



Noah's
EVERY CHILD.
EVERY OPPORTUNITY.

Shoalhaven Services Guide

For Parents and Carers

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**Visit the Noah's Inclusion Services website – www.noahs.org.au
Tel: 4423 5022**

Please note that this directory is not meant to act as an exhaustive or comprehensive list of services across the region, rather it is a snapshot of the services available.

Please also note, it should be acknowledged that service details change regularly, and this directory will not maintain up to date information.

2. ADVOCACY - Local

The Disability Trust - Shoalhaven Information and Advocacy

www.disabilitytrust.org.au

Phone line & drop in service offering information for people with a disability, their families and the community about everyday issues; individual advocacy, available programs, access to services, aids and equipment, access to counselling.

Sean O'Neill - Community Worker Information & Advocacy (based in Warrawong)

Tel: 4255 3166

Email: info@disabilitytrust.org.au Facebook, twitter

ADVOCACY - State/National

Anti-Discrimination Board

www.lawlink.nsw.gov.au/ADB

Level 4, 175 Castlereagh Street, Sydney

Provides an enquiry service for people who want to know about their rights or responsibilities under anti-discrimination law. Part of the NSW Department of Justice & Attorney General.

Tel: 9268 5544

Australian Human Rights Commission

www.hreoc.gov.au

Email: communications@humanrights.gov.au

Education is one of the Commission's main roles. Follow the links under "Education" for information and resources.

Tel: 9284 9600 Complaints: 1300 656 417

Family Advocacy

www.family-advocacy.com

Email: familyadvocacy@family-advocacy.com

Family Advocacy is an independent, disability advocacy organisation, which works across New South Wales.

Working with families in which there is a child or an adult with a developmental disability.

Tel: 9869 0866 or freecall: 1800 620 588

IDEAS Disability Information Line -

Information on Disability and Education Awareness Services and Advocacy

Tel: 1800 029 904

Multicultural Disability Advocacy Association of NSW (MDAA)

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

Tel: 4226 9971 Freecall: 1800 629 072

Email: Wollongong@mdaa.org.au

The aim of MDAA is to promote, protect and secure the rights and interests of people from NESB with disability, their families and carers in NSW.

Telephone Typewriter TTY (02) 96876325 or 1800 629 072 Telephone Interpreter Service 131450

NSW Council for Intellectual Disability

Level 1 418A Elizabeth St Surry Hills 2010

www.nswcid.org.au

Tel: 02 9211 1611 Free call 1800 424 065

Email: mail@nswcid.org.au

- Peak body representing rights & interests of people with intellectual disability
- Provides Policy advice,
- systemic advocacy, information provision & dissemination

3. ASSESSMENT – Local

Noah's Inclusion Services

Tel: 4423 5022

www.noahs.org.au

Illawarra Shoalhaven Diagnostic Assessment Service IS-DAS

Illawarra Shoalhaven Local Health District NSW Health
42A Porter Street, Wollongong (monthly visits to Nowra)

Tel: 4224 2900

Email: IS_DAS_Admin@sesiahs.health.nsw.gov.au

Pediatrician

Dr Mark De Souza 57 Bridge Road Nowra

Tel: 4423 3888

Paediatrician

Dr Toby Greenacre 43 Junction Street, Nowra

Tel: 4421 3088

Psychologists

IOH - 68 Osborne Street, Nowra

Intellectual (IQ) assessment and report for educational or diagnostic purposes

Tel: 4422 5100

Developmental Paediatrician

Dr Chitra Parab & Dr Bindu Baburaj, Shop 110b Stocklands, Shellharbour
Developmental & Behavioural Paediatric Clinic

Tel: 42951173 / 1300 002 687

Developmental Paediatrician

Dr Roger Blackmore – Unit 13, 75 Cygnet Ave, Shellharbour City 2529

Tel: 4295 3600

ASSESSMENT – State/National

Royal Far West

www.royalfarwest.org.au

Must live south of Nowra. 0-13 years Referral needed

Tel: 1800 500 061

Tumbatin Assessment Clinic, Sydney Children's Hospital, Randwick

<http://www.schn.health.nsw.gov.au/parents-and-carers/our-services>

Diagnostic and Assessment services, counselling and support for families of children with developmental delay. Referral needed.

Tel: Developmental Assessment Clinic – 02 9282 8189/8191

Tel: Learning Difficulties Clinic – 02 9382 1296

4. CASE MANAGEMENT – Local

Community Support Team (ADHC)

Community Case Management for children with a developmental delay

Tel: 1300 841 566 Central Intake (Office based in Nowra)

Community Options Nowra

Provide Case Management, Advocacy and brokerage services.

Tel: 4428 7300

Cullunghutti Aboriginal Child and Family Centre

Paediatrician, Counselling, Binji Boori and Waminda Outreach Services, Playgroup, Parenting Programmes, Occupational Therapy, Speech Pathology, Case Support
132 Kalender Street, East Nowra

Tel: 4428 6900

Mission Australia

Therapy and Intervention Case Management. 0-8 years with diagnosis, disorder or delay.

Tel: 4267 6609 Referral number

Waminda South Coast Women's Health & Welfare Aboriginal Corporation

77 Osbourne Street, Nowra

Tel: 4421 7400

5. COUNSELLING SERVICES – Local

AMS – South Coast Aboriginal Medical Service

Provide high quality, appropriate, efficient and effective primary health care and related services to South Coast Aboriginal and Torres Strait Islander people. Services include Family Support Service, Koori Kids Wellbeing Project – Counselling and support for children, families, Support for service providers and schools. Early Family Support Program supporting families with children 0-8 years. GP and Dental Clinics. 51-53 Berry Street, Nowra.

Email: info@southcoastams.org.au

Tel: 4448 0200 Freecall 1800 215 099

Anglicare

Nowra – Counselling and Relationship Services. Children's Counsellor and Kids World Children's therapeutic group work. July 2015 – New Family Mental Health Support Service

Tel: 4423 1018

Email: acnowra@anglicare.org.au

Barnardos South Coast

Tel: 4275 8575

Email: southcoast@barnardos.org.au

Catholic Care Family Welfare Services

Counselling services, marriage and relationship education, family skills training program, School Student and Family Program, Disability Services, Carers Counsellor,

Tel: 4421 8248

www.catholiccare.dow.org.au

5. COUNSELLING SERVICES – Local

Nowra Community Health Centre

Child Protection Counselling. 5-7 Lawrence Avenue, Nowra

Tel: 4424 6300

Cullunghutti Aboriginal Child and Family Centre

4/80 Park Road, East Nowra

Tel: 4428 6900

Headspace Worrigeer Street, Nowra

Tel: 4421 5388

Helping Hands

Improving Mental Health in the Shoalhaven area

www.sfnsw.org.au

Tel: 4423 4987

Illawarra and Shoalhaven Women's Health Centre

Women's Telephone Counsellor. Free Phone counselling on Mondays and Thursdays 10am-12pm
(in school holidays Mondays 12.30-8.30pm)

Tel: 1800 82 5544 (1800 TALK HI)

Men4Life Support Group

Meet at Nowra Youth Centre every Tuesday from 6pm

Tel: David Simister 0431 549 593

Shoalhaven Youth Accommodation

Adolescent and Family Counselling 27 Junction Street, Nowra NSW 2540

Tel: 4422 7584

Shoalhaven Homeless Hub

Access to shower and toilet facilities, internet, email computer access, counselling, assistance with searching for rentals and job searches, 27 Junction Street Nowra

Tel: 4423 2806

COUNSELLING SERVICES - State/National

Carers NSW

www.carersnsw.asn.au

Email: contact@carersnsw.asn.au

Information regarding local services and support for carers.

