors or omissions.

## Foreword

It is a pleasure to write the Foreword for this little gem of a handbook.

We yearn to be parents and to raise happy and healthy children. When we have a child with ill-health or disability, we go through a range of grieving reactions. Sometimes those reactions are severe or prolonged and are cyclical. We may feel denial, sadness, anger and loneliness. Because children on the autism spectrum have difficulties with communication, socialisation and behaviour, families often feel especially stigmatised and crave for more understanding from society. Of course, there will be happy and joyous times and there will be unending love for our child. Families who are active in the community and are knowledgeable about resources are likely to experience less frustration and isolation.

Heidi Brandis is to be congratulated for succinctly setting out resources for parents in Western Australia, who have a child on the autism spectrum. Compiled resources presented in this handbook help families to feel informed and empowered, and possibly surprised at the number of resources. This Autism Parents Handbook will be a very helpful companion to families in the early days around the diagnostic time, as well as being a valuable resource at other periods in the journey.



**Dr John Wray**  
Senior Developmental Paediatrician  
Perth, Western Australia  
*March 2018*

## From the Author

To all the wonderful parents and carers of children on the autism spectrum in Western Australia. Welcome to the 2018 edition of the WA Autism Parents' Handbook!

The months before and after your child is diagnosed can be so stressful and very overwhelming. It took me many years to get help and support before and after our daughter was diagnosed. Everyone I called seemed to refer me to another agency and I went round and round in circles, not really knowing or understanding exactly what services we needed or how to access them. I spent countless hours searching for help while trying to manage ongoing day to day autism challenges, running my own business and developing anxiety and depression along the way. This had a huge impact on our family's relationships, mental and physical health, friendships and social life, and my career.

If I had had a handbook like this one, it could have saved us so much time, energy, enormous stress, confusion and insomnia. Our daughter could have been so much better supported had we been better informed, and her childhood so much better as a result. That's what inspired me to gather resources along our journey, thinking that one day I would put them all together to create a "survival guide" for other parents - and here it is!

I hope this handbook saves you from going through the same exhausting process that we did - and that somewhere in these pages you will find all the help and support, people, funding and services that your family needs to endure this time. Your child or children need your time and your energy: I wish that in some way this handbook gives you more of both to continue your journey and be hopeful about your son's or daughter's future.



Warm wishes  
**Heidi Brandis**  
*March 2018*  
[autismparentshandbook@gmail.com](mailto:autismparentshandbook@gmail.com)

## Dedication

For our beautiful and talented Mia. Without you, this handbook wouldn't exist. Because of you, so many parent's and children's lives will be better.

And for Daniel, our funny and loving boy. The best little brother ever.

## Memorium

In memory of the late Iain Croft, RIP. An extraordinary man whose children should be proud of the enormous contributions made by their dad to the autism community.

# Acknowledgements

This Handbook was made possible with generous support and assistance from the following organisations and people:

### **Developmental Disability WA**

whose Grant allowed us to create this Handbook - special thank you to Mary Butterworth for her endless enthusiasm.

**Our sponsors DDWA, Autism Association of WA, Activ Foundation, Kalparrin, Autism West, Altius Group, Darrin Brandis and Derick Borean** Your funding support for the design and printing of this Handbook enabled 15,000 families and health/education professionals to access the resources and support so necessary for autism families. An enormous thank you to you all!

**Dr John Wray, Senior Developmental Paediatrician** for your kindness and guidance on our family's autism journey, and for writing the lovely Foreword to this Handbook.

**Dr Fred Ng, Child and Adolescent Psychiatrist** for your guidance, wisdom and support.

**My parents Andre and Isabel Sweidan, my in-laws Ros and Evan Brandis and our incredible family for their endless love, support and generosity.**

**And most importantly, the most generous husband in the world, Darrin Brandis, without whose love, encouragement and support this Handbook would not exist.**

### **What's in a name?**

The autism spectrum varies considerably, from those who are non-verbal and may have intellectual delay, to those who are highly social and more rarely those with savant skills, and many in between.

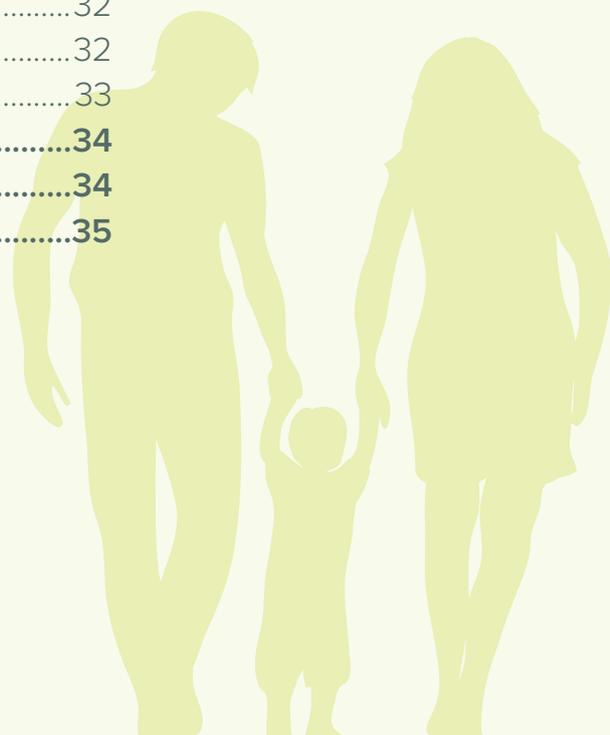
The terms "high functioning", "low functioning", "Asperger's syndrome", "pervasive developmental delay" and others are now all grouped under one category termed "Autism Spectrum Disorder" in the Diagnostic and Statistical Manual (DSM 5) used when diagnosing autism in Australia. One unusual or atypical presentation of autism is known as Pathological (or extreme) Demand Avoidance which was first identified in the United Kingdom in the 1980's. The key features of PDA include resistance to, and avoidance of, the ordinary demands of everyday life.

Those with PDA often have better social skills (good eye contact, very articulate) than others on the spectrum. PDA is best understood as an anxiety-driven need to be in control. Frequently show surface sociability and labile mood ("Jekyll and Hyde" type personality). Typical management strategies used with children on the spectrum (timers, routines, visuals) are counter-productive and worsen behaviour and anxiety.

**For more information and effective strategies please see [www.pdasociety.org.uk](http://www.pdasociety.org.uk) and [www.thepdaresource.com](http://www.thepdaresource.com)**

# Table of Contents

Autism Diagnosis.....	6
First Contacts after Diagnosis.....	7
Funding.....	8
Concessions .....	13
Education .....	14
Carers' Agencies.....	17
Advocacy .....	18
Taking a Break .....	19
Support Groups.....	21
Siblings Groups and Resources.....	22
Recreation.....	24
Camps.....	25
Dogs .....	25
Continence, Sexuality and Sleep.....	26
Training Workshops and Seminars .....	27
Research.....	27
Technology, Driving & Sensory Resources.....	28
<b>Support and Services across Regional WA.....</b>	<b>30</b>
South West.....	31
Great Southern .....	31
Kimberley .....	31
Goldfields - Esperance .....	32
Gascoyne and the Mid West.....	32
Peel.....	32
Pilbara.....	32
Wheatbelt.....	33
<b>Magazines, Book and Journals .....</b>	<b>34</b>
<b>Libraries.....</b>	<b>34</b>
<b>Helplines .....</b>	<b>35</b>



# Autism Diagnosis

Autism is a complex neurobiological condition with difficulties in communication, social ability and repetitive behaviours or restricted interests. Symptoms range from mild to severe and approximately one per cent of the population has autism. People with autism generally have difficulty relating to others and may be more (or less) sensitive to sights, sounds, touch, smells and tastes than others. No one knows for certain what causes autism. Genetic and environmental factors are being researched, and there is no scientific evidence that vaccines cause autism. There is no “cure” for autism, although there are many treatments and therapies available to assist people with autism to reach their full potential (Professor Andrew Whitehouse, Angela Wright Bennett Professor of Autism Research, Telethon Kids Institute, University of Western Australia).

## Who is involved in Autism Assessments?

In Western Australia (WA), a multidisciplinary team is required to carry out an assessment for autism.

### For children:

- developmental paediatrician and
- psychologist and
- speech pathologist

### For adolescents:

- developmental paediatrician or psychiatrist and
- psychologist
- speech pathologist (only if recommended by a paediatrician or psychiatrist).

## Where To Get A Diagnosis?

Autism assessments can be conducted in the WA public health system or privately. Waiting times vary considerably, so it's worth putting your name down on waiting lists as soon as you can.

### 1) Private system

The first step is to make an appointment with your GP who will refer your child to a developmental paediatrician. The paediatrician will assess your child and if indicated will refer you to a psychologist and speech pathologist to complete the assessment. The three professionals then communicate their findings with each other to reach a joint decision regarding diagnosis.

See [www.waadf.org.au](http://www.waadf.org.au) for more information.

### 2) Public system

There are two paths to access autism diagnostic services in the WA public health system:

- Child Development Services and
- Department of Communities, Disability Services

The team currently working with your child (or your GP or Child Health Nurse) will advise which team is best for you to access and your GP will be able to refer you to the most appropriate service.

## What Is The Cost Of A Diagnosis?

Diagnostic assessment through the WA public health system is provided at no cost to families. The cost of private assessment will depend on the fees set by individual practitioners. Families who choose private assessment may be able to recover some costs through Medicare rebates, or private health insurers. A Medicare autism assessment and treatment rebates fact sheet is available from Medicare [www.medicare.gov.au](http://www.medicare.gov.au) or Commonwealth Health Department at [www.health.gov.au](http://www.health.gov.au).

