



Children and Young People  
with Disability Australia



**DREAM** Employment  
Network

# How to talk about your access needs

## Children and Young People with Disability Australia

## About this book



This book is from Children and Young People with Disability Australia or CYDA.

This book has some hard words.



Hard words are in **bold**.

We tell you what they mean.

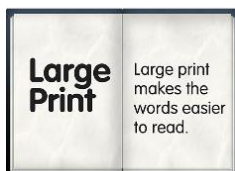
This book is about how you can speak up about your **access needs**.



Access needs are things

- that help you do your job
- you need because of your disability.





Access needs can include

- information in large print



- lots of breaks in meetings



- captions



- ramps or lifts instead of stairs.

Your access needs might change over time.

If you are not sure if your access needs are being met you can ask yourself some questions.



You can ask yourself

- Is it safe for me to use the office or place where I work?



- Do I feel supported at work?

## Help to speak up about access needs



When you speak up people should show you **respect**.



Respect means people should

- listen to you
- be kind to you
- not hurt you.



After you speak up about your access needs you can do things that make you feel good.



You might

- listen to music you like
- have your favourite food or drink.





You can speak up about your access needs in a way that is best for you.



You can

- send an email



- make a voice message



- have a video call



- have a meeting in person.

## More information

For more information you can contact the Australian Human Rights Commission.



Call 1300 369 711



Website [humanrights.gov.au](http://humanrights.gov.au)

You can also contact People with Disability Australia.



Call 1800 422 015



Email [pwd@pwd.org.au](mailto:pwd@pwd.org.au)

If you feel sad or worried you can contact Lifeline.



Call 13 11 14



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

CYDA's DREAM resources have been created to provide general information to employers and young people with disability who may be seeking employment. The content has been informed by a co-design process with employers and young people with disability. Funding for the project was provided by the Australian Government's Department of Social Services, as part of a Disability Youth Leadership Grant.

This fact sheet was current as of September 2023 and may not contain the most recent information and updates. Information is provided as a general guide and should not be considered legal or professional advice. Pictures by Photosymbols.