QUEENSLAND
LOCAL SERVICES INFORMATION
FOR PARENTS AND CARERS

The following list provides contact details for some of the local service and support networks that are available for families in Queensland. This is not an exhaustive list so please contact some of these local services for more information.

*Up to date information on services and support networks in Queensland can be found by contacting Autism Queensland on 07 3273 0000 or 1800 657 077 or outreach@autismqld.com.au*

*Last Updated: July 2013 by Lee Ponder*
*Facilitator for the Sunshine Coast ASD Support Group*

SUNSHINE COAST

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Advocacy

Australian Association of Special Education
www.aase.edu.au
- The Australian Association of Special Education Inc. (AASE) is a broad-based non-categorical association concerned with all who have special education needs
- AASE has chapters in each state and territory, as well as a National Council
- AASE organises a very successful and informative national conference each year

Anti-Discrimination Commission Queensland
www.adcq.qld.gov.au
- This is an independent statutory authority which administers the Anti-Discrimination Act 1991. The core business is to receive and deal with complaints of discrimination and other contraventions of the Act, and to promote human rights in Queensland. Offices are located in Brisbane, Rockhampton, Townsville and Cairns
- Email: info@adcq.qld.gov.au
- Telephone: 1300 130 670 or TTY 1300 130 680

Australian Human Rights Commission
www.hreoc.gov.au
- Education is one of the Commission’s main roles.
- For information and resources, follow the links under ‘Education’

The Disability Act
- Guide to getting an education

Isolated Children's Parents' Association of Australia
www.icpa.com.au
- ICPA (Aust) is a voluntary, non-profit, apolitical parent body dedicated to ensuring that all rural and remote students have equity of access to a continuing and appropriate education

Queensland Advocacy Incorporated (QAI)
www.qai.org.au
- This is an independent, community based systems advocacy and legal advocacy organisation for people with a disability in Qld. QAI’s mission is to promote, protect and defend, through advocacy, the fundamental needs and rights of people with a disability in Qld. QAI also provides individual legal advocacy in support of persons whose disability is at the centre of their legal issue
- Address: 2nd Floor, South Central, 43 Peel Street, South Brisbane QLD 4101

Queensland Parents for People with a Disability Inc. (QPPD)
www.qppd@qppd.org
- QPPD’s mission statement is to defend justice and rights for people with disabilities by exposing exclusionary practices, speaking out against injustices and promoting people with disabilities as respected, valued and participating members of society. The organisation is involved in Systems and Family Advocacy and has a state-wide membership.
- Address: QPPD, PO Box 466, Salisbury, QLD 4107
- Phone: 07 3875 2101 or 1800 805 184

Queenslanders with Disability Network Inc. (QDN)
www.qdn.org.au
- QDN is a state-wide network of people with a disability. It is funded by the QLD Disability Community Care Services (DCCS). Its vision is to connect people with disability to build a voice of Queenslanders with disability to represent views and issues that impact on them
- Mail Address: Reply Paid Suite 11, 7 O’Connell Terrace, Bowen Hills, QLD. 4006
- Phone: 07 3252 8566 or 1300 363 783
Queensland Aged and Disability Advocacy Inc. (QADA)
www.qada.org.au
• QADA is an initiative of the Commonwealth and Qld Governments which works to support rights in residential aged care, Community aged care packages, (CACPs) and Home and Community Care Services (HACC). There are offices located in Brisbane, Townsville, Rockhampton and Hervey Bay
• Address: 121 Copperfield Street, Geebung QLD 4034
• Phone: 07 3637 6000 or 1800 700 600

People with Disability Australia (PWDA)
www.pwd.org.au
• Rights-related information, advice and referral services for people with disability and their associates
• Short-term individual and group advocacy assistance to people with disability and their associates
• Advocacy for reform around systemic issues that adversely affect people with disability and their associates
• Representation of the sector of interest constituted by people with disability and their associates to government, industry and the non-government sector
• Coordination of the sector of interest constituted by people with disability and their associates
• Disability rights-related research and development around issues of concern to people with disability and their associates
• Disability rights-related training and education for people with disability and their associates, service providers, government and the public