## What Happens After The Diagnosis?

The assessment team will contact the family to discuss the diagnosis. Recommendations for interventions will be made. Families can contact an Autism Advisor at the Autism Association of WA who will provide information regarding eligibility and available funding for Early Intervention (therapy) and other funding and support services.

[The above information was adapted from AAWA's fact sheet on Autism Diagnosis in WA, together with information provided by WAADF and Disability Services]

### PLEASE NOTE

At the time of printing, the National Guideline for the Diagnostic Process for Assessment of Autism in Australia is in Draft form. The Guideline is due to be published in mid-2018. As a result, all the information on this page is subject to change. The NDIS rollout may also impact on diagnosis requirements.

# First Contacts Following Diagnosis

The first thing to do after your child has been diagnosed with autism is:

- 1) Put the kettle on. Sit down. Take a deep breath;
- 2) Say to yourself, "It's going to be all right, everything is going to be okay."
- 3) Make yourself a cuppa, grab a snack (preferably chocolate) and read ahead....

## Autism Association of WA

Tel: (08) 9489 8900

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

Following diagnosis, or during diagnostic process, families/carers can contact an Autism Advisor at the Autism Association of WA (access is free). Provides services to individuals on the autism spectrum and their families from early childhood through to adult life. Includes Autism Advisor Service, Early Intervention (therapy) and adult therapy services, employment, training, post school options, community living, respite and Intensive Family Support. Please note the Autism Advisor service may be phased out as the NDIS rolls out.

## National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme is being rolled out in WA between 2017 - 2020.

Check [www.ndis.gov.au](http://www.ndis.gov.au) and [www.disability.wa.gov.au](http://www.disability.wa.gov.au) for up to date information and your eligibility for NDIS.

## Disability Services (Department of Communities)

Tel: (08) 9426 9352

Email: [Admin\\_LAC@dsc.wa.gov.au](mailto:Admin_LAC@dsc.wa.gov.au)

Website: [www.disability.wa.gov.au](http://www.disability.wa.gov.au)

DS is a State Government Department providing a range of services and support to people with disabilities, their families and carers. Contact DS to see if your family is eligible for registration, services and to find out about DS support in your area from a Local Coordinator (LC). Can be conducted in any language with an interpreter provided. Workshops can also be tailored to A&TSI families. Services include housing, transport, support for families and carers, behaviour support, employment and training.

## Find a Therapist/Psychologist

Your GP or Paediatrician can recommend Occupational Therapists, Psychologists and Speech Pathologists in your area. You could also join Kalparrin Families Facebook page to ask for suggestions from other parents.

## Department of Social Services

A list of Early Intervention Service Providers available via this link <http://bit.ly/WAearlyinterventionlist>. It is updated regularly as providers are approved to the Early Intervention panel.

## Early Days Online Workshops

Tel: (08) 9489 8900

[Online workshops](#)

[http://raisingchildren.net.au/articles/early\\_days\\_autism\\_workshops](http://raisingchildren.net.au/articles/early_days_autism_workshops)

[One day workshops](#)

[www.autism.org.au](http://www.autism.org.au)

Workshops for parents and carers of children aged six years or younger who have recently been diagnosed or going through assessment. You can do online workshops in your own time or attend one-day workshops held at the Autism Association of WA.

## Positive Partnerships

Website: [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

Workshops and online resources for parents and carers of primary school aged children with autism. Part of Commonwealth Helping Children with Autism package.

## Autism Services Pathfinder

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

This is a guide to getting a diagnosis, finding service providers, comparison of therapies, medication and other intervention, education, funding and support.

# Funding

State & Commonwealth Government funding is available to support your family, depending on your eligibility. This includes the National Disability Insurance Scheme, Medicare, Centrelink & other sources.

## 1) NDIS

### The National Disability Insurance Scheme (also called the NDIS) is the new way of providing disability support.

The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.



The NDIS will help people with disability achieve their goals. This may include greater independence, community involvement, employment and improved wellbeing.



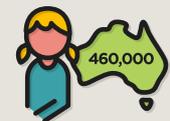
As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.



The NDIS also provides people with disability, their family and carers with information and referrals to existing support services in the community.



By 2019, the NDIS will support about 460,000 Australians with disability.



#### Can I access the NDIS?

To become an NDIS participant a person must:

- ✓ Have a permanent disability that significantly affects their ability to take part in everyday activities;
- ✓ Be aged less than 65 when they first enter the NDIS;
- ✓ Be an Australian citizen or hold a permanent visa or a Protected Special Category visa; and
- ✓ Live in Australia where the NDIS is available.

The NDIS is being introduced progressively around Australia from 1 July 2016.

#### Can I still receive support if I do not meet the access requirements for the NDIS?

A person does not have to be an NDIS participant to receive support from the NDIS.



The NDIS will connect people with disability, their families and carers, including people who are not NDIS participants, to disability and mainstream supports in their community.

To find out more about information, links and referrals to community and mainstream support services visit [www.ndis.gov.au](http://www.ndis.gov.au) or call 1800 800 110.



For more information about the NDIS please contact:

[www.ndis.gov.au](http://www.ndis.gov.au)

National Disability Insurance Agency

 Telephone 1800 800 110

 Find us on Facebook/NDISAus

 Follow us on Twitter @NDIS

For people who need help with English

 TIS: 131 450

For people with hearing or speech loss

 TTY: 1800 555 677

 Speak and Listen: 1800 555 727

# Funding (cont'd)



## 2) Medicare

**NOTE:** The transition to the NDIS system over 2018-2020 will affect funding for the HCWA program and other Medicare funded services and programs. As such, all services listed below are subject to change.

### Helping Children with Autism program (HCWA) Autism Diagnostic Assessment

Medicare rebates are available for assessment, diagnosis and the creation of a treatment and management plan by a consultant paediatrician or a psychiatrist for a child aged under 13 years of age. Under the HCWA program, a child can also be referred by a consultant paediatrician or psychiatrist for the following allied health services: up to four diagnostic / assessment services from psychologists, speech pathologists, occupational therapists to assist the referring practitioner with diagnosis or to contribute to a child's treatment and management plan. The referrals must be written before the child's 13th birthday. See Medicare items fact sheet for Helping Children With Autism at [www.health.gov.au](http://www.health.gov.au).

### Early Intervention Therapy services (for Children under 7)

Early Intervention funding under the HCWA program is aimed at providing increased access to Early Intervention for children aged up to six years with autism. This may include registered occupational therapy, speech therapy and psychology services. Funding of up to \$12,000 (maximum of \$6,000 per financial year) can be accessed until the child's seventh birthday. Your Autism Advisor can assist you in identifying a suitable Early Intervention service provider. See [www.dss.gov.au](http://www.dss.gov.au) (search Helping Children with Autism) for eligibility and list of therapy service providers, which is updated weekly.

### Autism Therapy/Treatment (for Children over 7)

Under the HCWA program, a child can be referred by a consultant paediatrician or psychiatrist for up to 20 treatment services from psychologists, speech pathologists, occupational therapists (for a child under 15 years of age, providing a treatment and management plan is in place before their 13th birthday). These are the total number of services available to each child through the Helping Children with Autism program and are not an annual entitlement. Patients will require a separate referral for each allied health provider and they will also need new referrals for each new course of treatment. See [www.mbsonline.gov.au](http://www.mbsonline.gov.au) for the Medicare benefits schedule. For more information, contact Helping Children with Autism Helpline on 1800 778 581.

### Better Access to Mental Health (Counselling and Psychology Services)

Medicare rebates are available for up to 10 individual sessions and up to 10 group allied mental health services (psychologists, some social workers and occupational therapists) per calendar year to patients referred by their GP managing the patient under a GP Mental Health Treatment Plan or under a referred psychiatrist assessment and management plan. (This can include social skills programs.) Can get a Better Access Plan for yourself and/or your child as there are no age restrictions. Website: Search 'Better access to mental health care' at [www.health.wa.gov.au](http://www.health.wa.gov.au).

### Chronic Disease Management Plan (formerly called Enhanced Primary Care Plan)

This Plan allows a GP to coordinate health care of patients with chronic medical conditions, including patients with these conditions who require multidisciplinary, team-based care from a GP and at least two other healthcare providers. Up to five sessions a year are partially covered by Medicare rebate and have no age restrictions. Website: [www.health.wa.gov.au](http://www.health.wa.gov.au) and search 'Chronic Disease Management'.

Once the above two entitlements have been exceeded, you can use private health cover to subsidise private OT, speech and psychology services for therapy.

### 3) Centrelink

**Website:** [www.humanservices.gov.au](http://www.humanservices.gov.au)

The **Payment Finder** located on the website can help you locate a range of benefits that you may be eligible for, including Family Tax Benefit, Child Care Benefit, Child Care Rebate, Parent Payment, as well as some or all of the following:



#### Carer Allowance

A fortnightly supplementary payment for carers who provide additional daily care and attention for someone with a disability. Not means-tested.

#### Carer Payment

A fortnightly, assets and means-tested income support payment for people who provide constant care for their child with severe disability and are unable to work as a result.

#### Annual Carers Supplement

If you receive the Carer Allowance or Payment, you may be eligible for annual Carers Supplement of \$600 paid around July each year.

#### Child Disability Assistance Payment

If you receive the Carer Allowance or Payment and care for a child under 16 years you may be eligible for annual payment of \$1000 paid around July each year.

#### Mobility Allowance

Help for people with a disability aged over 16 years who cannot use public transport and need to access work or study/training.

#### Assistance for Isolated Children Scheme (AIC)

Payment made each term for students who cannot go to an appropriate state school because of geographical isolation, disability or special health needs.