Tel: 1800 242 636 (Tue, Wed & Thu until 8pm)

Dads in Distress (24 hr)

www.dadsindistress.asn.au

Tel: 1300 853 437

Family Relationship Centre

www.familyrelationships.gov.au

Provides information about family relationships and overcoming difficulties

Tel: 1800 050 321

Kids Helpline

www.kidshelp.com.au

Tel: 1800 55 1800 Free Online counselling service specifically for young people

COUNSELLING SERVICES - State/National

Life Line - 13 11 14 – [24hr Telephone Crisis Support](#)

Lifeline provides all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services. Find out how these services can help you, a friend or loved one.

Mens line Australia

www.menslineaus.org.au

- Counselling, information and referral for men with relationship and family concerns.
- 24 hours / 7 days a week

Tel: 1300 789 978

NSW Mental Health Line

Tel: 1800 011 511

Parent Line 24/7

www.parentline.org.au

Tel: 1300 1300 52

- A telephone counselling, information and referral service for parents and carers of children 0-18 in NSW.
- 24 hours every day including public holidays.
- A resource managed by Catholic Care and fully funded by the Department of Community Services (DoCS).

6. EDUCATION

Refer to Local Phone Book or internet to locate your local school

In addition to local Public, High, Catholic and Independent Schools

Aspect South Coast School

The Aspect South Coast School provides educational programs for children with autism aged 4 to 16 years. Classes and outreach services in the llawarra Kiama and Outreach services in the Shoalhaven area – Gerringong in the north to St Georges Basin area in the south and Kangaroo Valley in the west

South Coast Aspect School – Tel: 42852393

Aspect Autism Infoline

1800 ASPECT (1800 277 328)

www.autismspectrum.org.au

Bomaderry Public School Early Intervention Unit (EIU)

Early intervention support class for preschool children aged from 3-4 years to school aged who have a disability.

Tel: 4421 6577

Budawang School for Specific Purposes - Ulladulla

Comprehensive education programs for students with moderate to severe intellectual disabilities K-12. Camden St Ulladulla

www.budawang-s.schools.nsw.edu.au

Tel: 4455 1491

6. EDUCATION

Department of Education

Tel: 131 536

Havenlee School for Specific Purposes – Nowra

Public education school for students with a moderate to severe intellectual disability K-12
75 Judith Drive, North Nowra

www.havenlee-s.schools.nsw.edu.au

Tel: 4421 3777

Noah's Inclusion Services (Noah's Ark Centre of Shoalhaven)

Noah's provides high quality, caring and culturally sensitive early education and therapy services for young children 0-6 years with additional needs, their families and carers who live in the Shoalhaven, Jervis Bay Territory and Gerringong/Gerroa areas

Services include

- HCWA Service Provider
 - Play based Assessments
 - Playgroup Sessions
 - Early Childhood Service Consultation with Preschools
 - Day Care Funding Assistance to funded preschools
 - Managing Children Program (2.5- 7 years)
 - Wreck Bay Outreach
 - Family Disability Support Program (school aged children)
 - Mundamia Early Childhood Education Centre (opening in January 2015)
- Transition to school sessions
Preschool Sessions

Nowra Centre

Building 303, Shoalhaven Campus of Wollongong Uni
George Evans Rd, Mundamia, West Nowra

Tel: 4423 5022

Ulladulla Centre

153 Green Street
Ulladulla

Tel: 4455 1318

www.noahs.org.au

IOH – Injury and Occupational Health

Child and Family Psychological Services

Behaviour Management Support, Intellectual (IQ) assessment and report for education or diagnostic purposes

68 Osbourne Street, **Nowra**

Tel: 4422 5100

Australian Association of Special Education (AASE)

<http://www.aase.edu.au/>

Email: office@aase.edu.au

- Broad based non categorical association concerned with all who have special education needs
- Aims to advocate on behalf of people with special education needs to ensure provision of and access to quality education services
- Provides a range of services to members, the wider community, including parents

Department of Education Contact

www.det.nsw.edu.au - Disability Programs Consultants.

Catholic Education Contact

Contact the individual school and make an appointment

6. EDUCATION

Independent Schools Contact

www.aisnsw.edu.au

Professional Services, Learning & Behaviour Support

Pathways Intake

- Mainly for school kids encountering problems at school.

Tel: 1300 888378

A Parent's Toolkit: school issues for students with a disability" by Disability Advocacy NSW (DA NSW) is now available at www.da.org.au/wp-content/uploads/A-Parent%E2%80%99s-Toolkit-School-issues-for-students-with-disabilities-v-1.1.pdf.

Travel Assistance

Private Vehicle Conveyance Subsidy (PVC) available on medical grounds. White form and yellow form filled out by medical practitioner. If filled out by GP, only valid 12 months. If by paediatrician may be for entire length of primary schooling. High School may be a year by year evaluation (depending on school). Reasons for need must be clearly explained eg road safety, lack of communication, etc.

7. EDUCATIONAL OPTIONS

Types of Support Classes and local schools:

IM – Intellectually Mild

- Must have a mild intellectual disability
- Eligible if 8 years of age+
- Support for up to 18 students

Classes at: East Nowra, Bomaderry Public, Sanctuary Point

IO – Intellectually Moderate

- Must have a moderate intellectual disability
- Support up to 10 students

IO/IS – Intellectually Moderate and Severe

- Must have a moderate or severe intellectual disability
- Support up to 10 students

Classes at: 2 x East Nowra, Bomaderry Public, Sanctuary Point

MC – Multi-categorical

- Classes support up to three types of disabilities
- Support up to 10 students

Classes at: 2 x North Nowra Public, Bomaderry Public, 2 x Sanctuary Point, 2 x St Georges Basin

AU – Autism

- Must have a diagnosis of Autism A1, A2 or A3
- Support up to 7 students

Classes at North Nowra Public School, 2 x Illaroo Road Public, Sanctuary Point

Updated: 7 July 2017

ED – Emotional Disturbance

- Must have a mental health disability
 - Support up to 7 students – often on a shared enrolment basis
- Classes at : 2 x East Nowra Public School

SSP – School for Specific Purposes

- Havenlee, Nowra
- Budawang in Milton

Department of Education Contact

www.det.nsw.edu.au

– Disability Programs Consultants.