Sunshine Coast Region PWDA
• Phone: 1800 422 015
• Email: pwd@pwd.org.au

Children with Disability Australia
https://www.facebook.com/CDISAUS?hc_location=stream

Counselling Services

Lifeline Australia
www.lifeline.org.au
• Provides support to families/individuals in crisis through trained volunteer telephone counsellors 24 hours a day, 7 days a week
• Phone: 13 11 14
• Appointments can be made for counselling, family mediation, community education and financial counselling at one of the following offices
  - Cooloola office (Gympie)
    Phone:07 5482 7742
    Email: cooloola@lifelinesunshinecoast.com.au
  - Counselling Centre / Head office (Maroochydore)
    Phone:07 5443 5366
    Email: reception@lifelinesunshinecoast.com.au
  - Family Mediation Office (Maroochydore)
    Phone:07 5479 1600
    Email: mediate@linkt.com.au

Families Plus Sunshine Coast (Parent child Interaction Therapy)
www.fpsc@lccq.org.au
• Phone: 07 5452 8000
• Email: fpsc@lccq.or.au
Family Relationship Centre
www.familyrelationships.gov.au
- Provides information about family relationships and overcoming difficulties
- Phone: 1800 050 321

Mensline Australia
www.menslineaus.org.au
- Counselling, information and referral for men with relationship and family concerns.
- 24 hours / 7 days a week
- Phone: 1300 789 978

Parent Line
- A telephone counselling, information and referral service for parents and carers
- 8am-10pm in QLD 7 days a week
- Operated by BoysTown and funded by the Queensland and Northern Territory Governments
- Phone: 1300 30 1300

Kids Helpline
www.kidshelp.com.au
- Free Online counselling service specifically for young people aged between 5 and 25
- Phone: 1800 55 1800

Carers Qld
www.carersqld.asn.au
- 15 Abbott Street, Camp Hill
- 07 3900 8100
- The peak body for family carers, Carers Queensland has a number of programs and services available to support carers. These include:
  - Support Groups
  - No Interest Loans scheme
  - Counselling and therapeutic groups
  - Individual support
  - Registered Training Organisation
  - Young Carers program
  - Registration for the Better Start Initiative
  - Carer Advisory Service (1800 242 636)
  - Advocacy service – Guardianship
  - The CARE Program. Discounts on goods and services for carers
- Carers Queensland Sunshine Coast (Maroochydore) regional office
- 1/10 Wrigley Street, Maroochydore 4558
- Phone: 5451 1882 Fax:5451 1974 Email: elong@carersqld.asn.au

Family Relationships Online
- Phone: 1800 050 321
- Services for children, couples, grandparents, parents, teenagers, carers

ACT For Kids
www.actforkids.com.au
- Phone: 07 3357 9444
- Email: mail@actforkids.com.au
- Provide a wide range of support for families under pressure and at risk of child abuse and neglect, and intensive therapy for children and young people who have experienced the trauma of abuse

Suncare Community Services Inc.
Health and Wellbeing program for carers recognises that maintaining health and wellness can be achieved by giving individuals the opportunity to actively participate in developing and enhancing their own social, emotional, physical, spiritual, cultural, natural and person environments:

- Commonwealth respite and Carelink Centre
- Direct Respite Services
- Maroochydore Day Respite Centre
- Mental Health Program
- Carer Counselling Program
- Cultural Services
- Community Alternative Transport Service
- Volunteers Program
- Responsive Care
- Aboriginal and Torres Strait Islander Services

Centacare Brisbane (Catholic Family and Community Services)

- Maroochydore Office – Phone: 07 5430 9300
  - Counselling
  - Relationship education
  - Family Dispute Resolution
  - Consulting Services
  - Domestic and family violence support services
  - Community Development
  - Children’s Programs
  - Schools and youth

Headspace

- Phone: 07 5409 4900
- Email: headspace@unitedsynergies.com.au
- Facebook: www.facebook.com/headspacemaroochydore
- Help for young people 12 – 25 who need help with:
  - Physical Health
  - Mental Health
  - Education and employment services
  - Alcohol and Drug Services

