Your essential guide to services and support in Western Australia
Autism
Parents’ Handbook

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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 (April 2015), 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. Please send any updates or amendments to me (Heidi Brandis) at autismparentshandbook@gmail.com to be included in website updates and future hardcopy editions. Please check issuu.com/autismworldmagazine for latest version of the handbook.
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 and Iain Croft are 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

Acknowledgements

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

Developmental Disability WA
whose Support Group Grant allowed us to create this Handbook - special thank you to Mary Butterworth for her endless enthusiasm.

National Disability Service
whose Community Living and Participation Grant funded the printing of an extra 10,000 copies.

Isabel and Andre Sweidan, Anthony Duerloo and Katie Ireland, Silvana Gaglia and Autism West, Anya Stephens, Darrin Brandis and Tom Parker at PeopleSense
thank you all for jumping on board with sponsorship to help this Handbook reach thousands more families.

Daniels Printing Craftsmen
for giving a reduced printing rate as a community service.

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 earnest wisdom and constant support.

Northern Suburbs Autism Mums Group
all 80 of you absolutely ROCK!

Iain Croft, Autism World Magazine
editor extraordinaire - for your expert guidance and making it sparkle!

My husband Darrin Brandis, my parents Andre and Isabel Sweidan, my in-laws Ros and Evan Brandis and our incredible family couldn’t wish for a better group of people to share this journey.
Dedication

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

Introduction

To all the wonderful parents and carers of children on the autism spectrum in Western Australia.

The months before and after your child is diagnosed can be so stressful and very overwhelming, in both a practical and emotional way. 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. It’s only now - years later - that I can look back and clearly see the huge impact this had 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 me so much time, energy, enormous stress, confusion and insomnia. I could have been more present and available to my children and husband. 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!

This handbook was an amateur production until I had the good fortune to meet Iain Croft, editor extraordinaire, of Autism World Magazine. I am grateful that he shared his considerable editorial expertise and for many hours that he voluntarily devoted to the handbook. Iain’s generosity to the autism community is unparalleled.

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.

I’m thrilled that this new 2015 edition of the Handbook has been extended to include Regional WA - so wherever you are, help is not far away.

Warm wishes
Heidi Brandis
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Getting a Diagnosis

What is Autism?
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 (Winthrop Professor Andrew Whitehouse, Telethon Kids Institute).

Who is involved in Autism Assessments?
In Western Australia (WA), a multidisciplinary team is required to carry out an assessment for autism.

For children up to 12 years of age:
- a paediatrician and
- speech pathologist and
- clinical psychologist.

For adolescents (12-17 years):
- a clinical psychologist and
- paediatrician or psychiatrist and
- speech pathologist if required.

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 paediatrician. The paediatrician will assess your child and if indicated will refer you to a clinical psychologist and speech therapist 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 (“WAADF Resources” tab then “Diagnosis in WA” tab for further information).

2) Public system
There are two paths to access autism diagnostic services in the WA public health system:
- Child Development Services and
- Disability Services Commission’s Statewide Specialist 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 or Commonwealth Health Department at 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.
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
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], training, post school options, community living, respite and Intensive Family Support.

Disability Services Commission of WA
Tel: (08) 9426 9352
Email: Admin_LAC@dsc.wa.gov.au
Website: www.disability.wa.gov.au
DSC is a State Government Department providing a range of services and support to people with disabilities, their families and carers. Contact DSC to see if your family is eligible for registration, services and to find out about DSC support in your area from a Local Area Coordinator (LAC) or My Way Coordinator (MWC). Services include housing, transport, support for families and carers, behaviour support, employment and training.

Find a Therapist/Psychologist
Therapy Focus has an Autism Services Directory which is WA specific and is updated annually with comprehensive information on services, individuals and organisations that provide autism assessment and therapy.
Tel: (08) 9478 9500

Department of Social Services have a list of Early Intervention Service Providers available via this link http://bit.ly/WAearlyinterventionlist.