#### Health Care Card

A Health Care Card is automatically issued for your child when you receive the Carer Allowance. It entitles your child to concession rates for prescription medicines and other concessions, such as discounted public transport for some cardholders, bulk billing by selected doctors and higher refunds through the Medicare Safety Net.

#### Carer Adjustment Payment

A one-off payment of up to \$10,000 following a catastrophic event when a child under seven years of age is diagnosed with a severe illness, medical condition or major disability. You have two years following diagnosis in which to apply.

#### Disability Support Pension

Financial support for people who have disability that stops them from working, are aged 16 years and over, and unable to work more than 15 hours a week. Check eligibility criteria.

#### Pensioner Education Supplement

A small subsidy payment for secondary and tertiary part-time and full-time students who are already receiving a benefit or payment.

#### Inclusion Support Subsidy

Paid to approved child care services, including out of school hours care and holiday programs, so that they can provide extra care for children with special needs. Your child care service will need to apply through their Inclusion Support Facilitator.



## 4) Other Funding Sources

### Secondary Assistance Scheme

Tel: (08) 9264 4516

Email: [student.allowances@education.wa.edu.au](mailto:student.allowances@education.wa.edu.au) Web: [www.det.wa.edu.au](http://www.det.wa.edu.au)

Available to parents or independent secondary students who hold eligible concession cards. It comprises an Education Program Allowance which is paid to the school, and a Clothing Allowance that can be paid to the school or the parent. Forms are available at secondary schools.



### Variety WA

Website: [www.variety.org.au/WA](http://www.variety.org.au/WA) search: 'Apply for assistance'.

Provides grants for practical equipment, resources and experiences for children who are disadvantaged or have special needs.



### Community Living and Participation Grant

Tel: (08) 9242 5544 Email: [grants@nds.org.au](mailto:grants@nds.org.au) Website: [www.clpg.org.au](http://www.clpg.org.au)

Community Living & Participation Grants provide up to \$10,000 for customised solutions that support people with disability to participate in family and community life



### WA Grants Directory

Website: <https://www.dlgs.wa.gov.au/AdviceSupport/Pages/LG-Grants-Directory.aspx>

WA government directory of grants to help communities source financial support including Grants for women.



### Avivo Family Support Program (formerly Perth Home Care Services)

Email: [hello@avivo.org.au](mailto:hello@avivo.org.au) Tel: 1300 428 486

Avivo's Family Support Program provides funding for a PWD & Carer/Parent (up to 2x/year) for activities to connect with community and improve resilience eg gym membership, RDA, swim lessons, yoga, pilates. Also provides funding for a family for either in-home support or to take child out to access community programs or support on family holidays for up to 12 weeks. This funding is due to be reviewed in June 2018 - contact Avivo for more information.



### KidSport

<http://www.dsr.wa.gov.au/funding/individuals/kidsport>

Kidsport enables WA children age 5 - 18 years with a Health Care Card or Pensioner Concession Card to participate in community sport and recreation by offering up to \$200/year for club fees.



# Concessions

Accessing services and supports can become very expensive. A number of concessions and discounts are available to help ease the financial pressure.

## WA Government Social Concessions Portal

Website: [www.concessions.wa.gov.au](http://www.concessions.wa.gov.au)

Reliable up to date information about all social concessions and rebates available through the State Government via a single portal.

Discounts include:

- Cost of Living Assistance e.g. power, water, rates
- Boarding Away from Home Allowance - Respite

Email: [student.allowances@education.wa.edu.au](mailto:student.allowances@education.wa.edu.au) Tel: (08) 9264 4516



ConcessionsWA

## Companion Card

Tel: 1800 617 337 Email: [wa@companioncard.asn.au](mailto:wa@companioncard.asn.au)

Website: [www.wa.companioncard.asn.au](http://www.wa.companioncard.asn.au)

For people with a significant disability, who always need a companion to provide attendant care support in order to participate at most community venues and activities. Companion Card applicants must meet eligibility criteria (see website) and Companion Card holders can gain entry to many venues and events at no or reduced cost. Participating venues are available on website.



## Qantas Carer Concession Card (Domestic Only)

Tel: 1800 806 769 Email [qccc@pwd.org.au](mailto:qccc@pwd.org.au)

Website: [www.pwd.org.au](http://www.pwd.org.au) Search: 'Qantas carer concession'.

Qantas Carer Concession Card program for people with a disability and high level support needs, who require fulltime assistance of a carer while on a plane. See website for discounts for carer and person requiring care on domestic flights only.

Card costs \$49.50 and is valid for 3 years.



## Low Income Health Care Card

Website: [www.humanservices.gov.au](http://www.humanservices.gov.au)

Search: 'Low Income Health Care Card'.

Access to cheaper prescription medicines, and various concessions from state and local government and private organisations including health care services.



Australian Government

Department of Human Services



# Education

There are three main options in Western Australia for primary and high school - government school, private school or home schooling.

## 1) WA GOVERNMENT PUBLIC SCHOOLS - DEPARTMENT OF EDUCATION (DoE)



### Early Intervention Units

Contact Principal of Autism Education:  
Tel: (08) 9426 7110

DoE runs 11 Early Intervention Units in WA offering intensive behavioral intervention programs for Kindergarten and Pre-Primary children with autism. They are located at Education Support Centres.

### Accelerated Learning Centres

DoE centres operate in Heathridge and Beckenham Primary Schools (Kindy/Pre-Primary) providing a two-year intensive intervention based on ABA principles, (12 hours per week).

### Primary Schools Specialised Learning Programs

DoE is planning 16 programs by 2020 in local public primary and high schools. In 2018, Gosnells will continue to operate, and new programs will commence at Cooina Primary, Heathridge Primary, Marangaroo Primary, Samson Primary and Southern River College. For more info please contact SSEND at DoE or one of these schools. You do not need to live in these areas for your child to attend, however there are a number of eligibility criteria (including ASD, no ID, significant social/behavioural/emotional issues)

### Education Support Centres/Units

DoE runs a number of Education Support Centres and Units, both attached to mainstream schools and independent units. Contact your local DoE District Office to find out if your local schools have an education support service.

### Secondary Autism Extension Program

DoE has four high-school Autism Extension Programs for years 8-10, located at Ashdale Secondary Collage, Ocean Reef High School, Souther River College and South Fremantle Senior High School, catering for students with high functioning Autism, incorporating life skills and community access programs in curriculum. New secondary Specialist Learning Programs are planned for 2019-20.

### Schools Plus

**Website:** [det.wa.edu.au/schoolsplus/detcms/portal](http://det.wa.edu.au/schoolsplus/detcms/portal)  
Deals with funding applications for an education assistant (EA) to work in the classroom with your child. This application is done through your child's school. The Principal/Deputy at your school will need to submit an application if the teacher requires support to facilitate your child's education. This can be a lengthy process but well worth it to get necessary support for your child at school. Amount of funding and subsequent EA time depends on the quality of application. This decision can be appealed.

### School of Special Educational Needs: Disability (SSEND)

**Address:** Statewide Services Centre  
33 Giles Avenue, Padbury, WA 6025  
**Tel:** (08) 9402 6100  
**Email:** [SSEND.Enquiries@education.wa.edu.au](mailto:SSEND.Enquiries@education.wa.edu.au)  
**Website:** [www.det.wa.edu.au/ssen](http://www.det.wa.edu.au/ssen)

The Autism Education Service (AES) provides specialist services to networks and school communities for students on the spectrum, whose educational needs and self-regulation skills require specialist support. An Autism Education Service Officer can visit the school, provide resources and support to teacher and school. A visiting teacher will come first and then may request the Autism Team visit.



## 2) PRIVATE AND INDEPENDENT SCHOOLS



### Association of Independent Schools (AISWA)

Address: PO Box 1817, Osborne Park, WA 6916

Tel: (08) 9441 1600

Email: [ie@ais.wa.edu.au](mailto:ie@ais.wa.edu.au)

Website: [www.ais.wa.edu.au](http://www.ais.wa.edu.au)

AISWA oversees all non-Catholic private and independent schools in WA. AISWA employs an Inclusive Education team to support independent school students with a disability. Limited funding may be available to support your child at school. Parents need to discuss supports for their child at school directly with the school principal.

### AISWA School Psychology Service (ASPS)

Provides a specialist psychology-based service to AISWA schools. To request support from the AISWA School Psychology Service, please contact your school Principal.



### Catholic Education Office (CEOWA)

Students may receive assistance through a range of options including: Access to learning support teachers; small group or individual instruction, teacher assistant support. A number of Catholic schools have an Education Support Centre where students may receive additional support with specialist staff.

Address: 50 Ruislip Street, Leederville. WA 6007

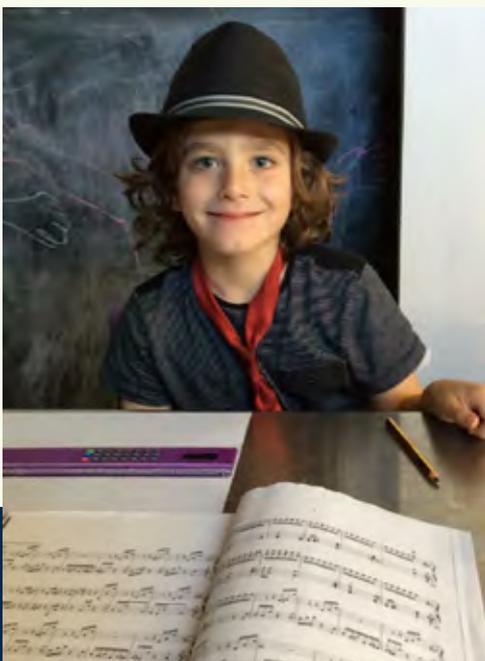
Tel: (08) 6380 5200

Email: [swd@ceo.wa.edu.au](mailto:swd@ceo.wa.edu.au)

Website: [internet.ceo.wa.edu.au](http://internet.ceo.wa.edu.au) Search word 'Disabilities'.