Family Support Group Australia

- Phone: Maroochydore Office 07 5443 1558
- Provide information and assistance to all members of our community including Aboriginal and Torres Strait Islander peoples, carers, multicultural communities, parents and families, people with a disability, seniors, volunteers, youth and children. Purpose is to assist people to move forward, to link them to their wider community and to ensure that they live the life of their choice

Educational Options

Department of Education Training and Employment:
www.education.qld.gov.au
Contact closest Regional Office and speak to Principal Education Officer: Student Services (PEO SS)

- Central Queensland Region Ph: 4951 6800
- Darling Downs South West Region Ph: 4616 9111
- Far North Queensland Region Ph: 4046 5222
- Metropolitan Region Ph: 3422 8352
- North Coast Region Ph: 3881 9600
- North Queensland Region Ph: 4726 3111
- South East Region Ph: 5562 4888

**Education for children with disability - a guide for parents**

**Autism Spectrum Disorder - Online Resource Transition Package**

**Catholic Education:**
- For specific information contact closest Diocese
  - Brisbane Archdiocese Ph: 3033 7412 [www.bne.catholic.edu.au](http://www.bne.catholic.edu.au)
  - Rockhampton Diocese Ph: 4931 3704 [www.rok.catholic.edu.au](http://www.rok.catholic.edu.au)
  - Townsville Diocese Ph: 4773 0913 [www.tsv.catholic.edu.au](http://www.tsv.catholic.edu.au)
  - Cairns Diocese Ph: 4050 9722 [www.ceo.cairns.catholic.edu.au](http://www.ceo.cairns.catholic.edu.au)
- For more general information about Catholic Education in Queensland is available from the Qld Catholic Education Commission Ph: 3336 9320 [http://www.qcec.qld.catholic.edu.au/](http://www.qcec.qld.catholic.edu.au/)

**Supporting Children with a Disability at School – A Guide for Parents**

**Independent Schools:**
- Contact Principal of school
- For more general information about education in independent schools, go to [www.aisq.qld.edu.au](http://www.aisq.qld.edu.au)

**Post School Options**

**National Disability Coordination Officer Program**
- The Australian Government’s NDCO Program targets the barriers that people with disability face in successfully accessing and completing post-school education and training and subsequent employment.
- A national network of NDCOs works within 31 specific regions across Australia to improve the coordination and delivery of support services to help make it easier to enrol or participate in post-school education, training and employment.

**The Department of Communities (Disability and Community Care Services)**
- **My Future: My Life** - The key premise of the My Future: My Life strategy is to promote and support individuals’ empowerment by supporting young people with a disability before they leave school to make plans for and make choices about their future after they leave school
- Eligible young people in years 11 and 12 (or equivalent) can access time-limited financial assistance to support them to achieve the goals as outlined in their SET plan (or equivalent) and that items and/or services requested have a direct and tangible link to the goals in the SET plan (or equivalent)
- Young people who would like to apply for the support available under the My Future: My Life strategy can make direct contact with Centacare. Contact can made on 1300 MY PLAN (1300 697 526) or by visiting the Centacare website
- **Support for School Leavers** - Support for young adults with a disability leaving and options available
Community Solutions  
- The Community Solutions Group specialises in the provision of innovative services and essential community assets to individuals and regional communities which are disadvantaged and require benevolent relief

Epic  
http://www.epic.org.au/  
- EPIC operates seven different employment programs, delivering services to suit the diverse needs of both job seekers and employers free of charge due to EPIC’s status as a not-for-profit organisation

Steps group  
- Not-for-profit community organisation focused on creating opportunities for people living with a disability or disadvantage, assisting them to overcome barriers and move towards greater independence within their communities. Services include: Employment Solutions, Education & Training Services, Social and Community Innovations

Our Community  
- The Integrated Family and Youth Service will provide services to meet the needs of young people, families and communities.