National Disability Insurance Scheme (NDIS)
NDIS trials have started in a number of locations around Australia. From 1 July 2014 Western Australia started participating in a two-year trial of the NDIS. The NDIS trial in WA is unique because there are two different disability service models being run in separate locations.

The State Government’s WA NDIS My Way model started in the Lower South West on 1 July 2014, with Cockburn and Kwinana joining on 1 July 2015. To determine if you are potentially eligible to participate in the WA NDIS My Way trial, use the short assessment at: www.dsc.wa.gov.au/Am_I_Eligible/.

The Commonwealth Government’s NDIS model is being run by the National Disability Insurance Agency (NDIA) in the Perth Hills. To find out more go to: www.ndis.gov.au.

Early Days Online Workshops
Tel: (08) 9489 8900
Online workshops www.raisingchildren.net.au
One day workshops 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.

Autism Services Pathfinder
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

1) MEDICARE

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.

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 (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 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.

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 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.
2) CENTRELINK
Website: 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, SchoolKids Bonus 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 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.

3) DISABILITY SERVICES COMMISSION OF WESTERN AUSTRALIA (DSC)
Families who are eligible for DSC registration may apply for the Combined Application Process / Intensive Family Support funding (CAP/IFS) available for intensive family support, such as support workers, respite and range of other supports. Contact your Local Area Coordinator or My Way Coordinator to discuss eligibility and for assistance completing paperwork. In addition to CAP, your Coordinator can provide information on other funding avenues from DSC (discretionary or block funding) or other agencies. May also be eligible to apply for Combined Application Process / Accommodation Support funding (CAP/AS) when your child is older.

4) OTHER FUNDING SOURCES

**Secondary Assistance Scheme**
Tel: (08) 9264 4516  
Email: student.allowances@education.wa.edu.au  
Web: 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 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) 9208 9830  
Email: grants@nds.org.au  
Website: www.clpg.org.au  
Grants of between $500 and $10,000 from National Disability Service for equipment, resources and activities to enable people with disabilities to participate in recreational and social activities.

**Short Break Funding - Carers WA**
Tel: Social and Peer Coordinator 1300 227 377  
Email: info@carerswa.asn.au  
Website: www.carerswa.asn.au and search: ‘Short Break Grants’.  
Funding for carer groups is available for small groups of four to 10 people to take a short break together. Two funding rounds per year. Check website for eligibility criteria.

**WA Grants Directory**
Website: grantsdirectory.dlg.wa.gov.au  
WA government directory of grants to help communities source financial support including Grants for women.

**Perth Home Care Services TOP (Time Off and Planning) Family Support Program**
Tel: 08 9204 7800  
Email: admin@phcs.org.au  
Can assist with short breaks, funding, support workers and respite.

**KidSport**
KidSport enables Western Australian children to participate in community sport and recreation, no matter their financial circumstances.  
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
Tel: (08) 9264 4516

**Companion Card**
Tel: 1800 617 337
Email: 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](http://www.wa.companioncard.asn.au) and Companion Card holders can gain entry to many venues and events at no or reduced cost. Participating venues are available on website.

**Qantas Air Travel Discount Program**
(Domestic Only)
Tel: 1800 806 769
Email info@nican.com.au
Qantas Carer Concession Card program for people with a disability and high level support needs, who require full-time assistance of a carer while on a plane. See website for discounts for carer and person requiring care on domestic flights only.

**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.
Education

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

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

Early Intervention Units

DoE runs 11 Education Support Centres in WA offering intensive behavioral intervention programs for Kindergarten and Pre-Primary children with autism. Contact Principal of Autism Education: Tel: (08) 9426 7110

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).

There are currently no specific autism education programs for years one to seven or years 11 and 12 in Western Australia.

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 College, Ocean Reef High School, Canning Vale College and South Fremantle Senior High School, catering for students with high functioning Autism, incorporating life skills and community access programs in curriculum.

Schools Plus

Website: 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 Website: 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
Website: 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
Website: 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 planning and response.

