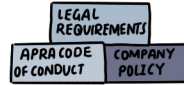


TAKING CHARGE OF CHANGE

PARENTS AND CARERS OF CHILDREN AGED 0-7



TUESDAY
26 MAY
ABORIGINAL
LAND



THERE ARE MANY PROCEDURAL BARRIERS THAT GET IN THE WAY OF SERVICE PROVIDERS TREATING US LIKE PEOPLE

Take Charge of Change



Children and Young People with Disability Australia

WHEN I'M BURNT OUT, I DON'T WANT TO TALK ABOUT IT OR BE REFLECTIVE, WE NEED SOMETHING PRACTICAL AND APPLICABLE TO US

THE MESSAGING NEEDS TO BE THAT WE MADE THIS RESOURCE - NOT TO GIVE YOU SOMETHING ELSE TO DO - BUT JUST SOMETHING YOU CAN USE WHEN YOU CAN



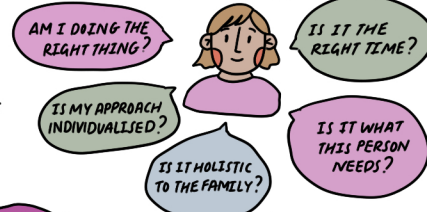
IT'S EASIER TO SAY "LOOK AFTER YOURSELF" BUT HOW CAN YOU IF YOU DON'T HAVE ADEQUATE RESOURCES OR RESPIRE

SUSTAINABLE CARE-GIVING NEEDS



IT'S HARD TO PLAN THESE RESOURCES BECAUSE THERE ARE SO MANY VARIABLES AND UNKNOWNNS

FOR PROVIDERS THESE RESOURCES SHOULD TRIGGER QUESTIONS



WHAT YOU GET FUNDED FOR DEPENDS ON YOUR LOCAL AREA COORDINATOR OR PLAN MANAGER. THERE ARE SO MANY VARIABLES

THE NDIS IS THE BEAST IN THE ROOM



WHAT WE NEED IS A UNICORN - A SINGULAR PERSON TO HELP NEW DISABILITY PARENTS IN NAVIGATING SUPPORT SERVICES



WHEN CHOOSING A NEW PROVIDER I CHECK THAT THEY CAN WORK AND BE THE RIGHT FIT FOR OUR WHOLE FAMILY

THERE ARE AT LEAST SEVEN DISTINCT PATHWAYS TO GETTING SUPPORT



THERE IS A LOT OF TRIAL AND ERROR IN FIGURING OUT WHAT SUPPORTS YOUR CHILD NEEDS



CARER BURNOUT IS A HUGE THING. WHEN YOUR MENTAL LOAD IS AT CAPACITY THE LAST THING YOU NEED IS TO GO THROUGH A CHECKLIST

PARENTS AND CARERS CAN'T POUR FROM AN EMPTY CUP



WE NEED SOMETHING TO PRINT OUT AND WORK ON IT STAGE BY STAGE IN OUR OWN TIME



YELLING FOR ME IS A SIGN OF OVER-STIMULATION

I DON'T HAVE HOBBIES. I DON'T KNOW WHAT I LIKE ANYMORE

WE ARE ALL TRYING OUR BEST. THERE IS SO MUCH CHANGING RIGHT NOW

OUR RESOURCES NEED TO BE IN ALIGNMENT WITH EXISTING RESOURCES SUCH AS



THIS RESOURCE SHOULD BE A



ANIMATED VIDEO



A CONVERSATION GUIDE FOR FAMILIES

WE'RE ALL A KEY PART OF OUR CHILD'S IDENTITY DEVELOPMENT

WHEN OUR KIDS ARE LITTLE HOW FAMILY SEE THEM IS THE MOST IMPORTANT BUT AS THEY GET OLDER WHAT MATTERS MOST IS THE VOICES OF THEIR FRIENDS AND PEERS

HOW CAN WE PREPARE THEM FOR HOW SOCIETY MIGHT SEE THEM



WE NEED TO MAKE SURE THAT CULTURALLY AND LINGUISTICALLY DIVERSE FAMILIES ARE REPRESENTED AS SOME ETHNICITIES AND CULTURES MAY HAVE LIMITED UNDERSTANDING OF THE IMPORTANCE OF SELF-IDENTITY DEVELOPMENT

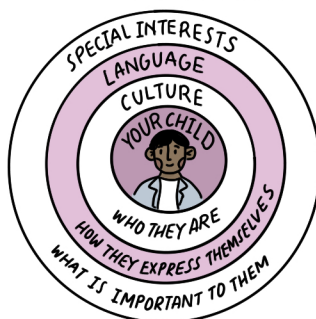
KIDS ABSORB A LOT OF OUR OWN FEELINGS WHICH WE MIGHT NOT NOTICE

KIDS SHOULD BE SUPPORTED IN LEARNING ABOUT THEIR BRAINS, THEIR BODIES AND THEIR INDIVIDUAL SUPPORT NEEDS

THE RELATIONSHIPS KIDS HAVE WITH THEIR FAMILY IS IMPORTANT



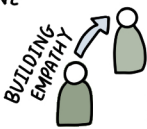
FOR OUR KIDS, SELF-IDENTITY IS BUILT AROUND



AT SOCCER MY SON'S TEAM MATES DON'T REALISE HE'S AUTISTIC. TO THEM HE'S JUST ONE OF THE TEAM



THERE IS POWER IN REPRESENTATION



BUILDING EMPATHY

CHILDREN NEED TO LEARN HOW TO SEE PARTS OF THEMSELVES IN OTHER CHILDREN

CHILDREN DESERVE TO HAVE THEIR STRENGTHS RECOGNISED ALONGSIDE THEIR SUPPORT NEEDS

