What makes it hard to get help?
Service problems for parents with intellectual disability

Services do not work together
• you get NDIS. You do not get help to create a plan
• your family support worker does not understand your disability
• your family support and NDIS services do not talk to each other.

Services do not work for you
• your main NDIS goal is to be a good parent
• your NDIS workers say they only help you. They cannot help you with your child
• your worker is rude and says your child is not safe
• you go to a parenting class. You do not feel welcome.

Services do not stick with you
• you get short-term services only
• you get help to learn how to care for your baby. It stops before you are ready
• services are not around when your child gets older. You need help parenting your child at all ages and stages
• you get a good worker by chance not by choice. Good workers always move on.

For more information contact:
The Research Centre for Children and Families,
Sydney School of Education and Social Work
email rccf.research@sydney.edu.au

For more about the project: rccf-parenting-disability.sydney.edu.au/
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This resource was co-designed with six co-researchers who are mothers with intellectual disability.
Go ahead
Enjoy your trip

You have an advocate
An advocate is not from the NDIS. You can ask for an advocate to:
• help you know about your rights
• come to meetings with you
• help you understand what things mean
• help you get information that you can read
• help you ask for things to be explained.

You get the right help
You can ask for help from your Local Area Coordinator (LAC) or you may get a support coordinator as part of your NDIS plan. They can:
• talk to you about different services
• show you how to use the NDIS portal
• help you match services to your goals
• explain the money in your plan
• link you into parenting groups or playgroups.

For NDIS information:
understanding/what-ndis

For an advocate:
https://pwd.org.au/

For parenting help:
https://raisingchildren.net.au/