Catholic Education Contact

Contact the individual school and make an appointment

Independent Schools Contact

www.aisnsw.edu.au

Professional Services, Learning & Behaviour Support

8. FINANCIAL ASSISTANCE – Autism Specific

HCWA – Helping Children with Autism - *limited time only before NDIS rollout* Aspect – Autism Advisor

Tel: 1300 978 611

Email: autismadvisor@autismspectrum.org.au

www.autismspectrum.org.au/aap

Eligibility:- 0-6 yrs with diagnosis of ASD

- a child must have been seen by an Autism Advisor and deemed eligible to access the service before their sixth birthday; and
- funding of up to \$12,000 (maximum of \$6,000 per financial year) can be accessed until the child's seventh birthday.

Information on HCWA - can also be obtained from the Department of Families, Housing, Community Services and Indigenous Affairs website at – www.fahcsia.gov.au/autism See Fact Sheets for more information about support available under the Helping Children with Autism Package.

To follow the service pathway in the Raising Children Network website follow this link. If you don't have access to the internet at home try your local library.

http://raisingchildren.net.au/my_child_has_asd/asd_diagnosis.html/open/4

Medicare Australia: Child aged over 7 yrs

Diagnosis

- Must be referred by Paediatrician or Psychiatrist
- Up to 4 individual assessment sessions per child in total (not per year) with a psychologist, Speech Pathologist and/or Occupational Therapist
- Must be under 13 years

Medicare Australia: Child under 15 years

- Must be referred by Paediatrician or Psychiatrist
- Up to 20 individual sessions per child in total (not per year) with a psychologist, Speech Pathologist and/or Occupational Therapist.
- Plan implemented by the age 13 and completed before 15 years.
- Can access this provided not already accessed services under the Better Start for Children with a disability initiative

<http://www.health.gov.au/internet/main/publishing.nsf/Content/autism-children-factsheetforparents>

Medicare Safety Net

Web: <http://www.medicareaustralia.gov.au/> (And search for safety net)

<http://www.medicareaustralia.gov.au/public/services/msn/index.shtml>

Tel: Medicare on 132 011

For more info Medicare www.medicareaustralia.gov.au

Tel: 132 150

Medicare Programs (Money back for private services)



Name of the Program	Who can use the Program	How many times can I use the Program?	Who do I need to speak to?	Which private services can I use?
Helping Children With Autism (HCWA)	Under 13 years	4 assessment sessions to assist with the diagnosis and treatment plan in total <u>not</u> every year	Paediatrician Psychiatrist	Speech pathologist Occupational therapist (OT) Psychologist Audiologist <i>(Important: Check that your therapist is registered with this item before starting therapy)</i> Optometrist Physiotherapist Orthoptist
Helping Children With Autism (HCWA)	Under 15 years	20 therapy sessions in total <u>not</u> every year	Paediatrician Psychiatrist	Speech pathologist Occupational therapist (OT) Psychologist Audiologist <i>(Important: Check that your therapist is registered with this item before starting therapy)</i> Optometrist Physiotherapist Orthoptist
Chronic Disease Management (CDM) Plan	Any age	5 therapy sessions in total every year	GP (local doctor)	Speech pathologist Psychologist Dietician Audiologist Diabetes Educator Osteopath <i>(Important: Check that your therapist is registered with this item before starting therapy)</i> Occupational Therapist (OT) Physiotherapist Aboriginal Health Worker Chiropractor Exercise Physiologist Podiatrist
Better Access to Mental Health Care Plan	Any age	6 (+ 4 extra with referral) individual therapy sessions and 6 (+4 extra with referral) group therapy sessions in total every year	GP (local doctor)	Occupational Therapist (OT) Psychologist Social Worker <i>(Important: Check that your therapist is registered with this item before starting therapy)</i>

FINANCIAL ASSISTANCE – Local organisations

Shoalhaven Kids in Need

This service will meet the cost of the accommodation charge for a Shoalhaven parent to stay with their sick child in a Sydney hospital. Ronald McDonald House charges \$30 per night. Sydney Hospitals charge \$15 per night for a parent to stay in parents room (to be by the bedside is free). Hospitals will invoice "Kids in Need - Shoalhaven" direct. Funds are obtained by fund raising such as annual event and donations. One off payments by application. **Tel: 4447 1863**

All Saints Community Care Nowra 4423 1099

Anglicare Nowra 4421 5499

Barnardos Central No 1800 663 863

Catholic Care Nowra 4421 8248

City Church SOS Store Nowra 4421 4602

SYPS, Berry St Nowra 4422 9333 (Supporting young parents up to 24 years)

Anglicare Shoalhaven Community Care

(02) 4424 7100 No Interest Loan Scheme (NILS):

Assists with loans to purchase white goods and some medical equipment.

St Vincent De Paul Society - Nowra Tel: 4421 0390

Family Assistance: provide food vouchers, clothing vouchers, help with energy bills and telephone bills.

St Vincent De Paul Society - Ulladulla Tel: 4455 5666

Can assist people in emergency and crisis situations. Able to assist with food, clothing bedding, etc. Limited help with medical prescriptions and transport aid. Help is available with electricity, telephone and water vouchers (if available) and are a referral to other support organisation.

St Vincent De Paul Society - Sanctuary Point Tel: 4443 9466

Material Assistance (food clothing).

Salvation Army – Shoalhaven Community Welfare Centre - Nowra

(02) 4423 2102

Provides individual or family crisis assistance with food, accommodation, transport, furniture, clothing, water, telephone and specialty assistance. Financial Counselling to support those experiencing hardship due to high debt levels by negotiation with creditors on client's behalf. Budget, counselling and personal financial plan produced with strategies for life after debt.

Salvation Army Mission - Ulladulla Tel: 4454 1538

Run a Red Shield Family Store and Opportunity shop. The shop provides assistance to people in need. Assistance can include but is not limited to provision of food and budget counselling. The Mission hosts a drug and alcohol counsellor and Legal Aid.

Australian Relief & Mercy Services Ltd - ARMS Shoalhaven Tel: 0429 460 730

Australian Relief and Mercy Services Limited (ARMS) caters for all people on low income. Provides free meal on Friday night. Provides very low cost groceries and free fruit and vegetables and bread.

Financial Counselling

Lifeline 4421 5365

Mission Australia 4422 0455

FINANCIAL ASSISTANCE – Non Local

Continence Aids Payments Scheme

www.humanservices.gov.au/customer/services/medicare/continence-aids-payment-scheme

5 years or older with a neurological condition.

Companion Card

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

Email: companioncard@nds.org.au

- Allows people with a significant and permanent disability, who require attendant care for the rest of their lives, to participate in community activities and events without discrimination
- Not means tested
- Not provided to people who require social support, assurance or encouragement.