To request support from CEO Psychology Team, please contact your school Principal.
3) HOME EDUCATION

Department of Education (DoE)
Website: 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
Website: 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
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
Website: southlands.accde.edu.au
Distance education program which can be purchased for home education, either online or as a hardcopy.

Perth Homeschoolers Program
Website: www.perthhomeschoolers.com
Online Perth homeschoolers community.

Swan Christian College
- online learning
Tel: (08) 9374 8300
Email: swanjuniorschool@scea.wa.edu.au or swanseniorschool@scea.wa.edu.au
Website: 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.

Khan Academy
Website: www.khanacademy.org
Free educational videos on huge range of topics.

Home Education Australia
Website: 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.

Perth Too Cool for School Home School
Group on Facebook: www.facebook.com/groups/329600967141215/

Home Schooling Perth’s unique kids
Website: facebook.com/groups/398847466820277

4) TERTIARY EDUCATION

Curtin Specialist Mentoring Program (CSMP):
Specialist peer-to-peer mentoring available through CSMP helps tertiary students on the autism spectrum navigate tertiary life at Curtin University more successfully. The program offers the mentees a rare opportunity to meet like-minded people their age and fosters the development of interpersonal relationships. There is a scarcity of such opportunities for adults on the spectrum.
Contact Dr Jasmine McDonald jazmike@iinet.net.au or, Theresa Kidd theresa.kidd@postgrad.curtin.edu.au for more information.
Carers’ Agencies

As your child’s full-time carer, your ongoing mental and physical health is crucial to you and your family. The following 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  
Website: 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  
Website: www.kalparrin.org.au  
Run by Parents of Children with Special Needs Inc. and available to support family members or the carer of a child with a disability or special need. Services include a visitor lounge at PMH where you can talk to a Family Support Officer or meet with other parents, weekend respite events and family and sibling events, and the WA Special Families Facebook group.  
facebook.com/groups/WASpecialFamilies/.

**Home and Community Care (HACC)**
Tel: 1300 785 415  
Website: 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  
Website: 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  
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  
Website: 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.
Advocacy

**Developmental Disability WA (Inc.)**
Tel: (08) 9420 7203  
Address: City West Lotteries House, 2 Delhi St, West Perth, WA 6005  
Email: ddcwa@ddc.org.au  
Website: www.ddc.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  
Website: www.pwdwa.org  
Empowering the voices of people with disabilities in WA.

**Ethnic Disability Advocacy Centre (EDAC)**
Tel: (08) 9388 7455  
Address: 320 Rokeby Rd, Subiaco, WA 6008  
Email: admin@edac.org.au  
Website: 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.

**Legal Aid WA**
Tel: 1300 650 579  
Address: 55 St Georges Terrace, Perth WA 6000  
Website: 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.

**Future Living Trust**
Tel: (08) 9387 0575  
Address: 327 Cambridge St, Wembley, WA 6014  
Email: info@futureliving.org.au  
Website: www.futureliving.org.au  
Advice on Wills, estate planning, managed trust funds, special disability trusts.
Respite

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 Carelink and Respite 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  
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  
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  
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  
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  
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  
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.
Respite

Perth Home Care Services
Website: www.phcs.org.au
Respite, home help and personal care.

Lady Lawley Cottage - Red Cross
Website: 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
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.
Parent Support Groups

Fremantle Autism Network (FAN Club)
Morgan Morris 0457 483 317
fremantleautismnetwork@gmail.com

Bassendean and North East Suburbs Autism Mums Group
Lucy Chapman 0433 258 315
elhrowchapman@hotmail.com

Wattle Grove and South East Suburbs Autism Mums Group
Cath Crichton 0468 616 550
crich@iinet.net.au

Northern Suburbs Autism Mums Group (currently full)
Heidi Brandis 0403 901 331
hbrandis@optusnet.com.au

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

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

Agency-run 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: (08) 9383 6123
Address: 8/62 McCabe Street, Mosman Park. WA 6012 (on Rocky Bay site).
Email: info@autismwest.org.au
Website: www.autismwest.org.au
Parent support groups and coffee mornings, respite and carer's camps.