### Catholic Education Office Psychology Team

The Psychology Team provides assistance to schools in relation to psychological and educational needs; centralised and school based training in evidence and best practice based intervention programs; system level school interventions to address educational behavioural or social and emotional needs; crisis management



### 3) HOME EDUCATION

#### Department of Education (DoE)

Website: [www.det.wa.edu.au/homeeducation/detcms/portal](http://www.det.wa.edu.au/homeeducation/detcms/portal)

Approval to educate children at home is required from the WA Department of Education. For requirements and resources contact your nearest district education office and ask for Home Education Moderator. Contact details on website.



#### School of Isolated and Distance Education (SIDE)

Tel: (08) 9242 6300 Email: [info@side.wa.edu.au](mailto:info@side.wa.edu.au) Website: [www.side.wa.edu.au](http://www.side.wa.edu.au)

The Schools of Isolated and Distance Education is the centre of distance and on-line learning within DoE. The Leederville campus of SIDE provides education for students in years K-12 who, for various reasons, cannot attend classes in a regular school.



#### Home Based Learning Network

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

Home Based Learning Network is a volunteer, non profit organisation dedicated to supporting all Western Australian home based learners. Offer activities, discounts and newsletter.



#### Southlands Christian College

Tel: (08) 6818 6000 Email: [southlands@acc.edu.au](mailto:southlands@acc.edu.au)

Website: [southlands.accde.edu.au](http://southlands.accde.edu.au)

Distance education program which can be purchased for home education, either online or as a hardcopy.

#### Swan Christian College - online learning

Tel: (08) 9374 8300

Email: [swanjuniorschool@scea.wa.edu.au](mailto:swanjuniorschool@scea.wa.edu.au)

or [swanseniorschool@scea.wa.edu.au](mailto:swanseniorschool@scea.wa.edu.au)

Website: [www.swan.wa.edu.au/swan-online](http://www.swan.wa.edu.au/swan-online)

Aims to provide a caring learning environment in which students are educated, encouraged and equipped to be people of passion and integrity.



#### Home Education Australia

Website: [www.hea.edu.au](http://www.hea.edu.au)

Aims to encourage and promote the practice of home educating in Australia and to provide members with benefits which would be difficult to obtain by individuals or smaller groups.



#### Khan Academy

Website: [www.khanacademy.org](http://www.khanacademy.org)

Free educational videos on huge range of topics.



#### HBLN - Home Education WA

<https://www.facebook.com/hblnpage/>



#### Homeschooling Perth

<https://www.facebook.com/groups/homeschoolingperth/>

### 4) TERTIARY EDUCATION

#### Curtin Specialist Mentoring Program (CSMP):

Specialist peer-to-peer mentoring available through CSMP supports students on the autism spectrum to navigate tertiary education at Curtin University more successfully. The program fosters the development of academic, employment and social skills in preparation for a more meaningful and engaged life. <http://life.curtin.edu.au/health-and-wellbeing/autism-related-conditions-peer-mentoring.htm>.



Contact Dr Jasmine McDonald or Theresa Kidd for more information - [autism.mentoring@curtin.edu.au](mailto:autism.mentoring@curtin.edu.au)

#### UWA UniAccess

Make an appointment to see a disability officer by phoning Student Wellbeing on (+61 8) 6488 2423. UniAccess staff are equipped to recommend the best options to enable your participation. Our approach is to provide an individual assessment of your needs and then work with you to plan the approach that will work best. A disability officer can also provide information to prospective students and their families. We also provide information and support to help University staff.



#### North Metropolitan TAFE

Tel: 9427 1314

Email: [Student.Support@nmtafe.wa.edu.au](mailto:Student.Support@nmtafe.wa.edu.au)



Disability Support is available across all North Metropolitan TAFE campuses. Please contact us to arrange for Disability Support to meet at your campus. It is advisable for students to contact Disability Support early to ensure that the most appropriate support can be put in place in a timely manner.

#### South Metro TAFE

Student Support Services works across all campuses to coordinate and implement support for students with disabilities whether temporary or permanent. People with disabilities have a right to access and participate in education and training on the same basis as those without disabilities. We offer support and arrange reasonable adjustments.



Tel: 1800 001 001

Email: [student.access@smtafe.wa.edu.au](mailto:student.access@smtafe.wa.edu.au)

# Carers' Agencies

As your child's full-time carer, your ongoing mental and physical health is crucial to you and your family. The following agencies can support you in your invaluable caring role.

## Carers WA

Tel: 1800 242 636

Address: 182 Lord Street, Perth, WA 6000

Email: [info@carerswa.asn.au](mailto:info@carerswa.asn.au)

Website: [www.carerswa.asn.au](http://www.carerswa.asn.au)

Assist people who provide unpaid care and support to a family member with a disability. Services include face-to-face counselling, carer groups and events, beauty, meditation, pamper and yoga activities, carers' retreat, short break funding, educational workshops and young carers' support.



## Kalparrin

Tel: (08) 9340 8094 Address: Princess Margaret Hospital Level 4, Hay St Building, Subiaco, WA 6008

Email: [kalparrinwa@health.wa.gov.au](mailto:kalparrinwa@health.wa.gov.au)

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

Kalparrin is WA's largest community of families caring for children with disability and additional needs. You can become a Kalparrin member for free and access their services which include help with planning for supports, a large online peer support group, Kalparrin Families and fun inclusive family events. Kalparrin is located at PMH and will move to the new Perth Children's Hospital in 2018.



## Home and Community Care (HACC)

Tel : 1300 785 415

Website: [www.health.wa.gov.au/hacc](http://www.health.wa.gov.au/hacc)

Provides basic support services to people with a disability and their carers to assist them to continue living independently at home. This includes support to participate in social activities in a group or one-on-one; assistance with everyday household tasks; assistance to enhance nutrition, function, strength, independence and safety; assistance to support your independence in your personal care activities, such as showering and dressing; assistance to keep up with essential activities such as shopping, banking and maintaining social contacts.



## MyTime

Tel: 1800 889 997

E-mail: [mytime@parentingrc.org.au](mailto:mytime@parentingrc.org.au)

Website: [www.mytime.net.au](http://www.mytime.net.au)

Support for parents, grandparents and anyone caring for a child with a disability.



## Community Link and Network (CLAN)

Tel: (08) 9472 9144

Address: Harold Hawthorne Centre 2 Memorial Ave, Carlisle, WA 6101

Website: [www.clanwa.com.au](http://www.clanwa.com.au)

Works to strengthen family life by encouraging healthy relationships, effective parenting, emotional and mental health, support networks and community participation. A free and confidential home visiting service offered to families.



## SHINE Community Services

Tel: (08) 9383 2663

Address: 81 Forrest Street, Cottesloe WA 6011

Email: [reception@shinecs.com.au](mailto:reception@shinecs.com.au)

Website: [www.shinecs.com.au](http://www.shinecs.com.au)

Provide in home and community services, including domestic assistance, personal care, respite care, social support, shopping, home & garden maintenance and more.



## Playgroup (WA) PlayConnect

Tel: 1800 171 882

Email: [playconnect@playgroupwa.com.au](mailto:playconnect@playgroupwa.com.au)

Free weekly facilitated playgroup for families of children with autism aged 0 to 6.



# Advocacy

## Developmental Disability WA (Inc.)

Tel: (08) 9420 7203

Address: City West Lotteries House, 2 Delhi St, West Perth, WA 6005

Email: [ddwa@ddwa.org.au](mailto:ddwa@ddwa.org.au) Website: [www.ddwa.org.au](http://www.ddwa.org.au)

Advocate for people with intellectual and other developmental disabilities, their families and the organisations that work for them. Services include workshops and seminars, Adopt a Politician scheme, linking members to support groups and services.



## People with Disabilities

Tel: (08) 9485 8900

Address: Oasis Lotteries House, Suite 1/37 Hampden Rd, Nedlands, WA 6009

Email: [info@pwdwa.org](mailto:info@pwdwa.org) Website: [www.pwdwa.org](http://www.pwdwa.org)

Empowering the voices of people with disabilities in WA.



## Legal Aid WA

Tel: 1300 650 579

Address: 55 St Georges Terrace, Perth WA 6000 Website: [www.legalaid.wa.gov.au](http://www.legalaid.wa.gov.au)

Provide information, advice and legal help. The type and amount of help you receive depends on your financial situation and Legal Aid's resources.



## Ethnic Disability Advocacy Centre (EDAC)

Tel: (08) 9388 7455 Address: 320 Rokeby Rd, Subiaco, WA 6008

Email: [admin@edac.org.au](mailto:admin@edac.org.au) Website: [www.edac.org.au](http://www.edac.org.au)

Peak advocacy organisation for people with disabilities from culturally and linguistically diverse backgrounds in WA. EDAC advocate in areas such as the justice system, healthcare, education, childcare, employment, housing, transport and others.



## Future Living Trust

Tel: (08) 9387 0575 Address: 327 Cambridge St, Wembley, WA 6014

Email: [info@futureliving.org.au](mailto:info@futureliving.org.au) Website: [www.futureliving.org.au](http://www.futureliving.org.au)

Advice on Wills, estate planning, managed trust funds, special disability trusts.



# Taking a Break

Caring for your child or children takes its toll. When you need extra support, a break or some time for yourself (or you and your partner) the following agencies can help.

## Commonwealth Respite and Carelink Centres

Tel: 1800 052 222

A single point of contact for the general public, service providers, GP and other health professionals for information on community and disability services and carer support. The centres can assist with information about costs for services, assessment processes, eligibility criteria and help arrange respite when carers need to take a break from caring.