Tel: 1800 893 044

EnableNSW (NSW Health)

http://www.enable.health.nsw.gov.au/home/services/continence_assistance

- [Aids and Equipment Program](#)
- [Continence Assistance](#)
- [Home Respiratory Program \(HRP\)](#)
- [Specialised Equipment Essential for Discharge \(SEED\)](#)
- [Speech Generating Device](#)

Tel: 1800 362 253

IPTAAS Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS)

Eligibility criteria applies. IPTAAS is a subsidy program which provides financial assistance to help with travel and accommodation costs for people (and eligible escorts) who need to travel long distances to access specialist treatment not available locally. Patients travelling at least 100km each way, or at least 200km per week cumulative distance, are eligible to apply for IPTAAS subsidies.

To obtain further details about IPTAAS eligibility, IPTAAS application forms and IPTAAS Fact Sheets, and to make an online IPTAAS application, go to [EnableNSW IPTAAS](#)

Medical Expenses Tax Rebate

Taxpayers may claim a 20% rebate on their medical expenses over the first \$1,500.

Web: <http://www.ato.gov.au/> (And search for Medical Expenses Tax Rebate)

<http://www.ato.gov.au/content.asp?doc=/content/Individuals/19181.htm>

Tel: ATO on 13 28 61

9. HEALTH - Local

Community Health Centres – Referral 1300 792 755

Nowra - Tel: 4424 6300 (5-7 Lawrence Avenue)

Aboriginal Health Workers, Aboriginal Vascular Health, Asthma, Audio Screening, Cardiac Rehabilitation, Child and Family, Child Protection Counselling, Continence, Diabetes Educator, Diabetes Dietician, Eating Disorders Dietician, Primary Health Nursing, Heart Failure, Paediatric Audio, Palliative Care Volunteer Coordinator, Palliative Care Counsellor, Parkinson's Nurse, Stoma Nurse, Women's Health

Culburra - Tel: 4447 2055 (Canal Street)

St George's Basin - Tel: 4443 7646 (Merriton Street)

Sussex Inlet - Tel: 4441 2373 (Cnr Jacobs Drive & Neilson Road)

Ulladulla - Tel: 4447 2055 (Cnr Princes Hwy & South Street)

9. HEALTH – Local

AMS – South Coast Aboriginal Medical Service

Provide high quality, appropriate, efficient and effective primary health care and related services to South Coast Aboriginal and Torres Strait Islander people. Services include GP and Dental Clinics. 51-53 Berry Street, Nowra. Email: info@southcoastams.org.au
Tel: 4448 0200 Freecall 1800 215 099

Cullunghutti Aboriginal Child and Family Centre (Hub)

Ante-natal and/or maternal health service, children's health checks. 132 Kalender St, East Nowra
Tel: 4428 6900

Dr Mark de Souza – Paediatrician (monthly clinic at Cullunghutti)

57 Bridge Road, Nowra
Tel: 4423 388

Dr Toby Greenacre – Paediatrician 43-45 Junction Street, Nowra

Tel: 4421 3088

Medicare Local - Child & Adolescent Health

including Free Dietician Service. Experienced with children with sensory needs.
Level 1, 154 Meroo Rd Bomaderry
Tel: 4423 6233

Sanctuary Point Pharmacy

Early Childhood Nurse 0-5 (special needs up to 12 years). Free . Wednesdays 9.30am-12.30pm.
Tel: 4443 0110 to book appointment

The Junction Street Mental Health Rehabilitation Service

Provides support & assistance in recovery for people with a mental health illness.
54 Junction St Nowra
Tel: 4421 8002

Worrigee Medical Centre – extended hours (9.30pm most weekdays, 10pm Saturdays. Will see walk in patients and bulk bill. 53 Isa Rd, Worrigee, NSW, 2540
Tel: 4421 6199

Waminda – South Coast Aboriginal Women's Health & Welfare Aboriginal Corporation

Support, education, information & referral service to Aboriginal women and relevant family members - antenatal, postnatal, early childhood clinic (baby health), sexual health screening, mammography screening & pap smear. 77 Osborne Street
Email: contact@waminda.org.au

Tel: 44 217 400

Also see Post School options for Mental Health services page 19

10. INFORMATION & SUPPORT SERVICE - Local

Ability Links

South Coast Medical Service, Berry Street, Nowra
to improve access to, and engagement in, local community, mainstream services and disability services to facilitate social and economic inclusion of people with disability from age 9-64 years.
Tel: 4448 0200 Freecall: 1800 215 099

10. INFORMATION & SUPPORT SERVICE - Local

Brighter Futures

Targeted program designed to support families with problems that impact on their ability to properly care for their children. 15 Norfolk Avenue, Nowra NSW 2540

Tel: 4448 2000

Cullunghutti Aboriginal Child and Family Centre

132 Kalender Street, East Nowra

Tel: 4428 6900

Illawarra Family Referral Service (Shoalhaven Office)

Assist children, young people, and families who do not meet the statutory threshold for child protection intervention, but would benefit from accessing specific services to address current problems, prevent escalation and foster a protective and nurturing environment. Link vulnerable children, young people in need of assistance, and their families, with the most appropriate available support services

Tel: 4423 6404

Illawarra Multicultural Services

Provide a range of programs and projects to meet the needs of new arrivals and culturally and linguistically diverse individuals, families and communities who are socially and/or financially disadvantaged with low English language proficiency.

17 Auburn Street Wollongong

Tel: 4229 6855

Noah's Inclusion Services

Nowra Centre now located at Building 303, Shoalhaven Campus of Wollongong Uni, George Evans Road, Mundamia, West Nowra, 2540

Register your email and like our Noah's Facebook page to hear up to date information on local events, workshops as well as relevant information relating to children and young people up to 18 years with special needs. Family Disability Support Program for school aged children – Social Events for families include Annual Family Camp, Mums & Dads Days, Family Fun Days. HCWA Service Provider. Managing Children Behaviour Program.

Centres in Nowra, Ulladulla & Outreach to Wreck Bay and Illawarra

Email: djefferis@noahsark.nsw.edu.au Family Information Worker

www.noahs.org.au

Tel: 4423 5022

Shoalhaven City Council - Community Development Officer Aged & Disability

Provide assistance and information on disability services and organisation in the Shoalhaven

Tel: 44293411

Waminda – South Coast Aboriginal Women's Health & Welfare Aboriginal Corporation

Provide support, education, information & referral service to Aboriginal women and relevant family members relating to women's health such- antenatal, postnatal, early childhood clinic (baby health), sexual health screening, mammography screening & pap smear. 77 Osborne Street

Email: contact@waminda.org.au

Tel: 4421 7400

The Disability Trust

Shoalhaven Information and Advocacy (SIA) - Providing Information services and direct advocacy for people with a disability. Phone line & drop in service offering information for people with a disability, their families and the community about everyday issues; individual advocacy, available programs, access to services, aids and equipment, access to counselling.

www.disabilitytrust.org.au

Tel: 4428 9000

INFORMATION & SUPPORT SERVICES – state/National

Autism Information Line

www.autismspectrum.org.au/aap

Tel: 1800 ASPECT (1800 277 328)

Aspect offers a free service for people across Australia who have an ASD, as well as for their families, carers, support staff and professionals. Staffed by professionals from a number of disciplines, and has available a wide range of information about services and resources.