Be Lifestyle Retreats  
- BE Lifestyle Retreats specialises in permanent and in home care for people with acquired brain injuries, neuromuscular disorders, and those with neurological, spinal and complex care support needs

House with No Steps  
- Offer a wide range of services in the following areas:  
  - Community living  
  - Respite  
  - Recreation  
  - Community support services  
  - Transition to work  
  - Employment services  
  - Early Childhood Intervention

Life Without Barriers  
http://www.lwb.org.au/Pages/default.aspx  
- Main support services are:  
  - Family Support and Out-of-Home Care – caring for vulnerable children and young people  
  - Disability – fostering accessibility and ability  
  - Mental Health – mental health support  
  - Youth Justice – supporting young people to break the offending cycle  
  - Refugees and Asylum Seekers – providing support to asylum seekers  
  - Homelessness – providing a suite of intervention services and establishing connections

SPIRAL  
- Spiral supports individuals to:  
  - Build capacity, identify and plan goals and; achieve ambitions and fulfill dreams  
  - Develop and create individual plans  
  - Self-direct funded support  
  - Foster community networks, social relationships and natural supports  
  - Pursue recreational and leisure interests
- Access educational and other learning opportunities
- Pursue vocational opportunities
- Create independence

Sunshine Coast Independent Living service Inc.  
- SCILS teaches a full range of independent living skills using a comprehensive program delivered by educated and experienced staff

Integrated Family and Youth Service  
- Provides accommodation, support and counselling services

United Synergies  
- Services include:
  - Accommodation for young people
  - Pre-employment and training services
  - Work experience
  - Youth support programs
  - Mentoring
  - Learning for Life
  - Alternative education
  - Younger parent support programs
  - Suicide prevention and bereavement support
  - Counselling and referral
  - Volunteer management
  - Consulting services

Bromilow  
- Services include:
  - Personal care
  - In-home respite care and
  - Help with housework

Funding options

‘Helping Children with Autism’ Program
- Helping children with Autism’ is a National Government Funding Initiative to assist families and carers of children aged zero – six diagnosed with Autism Spectrum Disorder
- The Autism Advisors will provide families a gateway to the $12,000 funding ($6,000 max per financial year). Families applying for the $12,000 must provide eligibility documentation before application can be processed
- Contact Autism Queensland on 1800 428 847 or (07) 3273 0000 for more information
- Information on funding available through Helping Children with Autism Package can be obtained from the Department of Families, Housing, Community Services and Indigenous Affairs website at http://www.fahcsia.gov.au/sa/disability/progserv/people/HelpingChildrenWithAutism

‘Helping Children with Autism’ Medicare Rebates
- 5 Appointments for Private Diagnosis with Paediatrician, Child Psychiatrist, Psychologist, Speech Therapist, Occupational Therapist. This is called the ‘Helping Children with Autism Increased Access to Diagnosis’
- 20 Sessions of Speech, Occupational Therapy or Psychology. This is called the’ Helping Children With Autism Treatment Plan’
- Families have the option of using the Medicare rebate system to help pay for private assessments. The family’s paediatrician can diagnose the child with autism, in collaboration
with a private speech therapist, an occupational therapist and a psychologist. The rebate allows a total of 5 sessions with these professionals (together, not each)

- With a diagnosis of a Pervasive Developmental Disorder, the child will be eligible for 20 sessions shared between a speech therapist, an occupational therapist or a psychologist. Your paediatrician will develop a treatment plan for your child with you
- These rebates can only be used once in the child’s life time, and must be written by the child’s 13th birthday, and used by the child’s 15th Birthday
- More information can be found in the Medicare Items Fact Sheet for Health Professionals and Parents

Variety (Helping children who are sick, disadvantages or have special needs)
www.variety.org.au/How-we-help

Master Key
If you have a child with a disability, you can apply for a master key to open all public toilets

Help for concession card holders

Communication Aids Funding (MASS)

Queensland Government concessions

Read more about financial support for going to school in Queensland
- will link you to two other sites

Spectacle Supply Scheme (SSS)
Managed through medical aids, a subsidy scheme (MASS) providing free basic prescription glasses for Eligible Queenslanders. Must hold a concession care for a minimum of 6 months to be eligible and children must have their own CRN

Medicare Australia  
- Chronic Disease Allied Health Services – GP Management Plans (GPMP). You need a referral from your GP to receive five services per calendar year for any of the following – Physiotherapy, Occupational Therapy, Speech Pathology, Psychology  
- Mental Health Care Plan. You need a referral from your GP or Paediatrician to access up to 16 visits to a Psychologist, Clinical Psychologist, Social Worker or Occupational Therapist within a calendar year  
- For more information call Medicare on 132 150 or at [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)