## Autism Association of Western Australia

Tel: (08) 9489 8900 Address: 215 Stubbs Terrace, Shenton Park, WA 6008

Email: [autismwa@autism.org.au](mailto:autismwa@autism.org.au) Website: [www.autism.org.au](http://www.autism.org.au)

Weekend and school holiday breaks for children with autism from 6-18 years of age; respite services provided in a number of homes throughout the metropolitan area; in-home respite may be provided depending on funding.



## Activ Foundation

Tel: (08) 9387 0555 Address: 327 Cambridge Street, Wembley, WA 6014

Email: [records@activ.asn.au](mailto:records@activ.asn.au) Website: [www.activ.asn.au](http://www.activ.asn.au)

Respite program for children with low to moderate care needs who have a developmental disability. The Children's Community Respite service usually occurs in the family home or community for children with a disability and their siblings.



## Community Vision Child and Youth Respite

Tel: (08) 9309 9578 Email: [info@communityvision.asn.au](mailto:info@communityvision.asn.au)

Website: [www.communityvision.asn.au](http://www.communityvision.asn.au)

Supports children and youth with disabilities, who are under 18 years of age, and their families. Activities include weekend and school vacation support, recreational activities for small groups of teenagers with disabilities and one-to-one support in the home or the community.



## INKA Respite

Tel: 0424 646 983 Address: 44 Haub Road, Lake Clifton, WA 6215

Email: [contact@inkarespite.com](mailto:contact@inkarespite.com) Website: [www.inkarespite.com](http://www.inkarespite.com)

A home-stay style farm in Lake Clifton, approximately 1.25 hours drive south of Perth, for teens and adults with autism and downs syndrome. Funding may be available from DSC.



## WorkPower Community Support and Respite

Tel: (08) 9260 9999 Email: [info@workpower.asn.au](mailto:info@workpower.asn.au) Website: [www.workpower.asn.au](http://www.workpower.asn.au)

In-home respite service, School holiday programs (Perth and Mandurah); mini-breaks of one or two nights away and emergency overnight respite care on a needs basis.



## Family Support WA

Tel: (08) 9303 4660 Website: [www.familysupportwa.org.au](http://www.familysupportwa.org.au)

Provides in-home respite services or various accommodations around Perth. Intensive Family Support provider.



## Wanslea

Website: [www.wanslea.asn.au/childrens-services/in-home-care](http://www.wanslea.asn.au/childrens-services/in-home-care)

In-home care is a flexible option which offers childcare in your own home. Care is provided by approved educators who will endeavour to fit in with your family's special circumstances. May be eligible for Child Care Benefit/Rebate.



### Identity WA

Tel: (08) 9474 3303 Address: 46 David St, Kensington, WA 6151  
Email: [reception@identitywa.com.au](mailto:reception@identitywa.com.au) Website: [www.identitywa.com.au](http://www.identitywa.com.au)

Provides a range of support services, including school holiday camps, in-home respite and recreation programs. Two children's respite houses provide care for up to six children.



### Avivo (See listing under Funding section)

Tel: 1300 428 486 Website: [www.avivo.org.au](http://www.avivo.org.au)

### Lady Lawley Cottage - Red Cross

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

Lady Lawley Cottage provides support to families with children from babies up to 16 years of age, who have multiple disabilities and or chronic medical disorders which impact on the physical and emotional health and wellbeing of the family as a whole.



### Red Cross

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

Respite Online is a free resource for carers, their family, friends and agencies working with carers. The site provides a flexible, interactive and supportive online environment for the carers' community, giving access to information on a variety of respite related support in Western Australia.



### Unique Support

Tel: 0426 764 110 Address: 1 Caloundra Rd, Clarkson, 6030 Email: [admin@uniquesupport.com.au](mailto:admin@uniquesupport.com.au)

NFP agency supporting children and young people with disabilities. Providing support in the home and in the community to help provide support with siblings. Activities include recreational activities, social skills and more.



### Carers WA

Anne Bluntish Carers Retreat

Tel: 1300 227 377

2 bedroom apartment in South Perth. Carers can access the retreat for either 3 nights or 6 nights and can stay once every financial year for \$15 pp/night.



# Support Groups

## Parent-Run Support Groups:

### Eastern Suburbs Autism Network

Kelly Arfuso: 0409 774 972  
kellyarfuso@gmail.com  
[https://m.facebook.com/groups/534279353310658?view=info&ref=content\\_filter](https://m.facebook.com/groups/534279353310658?view=info&ref=content_filter)

### Wattle Grove and South East Suburbs Autism Mums Group

Cath Crichton 0468 616 550  
Email: crich@iinet.net.au

### Joondalup and Northern Suburbs

Helen Owen: 0413 123 615  
Email: hi@helen-owen.com.au

### Perth Metro Autism Network

Amanda Mulligan: 0416 095 887  
Email: amulligan@ecu.edu.au

### Fremantle Autism Network (FAN Club)

Email: fremantleautismnetwork@gmail.com

## Agency-run Autism Parent Support Groups:

### Autism Association of Western Australia

Tel: (08) 9489 8900 Address: 215 Stubbs Terrace, Shenton Park, WA 6008  
Email: autismwa@autism.org.au Website: www.autism.org.au  
Parent support groups.

### Autism West Support Inc.

Tel: 9431 2111  
Address: B Block, Ground Floor, 2 Alma Street (Corner of Alma Street and South Terrace), Fremantle  
Email: info@autismwest.org.au Website: www.autismwest.org.au  
Parent support groups and coffee mornings, respite and carer's camps.

### SKIPS

#### (Special Kids Integrated Parent Support)

Play activities for children, from eight weeks to six years, with special needs and their siblings; as well as respite, support and social activities for their mums at the Spiers Centre in Heathridge.  
Tel: (08) 9401 2699  
Address: 2 Albatross Court, 6027 Heathridge, WA  
Email: info@thespierscentre.com.au  
Website: www.facebook.com/thespierscentre

## Online Support Groups:

There are many local, national and international online support groups relating to parenting children with disability or on the autism spectrum. Check Facebook as these change regularly.

### Autism Awareness Australia

<https://www.facebook.com/AutismAwarenessAustralia/>

### Kalparrin Families peer support group

[facebook.com/groups/kalparrinfamilies](https://facebook.com/groups/kalparrinfamilies)

If you are a Kalparrin member, you can join Kalparrin families, WA's largest online peer support group for families caring for children with disability and additional needs.

**24-Hour Autism Hotline - 1300 222 777**  
(Staffed by volunteer autism parents)



# Siblings Groups and Resources

“While siblings face lots of challenges, if they are supported adequately, then there are lots of positives they will also gain from having a sibling with special needs. They can become more compassionate, more tolerant, more responsible and tend to have stronger family relationships. Siblings need information about the disability, to feel listened to and understood, able to express a range of feelings, to feel special themselves, to feel competent and valued, not have too much responsibility, strategies to deal with difficult situations, contact with siblings in similar situations, social support, help with independence. Most children will cope better with stress if they feel listened to, understood and supported by caring adults. The grief you have experienced will also be felt by them, to a different degree. Isolation is one of the biggest issues faced by siblings of children with special needs. It can be very helpful to have contact with others who have similar issues.”

*(Kate Strohm, Siblings Australia)*

## Carers WA

Tel: 1300 CARERS (1300 227 377)

Email: [youngcarers@carerswa.asn.au](mailto:youngcarers@carerswa.asn.au)

Website: [www.youngcarerswa.asn.au](http://www.youngcarerswa.asn.au)

Contact Program Manager. Young Carers Support to young carers for aged 8-25, with activities, movies, parent/child activities, and camps.



## Family Support WA - Interact Camps for Siblings

Tel: (08) 9303 4660

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

Free, monthly support and recreation for school age siblings of children with disability.



## Siblings Australia

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

A sibling advocacy network for brothers and sisters of children with special needs. Information about sibling support services, resources, research and policy. Based in South Australia.



## Sibs Link

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

A website for primary school children who have a sibling with a disability. Has games, chatroom, and support.



# Recreation

Each month new recreation options become available for those on the spectrum. It's impossible to keep this listing up to date as a result. Check Kalparrin Families Facebook page, Inclusion WA, WADSA and parent groups for more info

## Inclusion WA

Tel: (08) 9201 8900

Address: Unit 4, 61 Walters Drive, Osborne Park, WA 6017

Email: [info@inclusionwa.org.au](mailto:info@inclusionwa.org.au)

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

Inclusion WA works to connect individuals who are disadvantaged, living with a disability or who are disconnected to sport, recreation, arts and cultural activities in mainstream settings. They achieve this by offering a personalised service to people with disabilities, their families and support networks.



## WA Disabled Sports Association Inc.

Tel: (08) 9470 1442

Address: The Leisure Life Centre, Corner Kent and Gloucester St, East Victoria Park, WA 6101

Email: [reception@wadsa.org.au](mailto:reception@wadsa.org.au)

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

Focused on ensuring all levels of ability are able to engage in sports and recreation. WADSA provide sport, recreation, adventure and nature activities and camps for people of all abilities.



## Autism West Support Inc.

Tel: 9431 2111

Address: B Block, Ground Floor 2 Alma Street (Corner of Alma Street and South Terrace), Fremantle

Email: [info@autismwest.org.au](mailto:info@autismwest.org.au)

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

School holiday, supported recreation programs.



## iFit, Thriving, Unigym and Minigym

Email: [pep-sseh@uwa.edu.au](mailto:pep-sseh@uwa.edu.au)

Tel: 6488 2361

Website: <http://www.sseh.uwa.edu.au/community/pep/programs>

Range of fun exercise programs for children and adolescents to assist with physical fitness, health and participation in sport



## High Flyers Indoor Trampolining Centre

Tel: (08) 9309 3500

Address: 29 Dellamarta Road, Wangara, WA 6065

Email: [admin@highflyerswa.com](mailto:admin@highflyerswa.com)

Website: [www.highflyerswa.com](http://www.highflyerswa.com)

Offer Special Needs or Integrated classes in indoor trampolining.