Online Support Groups:
WA Special Families - Facebook page
facebook.com/groups/WASpecialFamilies/
Membership is open to parents, carers and adult siblings of children with special needs.

Perth Metropolitan Autism Network
facebook.com/groups/560607700674392/
Open to all Perth families
Anita Pugliese 0413 007 045 anitapgls@gmail.com

24-Hour Autism Hotline - 1300 222 777
Children’s Social Skills Groups

ISADD - Intervention Services for Autism and Developmental Delay
Tel: (08) 9227 6888
Address: 50 Angove Street, North Perth WA 6006
Website: www.isadd.org
Provide social skills groups and programs. Advice and support is also provided to families and carers.

Melville Occupational Therapy and Extra Lesson for Children
Address: 9 Hulme Ct, Melville, WA 6154
Tel: (08) 9329 9500
Email: melvilleotel@westnet.com.au
Website: www.facebook.com/MelvilleOTEL
Jean Loth and her team run social skills and a range of other groups.

Autism West Support Inc.
Tel: (08) 9383 6123
Address: 8/62 McCabe Street, Mosman Park, WA 6012
Email: info@autismwest.org.au
Website: www.autismwest.org.au
Groups for 7-30 year-olds including recreation, life and social skills.

Connect for Kids - Amanda Styles, Speech Pathologist
Tel: 0402 101 060
Address: 99 Loftus Street, Leederville, WA 6007
Email: info@connectforkids.com.au
Website: www.connectforkids.com.au
Social skills groups run after school, weekends, school holidays for 6-17 year olds.

Kathy Ziatis Speech Pathology
Address: 22 Letchworth Centre Avenue, Salter Point, WA 6152
Tel: (08) 9450 6939
Email: info@kzspeech.com.au
Website: www.kzspeech.com.au
Run a range of social skills and independent living skills groups. Offices also in Albany and Geraldton.

KidzMix
Helen Davidson, Occupational Therapist and Counsellor
Tel: 0410 387 787
Email: admin@kidzmix.com
Website: www.kidzmix.com
Run a range of social skill group programs helping kids become social heroes.

Sensory Connections - Occupational Therapists and Speech Therapists
Address: 104 Keightley Road West, Shenton Park, WA 6008
Tel: (08) 9382 8538
Email: administration@sensoryconnections.com.au
Website: www.sensoryconnections.com.au
Run small group, peer, social skills programs.

PlayConnect Playgroups
Tel: (08) 9228 8088
Address: 1-3 Woodville Lane, North Perth, WA 6006
Email: admin@playgroupwa.com.au
Website: www.playconnect.com.au
National program providing play-based learning opportunities for children with autism and opportunity for families and carers to connect and share their experiences. No diagnosis required. Locations in Mullaloo, Forrestfield, South Lake, Kwinana and Karratha.

To find a Therapist/Psychologist
Therapy Focus has an Autism Services Directory therapyfocus.org.au/resources/useful-links.aspx which is WA specific and is updated annually with comprehensive information on services, individuals and organisations that provide autism assessment and therapy.
Tel: (08) 9478 9500

Department of Social Services have a list of Early Intervention Service Providers available via this link http://bit.ly/WAearlyinterventionlist
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
Website: 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.

Kalparrin
Tel: (08) 9340 8094
Website: www.kalparrin.org.au/respite-and-recreation/siblings-school-holiday-program/
A series of one-day programs held during school holidays in and around Perth. The events offer siblings of children with special needs a chance to conquer challenges, meet new friends and have a day filled with fun and adventure.

Family Support WA - Interact Camps for Siblings
Tel: (08) 9303 4660
Website: www.familysupportwa.org.au
Free, monthly support and recreation for school age siblings of children with disability.