Inclusion Support Subsidy  
- This is a subsidy paid to approved child care services including out of school hours and holiday programs, so they can provide extra care for children with special needs.  
- Not all children with special needs will be able to get this support. Your child care service will need to apply through their Inclusion Support Facilitator at [www.deewr.gov.au/inclusion-and-professional-support-program](http://www.deewr.gov.au/inclusion-and-professional-support-program)  
- Preschool Inclusion support. Your children’s preschool or Kindergarten can apply for Inclusion Support Funding to provide extra resources (usually an aide), to help your child. Ask the director at your school to apply for this funding

Centrelink Payments  
- **Carer Allowance (child)** is a supplementary payment for parents or carers who provide daily care and attention for children with a disability or severe medical condition at home.  
- Carer Allowance (child) may be paid on top of **Carer Payment (child)** or other payments, such as **Age Pension**. NB: Also available **Carer Allowance (person over 16 years)** and **Carer Payment (person over 16 years)**  
- There is also a **Carer Supplement Payment** to families in receipt of the Carer’s Allowance or the Carer Payment  
- For more information about these payment go to [www.centrelink.gov.au](http://www.centrelink.gov.au) and search for carer allowance or phone 13 2717 (Disability & Carers)

The Smith Family  
- Financial support for children’s education  
- Phone: Maroochydore 07 5443 5864

Conveyance allowance  
- In some areas it is necessary for parents to make private arrangements for getting their children to and from school or to and from a transport service. In these cases, a conveyance allowance may be paid to assist with the cost of travel  
- Parents must apply for conveyance allowance assistance during the current year of travel. Retrospective claims for travel in previous years cannot be approved. Additional assistance may be available to parents of non-state school students living outside the greater Brisbane area. Additional assistance may also be available for parents of students who live in drought-affected, or in isolated areas

Get in the Game Grant (sporting grant for a huge variety of sports)  
• **Get Started** assists children and young people who can least afford or may otherwise benefit from joining a sport or recreation club. Eligible children and young people are provided with a voucher of up to $150 to help pay for club membership and/or participation fees. The vouchers can be redeemed at a sport or recreation club registered with the program.

**Companion Card**

• Supporting people in the community providing care to people with a disability. Cardholders present their card when purchasing tickets at participating businesses and are issued with a second ticket for their companion at no charge.

**Low Cost computers and laptops**

• Offer available to Centrelink and DVA benefit cardholders, Centerlink Low Income Health Care Card holders, Individuals who can verify low income status, Not for profit organisations
• Phone: 1800 112 205

**Government Departments**

**CRS Australia: Commonwealth Rehabilitation Service**
www.crsaustralia.gov.au

• Assistance to people aged 14-65 years with a disability to find and maintain employment

**Department of Communities, Child Safety and Disability Services**

• Formally named Disability Services Queensland (DSQ)
• Direct and funded support to people with disabilities, eligible for service under Disability Service Act 2006, families and carers. Programs, specialist’s, funding of community based organisations that provide service to people with disabilities
• **My child has autism** - information for Queensland families of young children. Provides information for parents of children with autism aged 0-8 years
• Phone: 1800 177 120 or 07 3896 3471

**Queensland Disability Information and Awareness Line (DIAL)**

• DIAL is a free, state-wide information and resource service. Information available includes: information about services for a person with a disability, information about different disabilities, journals and newsletters, government publications, student fact sheets, information kits and information about trends, philosophies and legislation
• Phone: 07 3224 8444 or 1800 177 120

**Commission for children and young people and child guardian**
www.ccypcg.qld.gov.au

• Phone: 07 3211 6700 or 1800 688 275

**Information and Support Services**

**Autism Queensland**
www.autismqld.com.au

• Information and referral, early intervention, group placements, family support, therapy services, outreach training, vacation care, respite, research, adult services, support groups
• Phone: 07 3273 0000 or 1800 657 077
TADQ – Technical Aid to the Disabled

www.technicalaidqld.org.au

- TADQ is a non-profit organisation that accepts requests for assistance from clients or by referral through professional or self-referral. Volunteers design, construct, adapt, install and maintain technical aids for people with disabilities where such suitable aids cannot be otherwise obtained. There are regional coordinators throughout the state.