## WA Amateur Football League Integrated Football

Contact: Greg Gilbee

Integrated Football Co-ordinator

Western Australian Amateur Football League Inc



Gate 6 Patersons Stadium, Subiaco Road Subiaco WA 6008 PO Box 275, Subiaco WA 6904

D: 08 9287 5500 | T: 08 9381 5599 | M: 0419 934 382

E: [ggilbee@wafc.com.au](mailto:ggilbee@wafc.com.au) |

W: [www.waafll.com.au](http://www.waafll.com.au)

## Beatty Park Swim School

Tel: (08) 9273 6082

Address: Beatty Park Leisure Centre, 220 Vincent Street, North Perth, WA 6006

Website: [www.vincent.wa.gov.au](http://www.vincent.wa.gov.au) and search for 'Angelfish'.

Angelfish Program for special needs



## Fremantle Leisure Centre

Tel: (08) 9432 9541

Address: 8 William Street, Fremantle

Email: [info@fremantle.wa.gov.au](mailto:info@fremantle.wa.gov.au)

Website: [www.fremantle.wa.gov.au](http://www.fremantle.wa.gov.au) and search 'Dolphins'.

Access for all - swimming lessons for children and adults with special needs.



## Ocean Heroes

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

Tel: 0431 452 514

Aims to enhance the lives of those living with autism through surfing. Free surf sessions most months.

Check Facebook page for date and location updates and registrations.



## Luke Hallam

Personal Training

Tel: 0431 452 514 Address: Revo Fitness Gym Claremont, Shenton Park.

Individual gym-based training for all ages. Extensive autism experience.

## Riding for the Disabled Association of Western Australia (horse-riding)

Tel: (08) 9296 4655

Address: State Equestrian Centre, 303 Cathedral Avenue, Brigadoon, WA 6069 16 locations around Perth and regional WA.

Email: [info@rdawa.org.au](mailto:info@rdawa.org.au)

Website: [www.rda.org.au/rdawa.aspx](http://www.rda.org.au/rdawa.aspx)

RDA aim to enrich the lives of people living with disabilities through the provision of therapeutic and recreational horse activities.



### Cricket Champs

Tel: 0403 574 938

Email: justin@cricketchamps.org.au

Website: www.cricketchamps.org.au



### StarKick

Website: www.facebook.com/bombersjfc

AFL Auskick and Mods sport programs for children with special needs. The program invites both Boys and Girls aged five to 12 years of age, that may have physical disabilities or that may otherwise be daunted by playing football.



### Rise Performing Arts

Tel: 0415 366 342

Address: Centres in Warwick and Ellenbrook.

Email: kristina@riseperformingarts.com

Website: www.riseperformingarts.com



### DADAA (Disability in the Arts, Disadvantage in the Arts, Australia)

DADAA offer targeted arts and cultural programs

Tel: (08) 9430 6616

Address: 21 Beach Street, Fremantle, WA 6160

Email: info@dadaa.org.au

Website: www.dadaa.org.au



### Simulation Centre

www.thesimulationcentre.com.au

Tel: 6392 0328

Address: 6 Sphinx Way, Bibra Lake

An indoor sports simulation centre which offers Bright Spark parties for kids with special needs.

This includes

45 minutes of simulation play, including slot cars, a racing car simulator and a multisport simulator.

After simulation play food will be provided:

- A cheese toastie, some hot chips and a chocolate moose.
- A juice box or water is provided.
- Each plate is individually presented with your child's name.
- Hosts provided

Allergies and special dietary requirements can be catered for.

After party food, we will head into The Gamers Den, for some fun Xbox and Playstation game play for half an hour. If your child is into a particular game, let us know.

This package is based on a minimum of 4 persons and a maximum of 8 persons keeping your party nice and small. When booking a BrightSpark Party, we will find a time that is quieter than usual, so that the children feel at ease.

If you would like to book a BrightSpark Party, please do not hesitate to contact us to find out more.

**\$220 Total package**



## Camps

### Camp Autism

Email: enquiries@campautismwa.org

Website: www.campautismwa.org

Run camps and day events for children with autism to attend with their families.



### Cahoots (formerly Kids' Camps)

11 Kirke Street, BALCATTWA 6021

(08) 9240 6928 info@cahoots.org.au

www.cahoots.org.au/find-a-camp/category/camps/



### INKA

see Respite section page 17.

### Identity WA

see Respite section page 17.

## Dogs

### Assistance Dogs Australia

PAWS (Parents Autism Workshops and Support) brings together parents of children diagnosed with autism, with qualified dog instructors to explore the different avenues and benefits a trained dog can offer within their families, from their own pet dogs to purposely trained dogs for autism.

Tel: 1800 688 364

Email: info@assisteddogs.org.au

Website: www.assisteddogs.org.au



# Continence, Sexuality and Sleep

## Continence

### Princess Margaret Hospital Bedwetting (Enuresis) Service (relocating to PCH in 2018)

Tel: (08) 9340 8356

Address: Godfrey House, Princess Margaret Hospital for Children, Roberts Road, Subiaco, WA 6008

Website: [www.pmh.health.wa.gov.au/services/enuresis](http://www.pmh.health.wa.gov.au/services/enuresis)

Alarm blanket treatment program takes approximately six to eight weeks. Child should be 5.5 years upwards. Children must be referred by their GP using the forms provided on the website.

### Pebbles Continence Management

Tel: 1300 865 401

Email: [pebbles@therapyfocus.org.au](mailto:pebbles@therapyfocus.org.au)

Locations: Perth metropolitan and rural  
Continence advice, aids and support, specifically for children with disabilities. Run by Therapy Focus.



### Bladder and Bowel Health Australia

Tel: (08) 9386 9777

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

Provide information, training and education on bowel and bladder issues.



### Continence Aids

Payment Scheme - CAPS (Commonwealth)

Website: [www.humanservices.gov.au](http://www.humanservices.gov.au) and search 'CAPS'.

Eligibility criteria listed on website for product subsidy about \$530 per year is available to assist families with meeting the cost of continence products for their children.

### Incontinence Pad Scheme - IPS - Children (WA)

Website: [www.disability.wa.gov.au](http://www.disability.wa.gov.au)

A product subsidy of up to \$490 per year is available to assist families with meeting the cost of continence products for their children. Eligibility criteria listed on website. May be claimed at same time as CAPS scheme above.



## Sexuality



### SECCA

Tel: (08) 9420 7226

Address: 2 Delhi Street, West Perth, WA 6005

Email: [admin@secca.org.au](mailto:admin@secca.org.au)

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

Provides education and training, counselling and consultancy services.

### The People 1st Programme

Tel: (08) 9227 6414

Email: [admin@secca.org.au](mailto:admin@secca.org.au)

Website: [www.people1stprogramme.com.au](http://www.people1stprogramme.com.au)

Supports people with an intellectual disability in human relationships, protective education and sexuality, along with parents, carers and service providers.



## Sleep

There are a variety of sleep centers located in WA. Please ask your Child Health Nurse, GP or paediatrician for a referral and further information. Melatonin and Circadin are also widely used to assist with sleep onset in children with autism. Please discuss with your General Practitioner to see if appropriate for your child.

### Ngala

Tel: (08) 9368 9368

Website: [www.ngala.com.au](http://www.ngala.com.au)

Family support services including workshops, day stays and overnight stays, specialise in supporting families of babies and young children on a range of issues particularly sleeping and feeding. Helpline is available 8am to 8pm, 7 days a week.



# Training, Workshops and Seminars

“The key is to prepare for the process as well as you can. When you come across a challenge, try to stay positive, keep asking questions and focus on what you can do next or learn next to help things along”.

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)



## Developmental Disability WA (formerly DDC)

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

Regular seminars on range of topics including disability, education, autism, carers and health.



## Autism Association of WA

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

Provides a range of autism-related courses for parents, teachers and education assistants.



## Autism West Support Inc.

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

Annual conference, guest speakers, workshops.



## Sue Larkey

Website: [www.suelarkey.com](http://www.suelarkey.com)

An Australian teacher and author with extensive experience and research into education for kids with autism. Delivers seminars in Perth annually.



## Dr Tony Attwood

Website: [www.tonyattwood.com.au](http://www.tonyattwood.com.au)

International authority on Aspergers Syndrome. Delivers seminars in Perth every one to two years.



## Dr Wenn Lawson

Website: <http://www.buildsomethingpositive.com/wenn/>

A published psychologist, parent to four children and has autism spectrum condition, Wenn travels internationally to deliver workshops on autism.

## Compass Seminars

Website:

[www.compassaustralia.com.au/seminars.html](http://www.compassaustralia.com.au/seminars.html)

Offers professional training seminars on autism, behaviour, disability.



## Positive Partnerships

Website:

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

Evidence-based materials and practical resources published online and delivered nationally through training for teachers and other school staff, and workshops for parents and carers of primary school aged children with autism. Part of Commonwealth Helping Children with Autism package.



## Dolly Bhargava

Website: [www.dollybhargava.com](http://www.dollybhargava.com)

Tel: 0423 293 254

Email: [qualitycommunication1@gmail.com](mailto:qualitycommunication1@gmail.com)

Speech pathologist who runs Behaviour Zen & other PD workshops relating to ASD.

## Your Way - Certified Special Needs Quality Life Coach

Facilitates access to the knowledge, resources, support and strategies needed to lead happy, fulfilling lives. Assists teens and adults as they make transitions from school and in achieving stability and independence within their adult lives; devoted to improving your quality of life.