Siblings Australia
Website: 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
A website for primary school children who have a sibling with a disability. Has games, chatroom, and support.
Recreation

Inclusion WA
Tel: (08) 9201 8900
Address: Unit 4, 61 Walters Drive, Osborne Park, WA 6017
Email: info@inclusionwa.org.au
Website: 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 Corner Kent and Gloucester St, East Victoria Park, WA 6101
Email: reception@wadsa.org.au
Website: www.wadsa.org.au
Focused on ensuring all levels of ability are able to engage in sports and recreation.

Autism West Support Inc.
Tel: (08) 9383 6123
Address: 8/62 McCabe Street, Mosman Park, WA 6012
Email: info@autismwest.org.au
Website: www.autismwest.org.au
School holiday, supported recreation programs.

Unigym
Tel: (08) 6488 2361
Address: 35 Stirling Highway, Crawley, WA 6009
Email: admin-sseh@uwa.edu.au
Website: www.sseh.uwa.edu.au/community/unigym
Remedial movement program for 5-10 year olds with major learning difficulties.

High Flyers Indoor Trampolining Centre
Tel: (08) 9309 3500
Address: 29 Dellamarta Road, Wangara, WA 6065
Email: admin@highflyerswa.com
Website: www.highflyerswa.com

Beatty Park Swim School
Angelfish Program for special needs
Tel: (08) 9273 6082
Address: Beatty Park Leisure Centre 220 Vincent Street, North Perth, WA 6006
Website: www.vincent.wa.gov.au and search for ‘Angelfish’.

Belmont Oasis
Special Needs Swimming Lessons.
Tel: (08) 9277 1622
Address: Progress Way, Belmont, WA 6104
Website: www.belmontoasis.com.au/facilities/special_needs

Fremantle Leisure Centre
Dolphins swimming lessons for Special Needs.
Tel: (08) 9432 9541
Address: 8 William Street, Fremantle, WA 6160
Email: info@fremantle.wa.gov.au
Website: www.fremantle.wa.gov.au and search ‘Dolphins’.

Luke Hallam Personal Training
Tel: 0431 452 514
Address: Revolution Sports Gym Lemnos St, 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
Multiple locations around Perth and regional WA.
Email: info@rdawa.org.au
Website: www.rda.org.au/rdawa.aspx

Cricket Champs
Tel: 0403 574 938
Email: justin@cricketchamps.org.au
Website: www.cricketchamps.org.au

StarKick
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 a disability or that may otherwise be daunted by playing football.
Website: www.facebook.com/bombersjfc

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

QuadDreamers
Quad Biking for children and adolescents with disability.
Email: qrcd@y7mail.com
Website: www.quaddreamers.com.au

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.

Kids Camps
Tel: (08) 6241 6690
Address: 11 Kirke Street, Balcatta, WA 6021
Email: exec@kidscamps.org.au
Website: www.kidscamps.org.au
Provides exciting and fun-filled camps for children aged 5 to 25 with a disability and their siblings. The child should be able to walk unassisted to be able to enjoy the activities and outings.

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@assistancedogs.org.au
Website: www.assistancedogs.org.au
### Continence

**Princess Margaret Hospital Bedwetting (Enuresis) Service**
Tel: (08) 9340 8356  
Address: Godfrey House, Princess Margaret Hospital for Children, Roberts Road, Subiaco, WA 6008  

Alarm blanket treatment program takes approximately six to eight weeks. Child should be 5 1⁄2 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: Maddington and Mirrabooka  
Continence advice, aids and support, specifically for children with disabilities. Run by Therapy Focus.

**Continence Advisory Service of WA**
Tel: (08) 9386 9777  
Website: [www.continencewa.org.au](http://www.continencewa.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)  
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)**
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

Developmental Disability WA (formerly DDC)
Website: www.ddc.org.au
Regular seminars on range of topics including disability, education, autism, carers and health.

Autism West Support Inc.
Website: www.autismwest.org.au/index.php/conferences-workshops/
Annual conference, guest speakers, workshops.

Autism Association of WA
Website: www.autism.org.au
Provides a range of autism-related courses for parents, teachers and education assistants.