Access to

- Referral for services within Aspect and the wider community
- Brief practical advice to help families & carers with the day-to-day management of their children with an ASD
- Information and resource packs for early intervention, school age, post school age and adults. Services also include:-
- Information and advice
- Autism-specialist schools
- Diagnostic assessments
- Early intervention programs
- Behavioural intervention
- Educational outreach
- Community participation
- Parent support network
- Professional development workshops
- Family and intervention services

Parent and carer education

Children with a Disability Australia

www.cda.org.au

- **Listen and respond** to the voices and experiences and **Advocate** and **Inform and Celebrate** children and young people with disability.
- **Educate** national public policy-makers and the broader community
- FREE membership for family and carers.
- **Tel: 1800 222 660 Email: info@cda.org.au**

Australian Association of Special Education (AASE)

www.aase.edu.au

[Email: office@aase.edu.au](mailto:office@aase.edu.au)

- **AASE is a broad-based non-categorical association concerned with all who have special education needs.** Aims to advocate on behalf of people with special education needs to ensure provision of and access to quality education services. Provides a range of quality services to members and the wider community, including parents.

Australian Psychological Society

The Australian Psychological Association Ltd web site provides a database of psychologists in private practice throughout Australia.

www.psychology.org.au

Tel: 1800 333 497

INFORMATION & SUPPORT SERVICES State/National

Autism Community Network

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

Email: info@autismcommunity.org.au

- Created by families and Connecting families with children on autism spectrum
- Parent to parent information & tips and advice
- Newsletters, Calendar of Events and Facebook

Tel: 02 9584 0073

Barnardos South Coast

Commonwealth Respite and Carelink Centres

Information centres for older people, people with disabilities and those who provide care and services. Centres provide free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia.

www.health.gov.au/ccsd

Tel: 1800 052 222

Disability on Line –

Australia's Disability Hub with a broad range of information on services, events, recreation, jobs and employment, aids and equipment, carers help.

www.disabilityonline.org.au

Early Days

www.earlydays.net.au

- Early Days is part of the Australian Government 'Helping Children with Autism' package.
- Early Days provides workshops for mothers and fathers, and other family carers, of children aged six years and under who are on the Autism Spectrum.
- The workshops are fully funded by the Australian Government, so they are provided free of charge to mothers and fathers, and other family carers. In addition to that, each family who attends the Introductory Workshop is eligible to receive a \$100 support payment as a contribution towards costs such as travel and childcare.

Tel: 1800 334 155

First Peoples Disability Network Australia

National peak organisation. We aim to be a strong voice of and for Aboriginal and Torres Strait Islander people with disability and their families. <http://www.fpdn.org.au/>

Intensive Family Support Services IMS

Family and Referral Service

Short term, intensive flexible in-home service that works with families under severe stress with a child with a disability.

Tel: 1800 663 863

NICAN

Nican is a funded information service on recreation, tourism, sport and the arts for people with disAbilities and supports an Australian society where any recreational opportunity values diversity, supports freedom and choice and strengthens inclusive communities.

www.nican.com.au

Updated: 7 July 2017

Positive Partnerships

We use evidence based materials and practical resources to deliver on line courses, training for parents and carers, teachers and school leaders.

<http://www.positivepartnerships.com.au>

Tel: 02 8977 8300

Raising Children Website

www.raisingchildren.net.au/autism

A practical and interactive website that provides information about autism; therapy services (giving a research rating and indication of cost to families), other services available to you with contact details pathfinder and parent forums.

Resourcing Families

Provides information and ideas for families, friends and allies of people with disability so that they can have knowledge, skills, confidence and networks to plan a good life for and with a person with disability.

E: info@resourcingfamilies.org.au www.resourcingfamilies.org.au

Tel: 9869 7753 Free call: 1800 774 764

Speech Pathology Australia

www.speechpathologyaustralia.org.au

provides an online database of its members throughout Australia. Enter your postcode

The Association of Occupational Therapy Australia

www.ausot.com.au

- The Association of Occupational Therapy Australia provides an online database of its members throughout Australia. Follow the autism links to search for therapists in the private and public sector in your area.

Specific Learning Difficulties Association NSW (SPELD)

www.speld.org.au

PO Box 332, West Belrose NSW 2085

- SPELD NSW is a not-for-profit organisation whose mission is to provide advice and services to children and adults with specific learning difficulties and those who teach, work with and care for them

Tel: (02) 9451 9477

11. PARENTING SUPPORT / COURSES Local

Anglicare Shoalhaven Community Care & Family Relationship Centre

Tel: 4424 7100

Catholic Care

Counselling services, marriage and relationship education, family skills training program, School Student and Family Program, Disability Services, Carers Counsellor, Foster Care Program

Tel: 4421 8248

Cullunghutti Aboriginal Child and Family Centre

132 Kalender Street, East Nowra

Tel: 4428 6900

Updated: 7 July 2017

Illawarra Shoalhaven Medicare Local –
Parenting courses and One-on-One Parenting Support
Tel: 4423 6233

Milton Ulladulla Family Support Service
Tel: 4455 5428

Mission Australia
Tel: 4422 0455

Noah's Inclusion Services
Building 303, Shoalhaven Campus of Wollongong Uni, George Evans Road, Mundamia,
West Nowra, 2540
Tel: 4423 5022

Nowra Family Support Service
Cottage 1, 80 Park Road, Nowra East, NSW 2541
Tel: 4421 5499

Shoalhaven Family Care Cottage
Tel: 4424 6460

Shoalhaven Managing Children Program (SMCP) Noah's Inclusion Services
10 week behavior program commences each term up 7 years. Sue Cuninghame
Tel: 4423 5022

The Smith Family –
Tel: 1300 610 355

Waminda South Coast Women's Health & Welfare Aboriginal Corporation
77 Osbourne Street, Nowra
Tel: 4421 7400

Early Days Play and Social Learning, Autism Spectrum
Workshops scheduled throughout Sydney and regional NSW designed for parents
and carers of children aged 0-7 years who is or may be on the spectrum
www.autismspectrum.org.au/events
Tel: 8977 8353

12. POST SCHOOL OPTIONS

Essential Workplace & Training Shoalhaven (formerly Essential Personnel)
Community Participation, Transition to Work, Disability Employment Services
Training Centre, Upper Level Bomaderry Plaza Shops 5-9 Meroo Street Bomaderry.
www.essentialpersonnel.com
Tel: 02 4423 1766

FOCAS
Provide opportunities to participate in both vocation and education settings, life skills development,
recreational pursuits. Holistic approach to services.
Tel: 4423 5820

Greenacres

Transition to work program supporting school leavers with a disability to move from school into employment and young adult life. Job link provides accredited training on work associated skills and living skills, on the job training.