The Australian Psychological Society

www.psychology.org.au

- The Australian Psychological Association Ltd web site provides a data base of psychologists in private practice throughout Australia.
- Phone: 1800 333 497

Speech Pathology Australia

www.speechpathologyaustralia.org.au

- Speech Pathology Australia provides an online database of its members throughout Australia. Enter your postcode to search for therapists in the private and public sector in your area.

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.

Parentline

www.parentline.com.au

- Free confidential telephone service that provides counselling and referrals.
- 1300 301 300

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; they are free of charge to mothers and fathers, other family members and carers. 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.
- Phone: 1800 334 155

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.

Disability Housing Coalition Inc. (QDHC)

www.qdhc.org.au

- This organisation provides information about housing options available to people who have a disability. QDHC also works to promote the rights of people with a disability to live as part of the community in housing that suits their individual needs. QDHC is not a housing provider.
- Address: 167 Logan Road, Stones Corner QLD 4120
- Phone: 07 3391 3433

PlayConnect

www.playgroupaustralia.com.au

- Playgroups are here to help families with children with Autism Spectrum Disorders (ASD).
Participating in a PlayConnect playgroup offers play-based learning opportunities for children with ASD or ASD like symptoms, as well as the opportunity for their families and carers to connect and share their experiences.

My Child  
www.mychild.gov.au
- Online child care portal to help find information on different types of child care and how to get assistance with the cost. Data base to find child care centres and information and links to other useful websites about children’s health, wellbeing, parenting and family support services.
- Phone: 1800 889 997

Sunshine Butterflies  
- Sunshine Coast Based non-profit organisation. Started by a mother of a disabled son.
- Sunshine Butterflies was founded to improve the lives of children with disabilities by providing families with parent to parent support, information and individual assistance. Our family support staff are here to listen, offer support and share information on issues related to caring for someone with a disability. If you would like to talk to someone on our team or to another mentor/parent, please contact us. Our services are offered free of charge, however a $10 membership fee is requested. Those who use our service are families, individuals, carers, service providers, medical personnel, schools & community groups, all for different reasons. The services we provide is so that all of the above users can be directed to Sunshine Butterflies so that the support team can assist them by either providing:
  - Family Care Program
  - Helpful Information & Advice
  - Support Groups & Workshops
  - Representation & Advocacy
  - Personal Fundraising Opportunities
  - Disability Education & Awareness Programs, Puppet Troupe etc.
  - Recreational Activities e.g. Swim & Rec Club
  - Case Management - Local Co-ordination & Development
  - Early Intervention Programs – Baby Bridges Aqua Therapy Program
  - Noosa Community Garden
  - Social Sibs Fun Day
  - Charity Events
  - Newsletter
- Make sure you check out the Sunshine Butterflies Flyer for more information on what we do. If you require assistance, or think you may need our help in the future, please contact us. If you would like to become a parent/mentor and volunteer to assist other families please contact us.
- Sunshine Butterflies also have their own Website directory for services on the coast – this be accessed via http://www.sunshinebutterflies.com/disability-info-guide/website-directory/
- Listings Include:
  - Accommodation  Farm Programs  Fundraising
  - Adaptive Clothing  Gardening Programs  Great Websites
  - Animal Helpers  Home and Vehicle Mods  Inspiration
  - Books and Resources  Premmies  Sport, Rec and Equipment
  - Careers  Support Groups/ Advocacy  Teaching resources
  - Communication Resources  Therapy  Toys and Games
- Email: admin@sunshinebutterflies.com.au
- Facebook: https://www.facebook.com/pages/Sunshine-Butterflies/140941239275978
- Phone: 07 5470 2830

Passionate Minds (Nambour)  
www.passionateminds.com.au
Develop and deliver a range of Programs and Therapies to meet the needs of children and young people living on the Autism Spectrum

Services Include:
- Tutoring
- Home Education
- Educational Consultations
- School Support
- Special Interest Groups
- Social Program
- Resources
- Respite