Sue Larkey
Website: 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 Atwood
Website: www.tonyattwood.com.au
International authority on Aspergers Syndrome. Delivers seminars in Perth every one to two years.

Dr Wenn Lawson
Website: www.mugsy.org/wendy
A published psychologist, parent to four children and has autism spectrum condition, Wenn travels internationally to deliver workshops on autism.

Sue Larkey
Website: 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 Atwood
Website: www.tonyattwood.com.au
International authority on Aspergers Syndrome. Delivers seminars in Perth every one to two years.

Dr Wenn Lawson
Website: www.mugsy.org/wendy
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
Offers professional training seminars on autism, behaviour, disability.

Positive Partnerships
Website: 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.

Swinburne University of Technology
Email: autism@swin.edu.au
A free online course to assist parents, families and carers who live and work with individuals on the autism spectrum will be launched at Swinburne University of Technology on 2 April 2015. Running for six weeks, the MOOC (Massive Open Online Course) will use a unique scenario-based learning approach, which draws on the stories and experiences of individuals, carers and experts in the field.

Noah’s Ark
Run workshops around WA
Website: www.natl.org.au
Tel:(08) 9328 1594
Email: help@noahsark.wa.org.au

Research

Telethon Kids Institute
The Autism Research Team at the Telethon Kids Institute, led by Professor Andrew Whitehouse, investigates the genetic and neurobiological causes of autism, and conducts clinical intervention trials. To participate please contact:
Tel: (08) 9489 7777
Email: 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 Autismstudy@curtin.edu.au
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 Coordinator, Developmental Disability WA.

Disability Services Commission (DSC) across WA

DSC Local Area Coordinators (LACs) and My Way Coordinators (MWCs) 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 DSC contact via www.disability.wa.gov.au/lac-search.

National Disability Insurance Scheme (NDIS)

The State Government’s WA NDIS My Way model started in the Lower South West on 1 July 2014, with Cockburn and Kwinana joining on 1 July 2015. To determine if you are potentially eligible to participate in the WA NDIS My Way trial, contact DSC via 1800 996 214 or for TTY users phone (08) 9426 9315. You can also head to the Commission’s website and use the short assessment at: www.dsc.wa.gov.au/Am_I_Eligible/.

Autism Association of Western Australia

Regional Callers: 1800 636 427
Email: autismwa@autism.org.au
Website: www.autism.org.au Click on the Training and Seminars section.
The Association runs a series of training and seminar programs across regional Western Australia.

Activ

Tel: (08) 9387 0555
Website: 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
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.

Developmental Disability WA (DDWA)

Tel: (08) 9420 7203
Address: City West Lotteries House, 2 Delhi St, West Perth WA 6005.
Website: www.ddc.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.

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.
South West

South West Autism Network (SWAN)
Tel: (08) 9754 7322
Email: info@swanautism.org.au
Website: 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.

Enable South West
Tel: 1800 468 965 or Bunbury: (08) 9792 7500, Busselton: (08) 9792 7500, Manjimup: (08) 9772 4004
Email: reception@enablesw.org.au
Website: www.enablesw.org.au
Provides support to people with disabilities and mental health diagnoses. Enable is the only Disability Services Commission endorsed agency that operates its headquarters from Bunbury and it services an area of 24,000 square kms, and a population of approximately 141,000 people.

Advocacy South West
Tel: (08) 9721 6444
Address: 99 Victoria Street, Bunbury WA 6230
Website: www.asw.org.au
Support and advocacy across the southwest region of Western Australia.

Anglicare Financial Counselling
Bunbury: (08) 9792 1900, Busselton: (08) 9754 1848, Collie: (08) 9734 6500
Web: www.anglicarewa.org.au/finance
Helps people work through any problems they are having with money, including household budgeting, negotiating outstanding bills, or saving for the future.

Great Southern

Autism Support Network Albany Inc. (ASNA)
Tel: 0499 766 534
Email: asnalbany@gmail.com
Website: www.facebook.com/groups/112304355450852/
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: 322-324 Princess Royal Drive, Albany WA 6330
Website: 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
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.