Nowra Tel: 4422 8954 / 4423 7589

Ulladulla Tel: 4454 1004

House With No Steps

Community Support Service - Person Centred approach which is about empowering each person to make decisions about their life and the support they receive. Provides Independent Living, Training and Community. Coach and mentor to assist young people to actively engage and become valued members in their community through volunteer work, supported or open employment, work experience, sporting clubs, social connection. Transition to Work Program – Developed around young school leavers looking at gaining long term sustainable employment.

Nowra Tel: 4423 2076

Ulladulla Tel: 44554 1930

Life without Barriers

Day programs located in Nowra, Ulladulla, Ablion Park and Batemans Bay. Support individuals with general living skills and developing positive relationships and independence within their local community. Develop skills to transition into work force.

Tel: 4421 2461

Northcott Disability Services

Transition to Work Program – To assist school leavers who have a disability to gain valuable skills required to move into the workforce. Operates over a two year timeframe covering vocational and non-vocational skills. Assist participants to access supported work experiences in local businesses with goal of gaining independence and finding sustainable employment.

Tel: 4256 7600

PHaMs (Personal Helpers and Mentors Shoalhaven)

Provide individually based recovery program which supports people whose lives are severely affected a mental illness. Focuses on people's strengths and provides opportunities, support and services that help participants reconnect with the community.

Nowra Tel: 4422 4324

Ulladulla Tel: 4454 1833

Sunflower House D2DL

Assists people with a severe and persistent mental illness. Developing living skills, strengthening social networks and increase community participation by providing social, recreational and education activities. 70 Princes Highway Ulladulla:

Tel: 4423 1766 / 4454 1811

13. RECREATION & SOCIAL GROUPS – Local

Bay and Basin Leisure Centre, Vincentia

Swimming & Gym for children with special needs. Term-time and Holiday program.

Tel: 4417722

Crossroads

Christian Fellowship for people with a disability. Nowra Baptist Church, South Nowra

Tel: 4423 2525

Horse Riding for the Disabled

Yalwal Road, West Nowra

Tel: 4421 3880

Updated: 7 July 2017

Interchange Shoalhaven

Opportunities for children and adults with a disability to participate in community recreation, social & leisure activities. Small groups or individuals-similar age/interests

Tel: 4423 0255

Lawn Bowls

New group for people with a disability at Bomaderry Bowling Club, twice monthly

Tel: 4422 1370 / 0432 947921

Leisurelink – The Disability Trust

Leisurelink is a program for people with a disability to create a healthy balanced lifestyle with regular weekly sporting and recreational activities and weekend camps.

Tel: 4428 9000

Noah's Inclusion Services – Family Disability Support Program

For families of a school aged child/ren who have special needs.

Fun social activities including Annual Family Camp, Mums, Days, Dad's Days, Siblings Days, Family Days. Join email list.

Tel: 4423 5022 www.noahs.org.au

Nowra Art Group For Kids

Art group for kids living with disability. Squid Studio, Nowra

Tel: Michaela on 0429 393 993

Nowra Gymnastics

Tel: 4423 2229

Out of School Hours Care

Nowra/Bomaderry. 12-18 year olds. 3-6pm (The Disability Trust)

Tel: 4428 9003

Sailability

Callala Bay Sailing School

Tel: 4446 4203

Special A's

developed for children in Shoalhaven with Special Needs. Email: info@shoalhavenspecialas.com

Tel: Julianne – 0432256030 Matt – 0448117803 Jan – 44460226

Soccer - White Knights Football Club

All ages. South Nowra football fields. Through The Disability Trust

Tel: 4428 9003

Snooker

New group starting for people with a disability at Bomaderry Bowling Club, one a month

Tel: 4422 1370 / 0432 947921

Ten Pin Bowling – Nowra

Bomaderry Bowling Alley,

Tel: 4422 1370 or 0432 947921

Ten Pin Bowling – Ulladulla

Dunn Lewis Centre. 16 years plus (The Disability Trust)

Tel: 4428 9003

Updated: 7 July 2017

Vacation Care

12-18 year olds. Activities / excursions (The Disability Trust)

Tel: 4428 9003

Valhalla Horse Riding

Tel: 4447 8320

The Disability Trust – Sport and Recreation Services

Fun programs for people with a disability. After School & Vacation Care – Nowra & Milton. Recreation Shoalhaven. Fitness 4 All

Tel: 4428 9003

RECREATION & SOCIAL GROUPS – Non Local

Camp Breakaway

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

it is a place where people with disabilities can enjoy a break from the institution in which they live or a break from their family routine. They also run siblings camps

Kookaburra Kids

Free program offering support for children who live in families affected by mental illness. Recreational & educational camps & activities that are fun, safe, healthy and positive. Annual camps, school holiday activities, Family picnics, Regular newsletters. Early intervention mental health education. Opportunity to meet other kids.

Criteria:

- Children in Primary and High School from Sydney and Illawarra areas
- A family member has a mental illness
- Children attend mainstream school
- No formal mental diagnosis required

Online application through our web site: www.kookaburrakids.org

Email for an application form: pam@kookaburrakids.org.au

NSW Sport and Recreation

jacquelinenguyen@communities.nsw.gov.au

Jacqueline Nquyen

Information on recreation, tourism, sport and the arts for people with disabilities. Can provide Qantas Concession card for domestic flights

Tel: 43 623184

Tel: 1800 806769

NSW Sport and Recreation

www.dsr.nsw.gov.au

anywhere in NSW to be connected to your nearest regional office. assist the people of NSW participate in sport and recreation, using sport and recreation to improve well being.

Central / head office

Sydney Olympic Park NSW 2127

Tel: 13 13 02 / 9006 3700

Sydney Opera House - Access Performances for Kids

Performances on various dates throughout the year : Sydney Opera House's program usually includes a number of inclusive performances for children and young people living with a disability.

Website: sydneyoperahouse.com

Tel: 9250 7777

Updated: 7 July 2017

Special Olympics Illawarra Branch (new)

Debra Banks – email: banksmail23@gmail.com

Tel: 0411 249119

Special Olympics NSW Swimming and Athletics

NSW - Ellena Morris Coordinator of Sport and Training

Email: Ellana&hotkey.net.au

Sport and Recreation and Ageing, Disability and Home Care

Respite camps for teens with a disability program is provided by Sport and Recreation and Ageing, Disability and Home Care. Camps offer teenagers aged 13 to 17 years with an intellectual disability the opportunity to attend a Sport and Recreation Centre where they'll experience new and challenging outdoor activities, develop self-esteem and social living skills and make new friends.

http://www.adhc.nsw.gov.au/_data/assets/file/0017/234053/teen_respite_camp.pdf

Tel: 1300 841 566 Southern Region

14. RESPITE – Local

Ageing Disability and Homecare (ADHC)

Respite for people with an intellectual disability and developmental delay.