**Sarah MacDermott**

M: 0439865400

E: [sarah@cassavah.com.au](mailto:sarah@cassavah.com.au)

Web: [www.yourwayspecialneedslifecoaching.com.au](http://www.yourwayspecialneedslifecoaching.com.au)



## Research



### Telethon Kids Institute

The Autism Research Team at the Telethon Kids Institute, led by Professor Andrew Whitehouse, is seeking to discover new therapies and interventions that can help every child with autism reach their full potential. To participate please contact: Tel: (08) 9489 7777 Email: [autism@telethonkids.org.au](mailto:autism@telethonkids.org.au)



### Autism CRC

The Cooperative Research Centre for Living with Autism (Autism CRC) is the world's first national, cooperative research effort focused on taking a “whole-of-life” approach to autism focusing on diagnosis, education and adult life. The Curtin University Autism Research Group (CARG), are leading Program 3, which focuses on finding supportive transitions from school to post school options, and education barriers that individuals on the autism spectrum face. If you would like to help email [Marita.Falkmer@curtin.edu.au](mailto:Marita.Falkmer@curtin.edu.au)

Website: [www.autismcrc.com.au](http://www.autismcrc.com.au)

# Technology, Driving and Sensory Resources

Note: A number of the services on this page may be covered by NDIS if prescribed by your therapist.

## TADWA

Tel: (08) 9379 7400

Regional: 1300 663 243

371 Collier Rd, Bassendean WA 6054 PO Box 266, Bassendean WA 6934

Monday – Friday 8.45am – 4.45pm

Providing solutions for independence. Whatever your ability, talk to us about how we can find a solution for you participate in recreation and leisure activities that require assistive technology. Home modifications, assistive technology, recreation and leisure (modified bikes etc), driving, occupational therapy, workplace modifications, technology and computer support and more.

## Independent Living Centre

Tel: 1300 885 886

ILC's experienced health professionals help people to choose and access equipment, technology and services for their independence and wellbeing. Driver assessment, communication, technology, home modifications, assistive equipment.

## Karens Autism and Kidz Items

Website: [www.karensautismandkidzitems.com.au](http://www.karensautismandkidzitems.com.au)

Facebook: [www.facebook.com/KarensAutismItems](https://www.facebook.com/KarensAutismItems)

Email Address: [karensautismandkidz@bigpond.com](mailto:karensautismandkidz@bigpond.com)

Tel: 0488 083 633

Resources and sensory items. Autism Awareness items like Jewellery, Badges, Coffee Mugs, Hair accessories. Resources to help kids like Chewelry for kids and babies who like to chew, no tie Shoe laces, how to learn to tie shoe laces, fidget toys and stress toys.

## Skillbuilders

Website: [www.skillbuilders.com.au](http://www.skillbuilders.com.au)

Tel: 1300 132 785

Supply a range of therapy products for home & school. Registered provider with NDIS. Have a shop where you can view products prior to purchase.

## Calming Kids

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

Tel: 0439 958 048

Email: [info@calmingkids.com.au](mailto:info@calmingkids.com.au)

Supply sensory tools including weighted vests & blankets, lap bags, rollers, lycra bags, standing/pedal desks & seating.

## Drive - Perth's Driving School

Tel: 0478 888 654

Email: [bookings@driveperth.com.au](mailto:bookings@driveperth.com.au)

Automatic and manual driving lessons for people of all abilities including autism in Perth, Joondalup, Canning Vale and all areas between. Highly effective teaching methods, patient, friendly, male and female driving instructors.

## Keys for Life

Email: [pd@risenetwork.com.au](mailto:pd@risenetwork.com.au) or [central@intelife.org](mailto:central@intelife.org)

Programs to support learner drivers with disabilities.



# Support and Services across Regional WA

“The sense of isolation expressed by many parents of a child with autism can be even more intense for parents living in regional WA. It does not have to be this way. Support is available and, so often, from people who have walked the same walk.”

Mary Butterworth R.I.S.E

(Resources | Information | Skills | Information) Coordinator, Developmental Disability WA.

## Department of Communities, Disability Services

DSC Local Coordinators (LCs) are based throughout the State and with, local knowledge, help people advocate, plan, organise and access the support and services they need. Coordinators work with family members and others involved in supporting people with disability, helping them to further strengthen their caring. You can find your local DS contact via [www.disability.wa.gov.au](http://www.disability.wa.gov.au) (Under Individuals > Local Coordination)

## Autism Association of Western Australia

Regional Callers: 1800 636 427

Email: [autismwa@autism.org.au](mailto:autismwa@autism.org.au)

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

Following diagnosis, or during diagnostic process, families/carers can contact an Autism Advisor at the Autism Association of WA (access is free). Provides services to individuals on the autism spectrum and their families from early childhood through to adult life. Includes Autism Advisor Service, Early Intervention (therapy) and adult therapy services, employment, training, post school options, community living, respite and Intensive Family Support. Please note the Autism Advisor service may be phased out as the NDIS rolls out.

## Activ

Tel: (08) 9387 0555

Website: [www.activ.asn.au](http://www.activ.asn.au)

Activ services extend throughout the Perth metropolitan area and through various centres of regional WA offering: individualised services, community based activities, supported living options and supported employment.

## Baptistcare

Tel: 1300 660 640

Website: [www.baptistcare.com.au](http://www.baptistcare.com.au)

Family Support Services across Metropolitan and Regional WA. Child and Adolescent Mental Health Service (CAMHS) Provides specialist community based outpatient mental health services for young people across Western Australia and offers a weekday service during business hours.

## RuralLink

Tel: 1800 552 002

A specialist after-hours mental health telephone service for the rural communities of Western Australia. Operates 4.30pm to 8.30am Monday to Friday and 24 hours on weekends and public holidays. During business hours you will be connected to your local community mental health clinic.

## Developmental Disability WA (DDWA)

Tel: (08) 9420 7203

Address: City West Lotteries House, 2 Delhi St, West Perth WA 6005.

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

Developmental Disability WA (DDWA) is a not-for-profit organisation, which has been a leader in the disability sector for almost 30 years. As the peak advocacy organisation in WA for people with intellectual and other developmental disability and their families, DDWA works in three key ways:

1. Advocacy – supporting people with developmental disabilities and their families to have a strong voice.
  2. Policy – influencing government and other decision makers.
  3. Community – partnering with others to develop more connected and inclusive communities.
- Contact DDWA to receive regular e-updates, newsletters, and find out about regular workshops, seminars and other events for individuals, families, and service providers in regional areas throughout WA.



## South West

### South West Autism Network (SWAN)

Tel: (08) 9754 7322

Email: [info@swanautism.org.au](mailto:info@swanautism.org.au)

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

Parent-run support group with members spread from Australind to Augusta, inland to Bridgetown, Manjimup and everywhere in between - including Eaton, Bunbury, Busselton, Vasse, Dunsborough, Metricup, Cowaramup, Karridale, Margaret River, Collie and Donnybrook.



### RAIN

Tel: 0439 887 239

Website: [www.rainbunbury.com.au](http://www.rainbunbury.com.au)

Training and professional development, consultancy and advocacy for families, schools and allied health professionals.



### Enable South West

Tel: 08 9792 7500 Email: [reception@enablewa.org.au](mailto:reception@enablewa.org.au)

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

Provides support to people with disabilities and mental health diagnoses.



### Advocacy South West

Tel: (08) 9721 6444

Address: 99 Victoria Street, Bunbury WA 6230

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

Support and advocacy across the southwest region of Western Australia.



## Great Southern

### Autism Support Network Albany Inc. (ASNA)

Email: [asnalbany@gmail.com](mailto:asnalbany@gmail.com)

Website: [www.facebook.com/autismSupportNetworkAlbany](http://www.facebook.com/autismSupportNetworkAlbany)

Parent-run support group for families of individuals on the autism spectrum and of those awaiting diagnosis.



### Fellowship House

Tel: (08) 9842 2204

Address: 23 Stead Road, Albany, WA 6332

Support and companionship for people with mental health issues to help improve and maintain a good quality of life. Support is also available for carers of individuals with autism.



### Community Living Association (CLA)

Tel: (08) 9842 3855

Address: 36 Cockburn Rd, Albany 6330

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

CLA supports people, ranging in age from 11 to 70 years, including people with high and multiple support needs and people with sensory, intellectual and cognitive disabilities.

## Southern Agcare

Tel: (08) 9827 1552

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

A not-for-profit body that has been operating for 28 years in the Great Southern region. There are four counsellors who offer a free, mobile, and confidential family counselling service.



## Kimberley

### Life Without Barriers

Tel: 9194 5400

Address: 1/12 Coghlan St, Broome WA 6725

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

Care and support services across more than 250 urban, rural and remote communities across Australia.



## Goldfields - Esperance

### Full Circle Therapies Inc.

Tel: 0477 168 138

Email: [fullcircletherapies@mail.com](mailto:fullcircletherapies@mail.com)

Address: 113 Dugan Street, Kalgoorlie

Website: [fullcircle.org.au](http://fullcircle.org.au)

Local community centre, non-profit organisation, providing support services to young children with autism and their families in Kalgoorlie-Boulder.

### Goldfields Individual & Family Support Association (GIFSA)

Tel: (08) 9091 4356

Email: [admin@gifsa.org](mailto:admin@gifsa.org)

Website: [www.gifsa.org](http://www.gifsa.org)

Supported accommodation, post school options, Alternatives to Employment (ATE) community living initiative, support for young people in residential aged care, Swimability Esperance, school holiday program (Kalgoorlie), Saturday morning club (Kalgoorlie), respite and brokerage funding for respite, mobile respite service in the Ngaanyatjarra region.