Autism Network Denmark
Tel: Naomi De Hert on 0415843939
Email: yellowlegg_13@yahoo.com
Website: facebook.com/groups/1468046133442887/

Kimberley

Kimberley Individual & Family Support Association (KIFSA)
Tel: (08) 9192 5979
Email: admin@kifsa.org.au
Website: www.kifsa.org.au
Disability Service Organisation (DSO) with offices in Broome, Derby, Fitzroy Crossing and Kununurra.

Life Without Barriers
Tel (08) 9192 1429
Address: 1/12 Coghlan St, Broome WA 6725
Website: www.lwb.org.au
Care and support services across more than 250 urban, rural and remote communities across Australia.

Derby Aboriginal Health Services (DAHS)
Tel: (08) 9193 1090
Address: 1 Stanley Street, Derby, WA 6728
Email: info@dahs.org.au
Website: www.aboriginalhealthservice.org.au/
Culturally appropriate health, education, health promotion and clinical services.
Goldfields - Esperance

Full Circle Therapies Inc.
Tel: 0477 168 138
Email: fullcircletherapies@mail.com
Address: 113 Dugan Street, Kalgoorlie
Website: 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
Website: 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
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/

Life Without Barriers
Tel (08) 9092 2900
Address: 210A Dugan Street, Kalgoorlie WA 6430
Website: 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/

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
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
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
Website: 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
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/
Wheatbelt

Agcare Family Counsellors
Email: wheatbeltnfam@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 self-
referral.

Ability Focus
Tel: (08) 9641 2557
Address:
53 Christie Retreat,
York WA 6302
Email: info@abilityfocus.org.au
Website: 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
Address: 107 Federal Street, Narrogin
Website: 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
Address: 53 Wellington Street, Northam, WA, 6401
Website: 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
Website: www.wongancc.org.au

Wheatbelt Special
Diffability Network
Facebook: facebook.com/
WheatbeltSpecialAbilityNetwork
Magazines, Books and Journals

**Autism World Magazine**
The essential free bi-monthly digital magazine supporting all those in the Autism and Aspergers communities. Produced in Perth for iPad, iPhone, Androids and all computers.
Editor: Iain Croft iain@magswest.com
Website: www.autismworldmagazine.com

**Jessica Kingsley Publishers (JKP)**
Independent UK based publisher specialising in autism.
Website: www.jkp.com

**Footprint Books**
Australian publisher and supplier of JKP and other autism books.

**Autism Aspergers Digest**
American bi-monthly magazine created to meet the needs of teachers, therapists and family members who face the challenge of autism.
Website: www.autismdigest.com

Libraries

**Child Health Library**
Website: 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
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. Their parent’s website is also a mine of information: www.activ.asn.au/parentportal/

**Autism West Support Inc. - Argonaut Resources Centre**
Tel: (08) 9383 6123
Address: 8/62 McCabe Street, Mosman Park, WA 6012
Website: www.autismwest.org.au
Good range of autism related books and resources.

**Noah’s Ark Toy Library**
Toys, books and special resources.
Tel: (08) 9328 1598
Address: 5a Bookham Street, Morley, WA 6062
Website: www.natl.org.au
Helplines

Autism Advisory and Support Service (Australia wide)
1300 222 777
24 hour Autism Hotline

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 or 08 9224 8888

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

Health Direct Australia
Tel: 1300 136 2231 [free from any landline]
24/7. A Registered Nurse will discuss your problem and offer advice on any action needed.
No call is considered trivial!
Publication of this handbook was proudly supported by
a Support Group Development Grant from Developmental Disability WA
and
a Community Living and Participation Grant from National Disability Services
and by

Austism West Support Inc
PeopleSense Pty Ltd
Autism World Magazine
Andre and Isabel Sweidan
Katie Ireland and Anthony Duerloo

Our grateful thanks to all our sponsors
for helping this Autism Parents Handbook reach WA families
and health and education professionals supporting families affected by autism

ISBN 978-1-87580-170-1