Tel: 1300 841 566 Central Intake

Care Solutions – The Disability Trust

Provide personal respite & in home care to people with a disability & their families. Affordable rates.

Tel: 4428 9005

Cullunghutti Aboriginal Child and Family Centre

132 Kalender Street, East Nowra

Tel: 4428 6900

Illawarra Commonwealth Carer Respite Centre

Provide emergency respite

Tel: 1800 059 059

Interchange Shoalhaven

Flexible respite support for carers through in home and community based care of children and young adults with a disability) Holloway Drive, East Nowra

Tel: 4423 0255

Interchange Illawarra

Tel: 4227 1079

Commonwealth Respite and Carelink Centre

www.health.gov.au

Provide a single point of contact for the general public on community, aged and disability services and carer support. Can also assist with information about costs for services, assessment processes and eligibility criteria. Help arrange respite, when carers need a break from caring.

Tel: 1800 052 222

Northcott Disability Services Respite for Older Carers (60 yrs+)

Tel: 42 56 7600

The Disability Trust

Tel: 4428 9002

Updated: 7 July 2017

CareSouth

Aunties & Uncles, Brighter Futures, Foster Care, Specialist Youth Support Services, Residential Care, Disability Services and Family Connections.

11 Haigh Avenue, Nowra NSW 2540

Tel: 4423 6833

Zest Care

In home care for families who cannot access mainstream services. www.zestcare.net.au

Tel: 02 8089 1150

15. SIBLINGS SUPPORT

Catholic Care

Sibs Club held in Wollongong twice a month

Tel: 4424 5600

Noah's Inclusion Services – Family Disability Support Program

Recreation program for whole family. Occasional Siblings Days. www.noahs.org.au

Tel: 4423 5022

Siblings Australia

A national organization committed to enhancing the well being of siblings of children and adults with special needs. www.siblingsaustralia.org.au

Online forums / useful websites for siblings – see Useful Websites on page 29

16. SUPPORT GROUPS – Local

Cullunghutti Aboriginal Support Group

First Friday of each month at Cullunghutti Centre, 4/80 Park Road, East Nowra. Contact Sharmaine sharmainef@ransw.org.au

Tel: 4428 6900

Nowra Autism Support Group

Meetings as required depending upon demand

Tel: Tammy Price 0408 075774

Nowra Autism Support Group

For parents of older children

Carmen Mitchell

Tel: 0400 375425

Shoalhaven Autism Support Group – Bay & Basin

Meetings 1st Monday of the month at Sanctuary Point Connect building. Guest speakers. Facebook page.

Tel: Melinda 4428 900

Shoalhaven Living with Autism Network (SLAN)

Facebook page. Further information Christine Percy

teamcarmichael@bigpond.com

Updated: 7 July 2017

Grandparents raising Grandchildren Support Group Nowra

Weekly meeting through Mission Australia at Nowra Family Day Care, Cottage 4, 80 Park Road, East Nowra
Tel: 4422 0455

My Time Sanctuary Point

Held on Thursdays at Sanctuary Point Connect
Tel: 4443 9244

Men 4 Life

A support group for men with any problems relating to relationship breakdown, separation, child contact, loneliness, workplace issues, financial issues, depression and more. A place where you can talk to others with similar issues, share experiences and find ways to get help through difficult times in a Caring and understanding environment, with Confidentiality. Meet at Nowra Youth Centre, Nowra (Cnr Kinghorne & Plukett St) Every Tuesday 6pm. Founder / Shoalhaven Co-ordinator - David Simister www.men4lifenowrasupportgroup.com
Tel: 0431 549 593

SUPPORT GROUPS – non Local

Aspect - Someone to turn to

A free parent support network providing emotional and practical support for parents who have a child with an autism spectrum disorder (ASD). The program links parents with others who have similar experiences and cultural backgrounds. Parents can be involved either as volunteer supporters or to receive support themselves. The benefits of being involved include: understanding more about autism spectrum disorders, sharing practical suggestions, enhancing the quality of family life, professional development for parent support volunteers and contact with Aspect services and professional network

Tel: 02 897 78335

Autism Community Network

Connecting families with children on the autism spectrum. Parent to Parent information. Calendar of Events, Directory, Newsletters, Tips and Advice. Facebook

Email: info@autismcommunity.org.au <http://www.autismcommunity.org.au>

Tel: 9584 0073

My Time national initiative funded by the Australian Government

www.mytime.net.au Email: mytime@parentingrc.org.au

- MyTime groups provide facilitated peer support for mums, dads, grandparents and anyone caring for children with a disability, developmental delay or chronic medical condition.
- Each group has a play helper who leads children and siblings in activities, so parents and carers can spend time focusing on catching up with others
- Mothers, fathers and other family carers of children who are eligible to receive the Carer Allowance (Child) can join MyTime. Parent Support network

Tel: 1800 889 997

Carers Assist

www.sfnsw.org.au info@carersassist.org.au

- Support for mental health carers, information, Education, Advocacy and support.

17. THERAPY SERVICES - LOCAL

Ageing Disability and Home Care (ADHC)

Community Support Team – provide case management, therapy, behavioural intervention and support, referral and assessment for children with developmental delay.

Tel: 4429 2800

Updated: 7 July 2017

Cerebral Palsy Alliance – Rural Therapy Services

Helps families with children who have cerebral palsy 0-18 years together with families of children with complex and significant needs 5-18 years.

51 Plunkett Street, Nowra

Tel: 4423 6244

Noah's Inclusion Services (Noah's Ark / Noah's Shoalhaven)

NDIS Registered, HCWA Service Provider providing individual and group support for eligible children. Working closely with parents and carers. Support programs include: Speech Pathology • Occupational Therapy • Social and Play skills • Daily Living Skills – support at home • Functional behaviour and communication skills • More Than Words – The Hanen program for speech and language • Helping children when they face a major transition, e.g. into preschool or school. Noah's also provides a wide range Early Intervention quality professional services for children with special needs 0-6 years. Building 303, Shoalhaven Campus of Wollongong Uni, George Evans Road, Mundamia, West Nowra, 2540 and 158 Green Street, Ulladulla

Email: nowra@noahsark.nsw.edu.au www.noahs.org.au

Tel: 4423 5022

THERAPY SERVICES (Private) - LOCAL

*See Telephone or Google for a full list of Private Therapists.
These Speech Pathologists and Occupational Therapists below were
recommended by Parents*

SPEECH

Alexandra Holliday Berry Tel: 4464 3943	Erin Smart Nowra Tel: 0413 455 498
Katherine Gorrie Gerringong Tel: 0432 676 479	Katrina Walsh Ulladulla Tel: 4456 5695
Shoalhaven Speech Pathology Melanie Parks 150 McKay Street, Nowra Tel: 4421 3178 / 0401 325 584	

OT

DOTS – Dynamic Occupational Therapy Solutions Diane Lamont Email: info@dots.net.au Tel: 0409 907 390	Jigsaw Occupational Therapy for Children Sheridan Wicks 1 McGrath Avenue, Nowra Email: info@jigsawoccupationaltherapy.com.au Tel: 4421 0374
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18. TRANSPORT

Shoalhaven Community Transport

80 Park Road, East Nowra – Contact for transport and bus/taxi vouchers

Tel: 4423 6044

IPTAAS Isolated Patients Travel and Accommodation Assistance Scheme

Eligibility criteria applies. IPTAAS is a subsidy program which provides financial assistance to help with travel and accommodation costs for people (and eligible escorts) who need to travel long distances to access specialist treatment not available locally. Patients travelling at least 100km each way, or at least 200km per week cumulative distance, are eligible to apply for IPTAAS subsidies.