Email: themothership@passionateminds.com.au
Phone: 07 5441 3216

Respite

Commonwealth Respite and Carelink Centre
www.health.gov.au
- Commonwealth Respite and Carelink Centres provide a single point of contact for the general public on community, aged and disability services and carer support. The Centres can also assist with information about costs for services, assessment processes and eligibility criteria
- The Centres can also help arrange respite, when carers need to take a break from caring
- Phone: 1800 052 222

Carers Outlook
- For carers – Individual, couples or groups of four, post carers, caring staff etc. You can register as a carer and discuss respite assistance with funding and support by calling Commonwealth, Respite and Carelink Centre listed above
- Email: carersoutlook@gmail.com

Suncare Cottage Respite Program
- A cottage respite program via registration through Commonwealth Respite and Carelink Centres
- Phone: 07 5409 5994

Sunshine Coast Family Contact Centre
www.scfcc.org.au
- Facilitates children’s rights to contact with no-residential parent in a safe independent and positive environment (Sunshine Coast and Gympie region)
- Email: scfcc@bigpond.com

Sibling Support

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

Online forums / useful websites for siblings
- www.siblink.org.au
- www.sibs.org.au
- www.yourshout.org.au
- www.youngcarers.net.au
Future Planning for adulthood

Future Planning

- Special Disability Trusts
  Information and guidance to assist family members who have the means to make private financial provision for the needs of a family member with severe disability
- Future planning: people with a disability - Information Package
  Booklets, speakers kit and Special Disability Trust information for families planning for the future of a family member with disability
- Future planning: other sources of support
  Information and contact details for other organisations that provide useful sources of support for families considering options for the future care of a person with disability

Younger People with Disability in Residential Aged Care Initiative

- The three key objectives of the Younger People with Disability in Residential Aged Care (YPIRAC) initiative are to:
  - Move younger people with disability currently in residential aged care into appropriate supported disability accommodation; where supported disability accommodation can be made available and only if the client chooses to move
  - Divert future admissions of younger people with disability who are at risk of admission to residential aged care into more appropriate forms of accommodation; and
  - Enhance the delivery of specialist disability services to those younger people with disability who choose to remain in residential aged care, and if residential aged care remains the only available suitable supported accommodation option
- Participation in the YPIRAC initiative is voluntary with the initial priority given to people under 50 years of age
- Phone: 1800 177 120  TTY: 1800 010 222
- Website: Department of Communities

Red Cross

- Red Cross can offer information, short term support and community building opportunities. Eligibility is for anyone up to 65 years with a disability. To access the short term support, the family will have to register with disability services, if they aren't already, then Angela can help with this process
- Email: apope@redcross.org.au

Pave the Way

- Pave the Way works with families throughout Queensland to clarify their vision and to plan for a good life and a secure future for their relatives with a disability
- Email: pavetheway@mamre.org.au
- Phone: (07) 3291 5800

Young Carers

- Young Carers Respite and Information Services and Information Services Program assists young carers who need support to complete their secondary education or vocational equivalent due to the demands of their caring role. The program has two components:
- **respite services**: enables school aged young carers to access respite and age appropriate support, including educational, social and recreational activities, for example time off to study for exams, tutoring, skills development or activities during the school holidays
- **information services**: young carers up to and including 25 years can access information, advice and referral services, including referral to counselling, to support them in managing the challenges they face as part of their caring role

- Further information about respite services is available from the Commonwealth Respite and Carelink Centre on 1800 052 222
- For information, referral and advice services, phone Carers Australia on 1800 242 636
- Or visit the Young Carers website

## Social and Support groups

### Crossroads (QLD)

[www.xrdsqld.org.au](http://www.xrdsqld.org.au)

- Crossroads QLD mission is to share Christian fellowship with people with disabilities, their families and their carers through offering a range of social, recreational, respite and holiday programs that provide life enriching experiences and relationships
- Address: 91 Maundrell Terrace, Chermside West QLD 4032
- Phone: 07 32564466

### Asperger Services Australia (Ltd)

[www.asperger.asn.au](http://www.asperger.asn.au)

- Asperger Services Australia is a volunteer not for profit organisation established in 1995, and provides support to parents, carers, families, individuals, service providers and professionals
- ASA run a number of support groups and provide access to an online forum and other information and training
- New Asperger Centre In Virginia: provides members of the Asperger community with a safe and Asperger-friendly environment to connect with others and receive a wide range of professional support and education services, including a resource library