### Escare Inc.

Tel: (08) 9071 3110

Email: [megs@escare.org.au](mailto:megs@escare.org.au)

Address: Lotteries House, Forrest Street, Esperance, WA 6450

My Time program is a Local Support Group for parents and carers of children with a disability or chronic medical condition.

### Goldfields Special Families

Facebook Group: [facebook.com/groups/442805365791606/](https://www.facebook.com/groups/442805365791606/)

### Life Without Barriers

Tel (08) 9092 2900

Address: 210A Dugan Street, Kalgoorlie WA 6430

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

Provides care and support services across more than 250 urban, rural and remote communities across Australia.

### The Goldfields Women's Health Care Centre Shining Stars Playgroup

Tel: (08) 9021 8266

Address: 15 Dugan Street, Kalgoorlie WA 6430

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

## Gascoyne and the Mid West

### Aidan's Place Inc.

Tel: (08) 9938 0793

Address: Lotteries House, 11/114 Sanford Street, Geraldton WA 6530

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

Support groups for parents/carers are held each Monday and various information sessions are held throughout the year. Other programs are available for children.

### Midwest Community Living Association (MWCLA)

Tel: (08) 9921 1505

Address: 4 / 4 Armstrong St, Geraldton WA 6530

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

Assist people to be able to live independently in their homes or with their family across the Gascoyne and Midwest regions.

### Regional Home Care Services

Tel: (08) 9920 7600

The Geraldton office provides person-centred support and services to people with a disability, their families and carers, who have funding from the Disability Services Commission.

## Peel

### Peel Autism Network (PAN)

Tel: Mark Spray 0439 979 444

Email: [mark@peelautismnetwork.org](mailto:mark@peelautismnetwork.org)

Website: [www.peelautismnetwork.org](http://www.peelautismnetwork.org)

Parent-run support group for families in Mandurah and across the Peel Region.

### Down South Therapy Services

Tel: 0404 698 218

Website: [www.downsouththerapy.com.au](http://www.downsouththerapy.com.au)

Engaging social skills, school skill booster groups and school readiness groups for children of all ages and years.

## Pilbara

### WA Country Health

Service - Pilbara Population Health

Tel: (08) 9143 2221

Provides a wide range of primary health services and programs. Pilbara children with special needs network

Facebook page: [facebook.com/groups/202827263151539/](https://www.facebook.com/groups/202827263151539/)

## Wheatbelt

### Agcare Family Counsellors

Email: [wheatbeltfamily@wn.com.au](mailto:wheatbeltfamily@wn.com.au)  
 Wheatbelt Agcare: (08) 9046 5091 Central Agcare: (08) 9889 1244 Kondinin, Bruce Rock and surrounding areas: (08) 9061 1840  
 Agcare family counsellors provide free and confidential advice.

### Avon Youth Service

Tel: (08) 9622 2612  
 Counselling Services for young people (aged 12-18) and families in the Avon Valley. Bindoon Youth Inc.  
 Tel: (08) 9576 0430 / (08) 9576 2161  
 Activity service for Chittering area including movie nights, discos, counselling and information services in the area for youth, regarding education, employment opportunities and activities.

### Regional Home Care Services

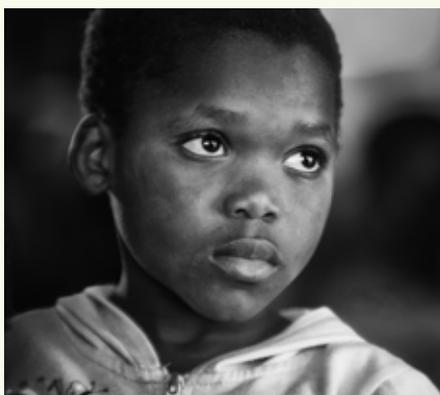
Tel: (08) 9621 7900  
 Address: 149 Fitzgerald Street Northam WA 6401  
 Supports people with a disability to live in their own home through visiting supports, shared living and alternative care.

### Wheatbelt Counselling Service

Tel (08) 9621 1530  
 Comprises a team of counsellors and psychologists, who together provide a service across the Wheatbelt. G.P. referral or selfreferral.

### Ability Focus

Tel: (08) 9641 2557  
 Address: 53 Christie Retreat, York WA 6302  
 Email: [info@abilityfocus.org.au](mailto:info@abilityfocus.org.au)  
 Website: [www.abilityfocus.org.au](http://www.abilityfocus.org.au)  
 Individualised services in intensive family support, accommodation support, and new options in the Wheatbelt including post school options, and alternatives to employment. Ability Focus assists individuals and families to plan and take regular respite breaks through family support services including school holiday support, non-residential respite and respite brokerage.



### Upper Great Southern Family Support Association (AccessAbility)

Tel: (08) 9881 4557  
 Email: [admin@accessability.org.au](mailto:admin@accessability.org.au)  
 Address: 107 Federal Street, Narrogin  
 Website: [www.accessability.org.au](http://www.accessability.org.au)  
 Services include; Alternatives to Employment (ATE)/ post school options; Intensive Family Support (IFS) and Accommodation Support Funding (ASF).

### Essential Personnel Lifestyle Services

Tel: (08) 9621 1150  
 Email: [teeny@essentialpersonnel.org.au](mailto:teeny@essentialpersonnel.org.au)  
 Address: 53 Wellington Street, Northam, WA, 6401  
 Website: [www.essentialpersonnel.org.au](http://www.essentialpersonnel.org.au)  
 Supported learning, recreational and social support, mentoring, domestic assistance, support in personal care, supported living, overnight support away from home, support to stay in the family home, including time with a host family, support service coordination.

### Wongan Hills Therapy Group

Tel: (08) 96711981 Email: [heydi@soilfm.com.au](mailto:heydi@soilfm.com.au)  
 Website: [www.facebook.com/wongancc.com.au](http://www.facebook.com/wongancc.com.au)

### Wheatbelt Special Diffability Network

Facebook: [facebook.com/WheatbeltSpecialAbilityNetwork](https://www.facebook.com/WheatbeltSpecialAbilityNetwork)

# Magazines, Books and Journals



## Jessica Kingsley Publishers (JKP)

Independent UK based publisher specialising in autism.  
Website: [www.jkp.com](http://www.jkp.com)



## Footprint Books

Australian publisher and supplier of JKP and other autism books.  
Website: [www.footprint.com.au/browse-autism-books.asp](http://www.footprint.com.au/browse-autism-books.asp)



## Autism Aspergers Digest

American bi-monthly magazine created to meet the needs of teachers, therapists and family members who face the challenge of autism.



# Libraries

## Child Health Library

Website: [pmh.health.libguides.com/KidsandTeensHealth](http://pmh.health.libguides.com/KidsandTeensHealth)  
Based at Princess Margaret Hospital. You can search their database online and they will post resources out to you to borrow.

## Activ Library

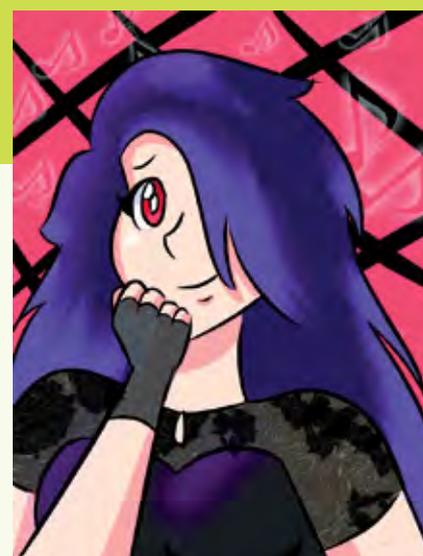
Tel: (08) 9387 0458  
Address: 327 Cambridge Street, Wembley, WA 6014  
Website: [www.activ.asn.au/library](http://www.activ.asn.au/library)  
The most comprehensive information about autism in the state is held at the Activ Library, which has an extensive range of books and DVD's.  
Parent's website available at: [www.activ.asn.au/parentportal/](http://www.activ.asn.au/parentportal/)

## Autism West Support Inc. - Argonaut Resources Centre

Tel: (08) 9431 2111  
Address: B Block, Ground Floor, 2 Alma Street (cnr South Tce), Fremantle 6160  
Website: [www.autismwest.org.au](http://www.autismwest.org.au)  
Hold a range of autism related books and resources which can be borrowed.

## Noah's Ark Toy Library

Toys, books and special resources.  
Tel: (08) 9381 0600  
Website: [www.natl.org.au](http://www.natl.org.au)  
Email: [christa.riegler@ilc.com.au](mailto:christa.riegler@ilc.com.au)  
At the time of printing this Handbook, Noah's Ark was in transition. Please contact the ILC for more information.



# Helplines

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**Autism Advisory and Support Service (Australia wide)..... 1300 222 777**  
**24 hour Autism Hotline (staffed by autism parents)**

**Carers WA - Counselling Line ..... 1800 007 332**  
8.00am – 5.00pm

**Parenting WA Line ..... (08) 6279 1200**  
24 hours a day, 7 days a week

**MensLine Australia ..... 1300 789 978**  
24 hours a day, 7 days a week

**Kids Helpline ..... 1800 55 1800**  
Ages 5 to 25 years, 24 hours a day, 7 days a week

**Crisis Care – Department for Child Protection..... 1800 199 008**  
24 hours a day, 7 days a week

**Mental Health Emergency Response Line..... 1300 555 788**

**Lifeline Crisis Support ..... 13 11 14**  
24 hours a day, 7 days a week

**Beyond Blue (depression and anxiety)..... 1300 224 636**

**Family Relationship Advice Line (family separation issues)..... 1800 050 321**

**Anglicare WA - Counselling for Carers .....9263 2050**

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