To obtain further details about IPTAAS eligibility, IPTAAS application forms and IPTAAS Fact Sheets, and to make an online IPTAAS application, go to [EnableNSW IPTAAS](#)

19. VACATION / AFTER SCHOOL CARE

Interchange Shoalhaven

Kids Club – 8-14 years

Peer Support – 12-20 years

Recreation Club - 14-18 years

Leisure Link – 18-55 years

Tel: 4423 0255

Recreation Shoalhaven – The Disability Trust

Provides the opportunity for participants to engage in sport & recreation activities in the afternoon and on weekends. Activities are tailored towards the needs of all participants where you learn the skills associated with each activity in a fun and supportive environment. To join 12 years and over. Contact Susan

Tel: 4428 9000

National Childcare Accreditation Council

1300 136 554

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

- Enter in local postcode and type of care required.

Also see Recreational and Sporting Activities pages

20. WEB SITES & RESOURCES - Local

Noah's Inclusion Services

www.noahs.org.au

Sanctuary Point Connect

www.spconnect.webs.com

The Disability Trust

www.disabilitytrust.org.au

WEB SITES & RESOURCES – non Local

Positive Partnerships Website

We use evidence based materials and practical resources to deliver online courses, training for teachers and school leaders, and workshops for parents and carers.

<http://www.positivepartnerships.com.au>

Autism Advisor Program NSW (Aspect)

www.autispectrum.org.au/aap

Autism Awareness Australia

www.autismawareness.com.au

- A comprehensive website for up to date autism services and providers.
- Hosts the annual Autism Awareness Expo.

Autism Community Network

Connecting families with children on the autism spectrum

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

info@autismcommunity.org.au

Autism Spectrum Australia (Aspect)

www.autismspectrum.org.au

- Aspect is the country's largest not-for-profit autism specific service provider.
- Website contains a wealth of information ranging from current research to social clubs for teenagers

Care For Kids

www.careforkids.com.au

- On-line child care resource

Facebook

www.facebook.com

- Plenty of information/support out there to search at your discretion
Noah's Inclusion Like page

Easy Health Guides

Written in Easy Read, so that lots of people can read it. Includes Health, Food and Exercise, Our bodies, Intimacy. Available to read online or to download.

www.easyhealth.org.uk

Updated: 7 July 2017

Grandparents Raising Grandchild NSW

Resource for grandparent's, relatives and kinship carers providing timely and useful information on services, networks, tips, stories and support available to carers.

www.raisinggrandchildren.com.au

(Local Council Resource Guide also available)

Kidspot Australia

Baby & kids activities, pregnancy and parenting information, toddler tips, advice and community

www.kidspot.com.au

Raising Children Network – the Australian parenting website

A comprehensive website providing information, interactive tools and parent guides on raising a child with autism spectrum disorder.

http://raisingchildren.net.au/children_with_autism/children_with_autism_landing.html

Livewire

Community for ages 11 to 20 with a serious illness or disability. Includes chat, blog, games, music, news and section for siblings.

<https://www.livewire.org.au/>

Resources At Hand

Lots of ASD/Asperger's specific resources including Books - child, teen/adult, anger/anxiety, behaviour, bullying DVDs & Programs, Games, Puppets, Timers, Sensory Toys

www.resourcesathand.com.au

Tel: 07 3880 2172

Siblings Websites

www.siblingsaustralia.org.au/

www.yourshout.org.au

www.youngcarers.net.au

www.sibs.org.au

www.siblink.org.au

www.livewire.org.au

Sue Larkey

International Author, Autism Spectrum Specialist, Teacher. Sign up to newsletter to get smart strategies, information, articles and action steps to make teaching and living with ASD a success.

www.suelarkey.com

The Gray Centre – Carol Gray

http://www.thegraycenter.org/bookstore?page=shop.browse&category_id=11

Tony Attwood

Professor **Tony Attwood** - clinical psychologist known world wide on Aspergers Syndrome

www.tonyattwood.com

Visuals Resources websites

www.visualaidsforlearning.com is a good one

<http://www.practicalautismresources.com/printables>

http://www.childrenwithspecialneeds.com/index.php?option=com_content&view=article&id=85&Itemid=64

Wendy Lawson

Dr **Wendy Lawson** - very proud to be autistic! is a counsellor, lecturer, academic and author of several books. <http://www.mugsy.org/wendy>

Do2learn

<http://www.do2learn.com/organizationtools/EmotionsColorWheel/index.htm>

BOOKS

Autism books can be expensive. Check your local library first. They may have it or order it in for you. Shoalhaven Library, Nowra has quite a good section specifically on Asperger's and Autism.

1. ***A Friend Like Henry*** – Nuala Gardner
2. ***Asperger's and Girls*** - Tony Attwood
3. ***Australian Autism Handbook*** – Benison O'Reilly and Seana Smith
4. ***Autism Answer Book*** - William Stillman
5. ***Can I tell you about Asperger Syndrome*** – Jude Welton
6. ***Complete Guide to Asperger's Syndrome*** – Tony Attwood
7. ***Curious Incident of the Dog in the Night-time*** - Mark Haddon
8. ***Emergence: Labelled Autistic*** - Temple Grandin & Margaret M. Scariano
9. ***Freaks, Geeks & Asperger's Syndrome*** – Luke Jackson
10. ***Hidden Curriculum*** – Brenda Smyth Miles
11. ***Life Behind Glass***: Wendy Lawson
12. ***Look Me In The Eye*** - John Elder Robinson
13. ***New Social Stories Book. The Sixth Sense II*** – Carol Gray
14. ***Out-Of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*** – Carol Stock Kranowitz
15. ***Siblings of Children with Autism. A Guide for Families*** – Sandra L Harris & Beth A Glasberg
16. ***Smiling at Shadows*** - Junee Waites and Helen Swinbourne
17. ***Social Skills Picture Book*** - By Jed Baker
18. ***Special Boys Business*** – Fay Angelo, Heather Pritchard & Rose Stewart (also available, *Special Girls Business*)
19. ***Thinking In Pictures*** - Temple Grandin
20. ***What did you say? What do you mean*** – Jude Welton

SECOND HAND EQUIPMENT

Reusability Australia

Free Australian classifieds for buying and selling used disability, aged care and rehabilitation equipment.

www.reusability.com.au/

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