### Autism Behavioural Intervention Queensland (ABIQ)

[www.abiq.org.au](http://www.abiq.org.au)

- ABIQ provides support and networking opportunities to members through regular group meetings and social functions for the whole family.
- ABIQ provides access to first-hand information and experience from parents whose autistic children are currently undergoing or have completed ABA therapy
- Address: PO Box 7053, Brendale Q 4500
- Telephone: (07) 3881 1868 or 1300 224 753

## Support Groups

### Support for families who place children into to permanent care:

- Meet up every 2nd Wednesday night for dinner, coffee, drinks, laughs, tears & hugs
- Email: tinkerbell7771@bigpond.com

### Autism Queensland Affiliated Support Groups


- Autism Queensland website and telephone consultancy line (Phone: 07 3273 0000) can put parents/carers in touch with a local Family Support Group
- The activities of the Autism Queensland Support Groups are covered under Autism Queensland’s insurance policy and receive some financial support from Autism Queensland
- Autism Queensland’s Family Support Services also moderates an online support group for the parents and carers of those with Autism. Go to: www.groups.google.com At the Google groups
home page, type into the search box – ‘Autism Support Group Qld’. Anyone can read the discussion board posts, but only group members can make or respond to a post. To become a member, follow the instructions on the site
- The support groups provide a way for parents and carers to meet with others who share similar experiences, to find and provide support, to share ideas and to gain information.

**Parent to Parent Association of Queensland**
[www.parent2parentqld.org.au](http://www.parent2parentqld.org.au)
- Provides support by offering to the family a team of caring, mature and skilled parents committed to helping other parents through their times of need. It also provides information on the child’s disability in a manner that is easily understood. Groups are found throughout Queensland
- Address: PO Box 434, Yandina QLD 4561
- Phone: 07 5472 7072 or 1800 777 723

**My Time**
[www.mytime.net.au](http://www.mytime.net.au)
- MyTime is a national initiative funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA)
- 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
- For more information about MyTime groups in your area, see contacts on the website
- Email: mytime@parentingrc.org.au
- Phone: 1800 889 997

**Australian Autism Aspergers Network Inc. (and Australia ASD Quarterly Magazine)**
[https://www.facebook.com/AustralianAutismAspergersNetwork](https://www.facebook.com/AustralianAutismAspergersNetwork)

**SCAAN**
[https://www.facebook.com/SunshineCoastAutismAspergersNetwork](https://www.facebook.com/SunshineCoastAutismAspergersNetwork)

**Recreation**

**Sunshine Coast Aspie club (early years through teens)**
[https://www.facebook.com/suncoastaspieclub](https://www.facebook.com/suncoastaspieclub)
- A place for all young Aspies and Auties. Designed for kids and teens on the spectrum to meet each other, form friendship and hang out.

**Sunshine Coast Riding School (Forest Glen)**
- Undercover riding clinic with 1 adult instructor for each child (Recommended by another ASD family on the Sunshine Coast)
- Phone: 07 5492 9123 or 0437 640 397

**Rockit climbing Gym**
- Currently under construction, however we are planning sensory climbing days at a discounted price – see SCASDSG for details
- Phone: 07 5309 5699

**Slothy’s Skateboarding Lessons**
- Free local skateboarding lessons all over the coast
Noosa Indoor Climbing Wall
- Phone: 5440 5444

Kawana Rockclimbing Gym
- under construction - currently working on sensory days in both the rock climbing and the gym.
  - If you call, just enquire as we will arrange special ASD days and discounts when the lighting is dimmed, the music is off.
- F/Book: [www.facebook.com/rockitclimbinggym](http://www.facebook.com/rockitclimbinggym)
- Phone: 5309 5699

Sensory Movie Day Sunshine Coast
- Email: sensory.movie-sunshine@hotmail.com

Trenna’s Dance Studio (Palmwoods)
[http://www.trennasdancelstudiocom.au](http://www.trennasdancelstudiocom.au)
- Recommended by an ASD family

Aus Kick
- Modified program upon request. Program is through schools

Cooroy Gymnastics Club
- child-adult fitness - recommended by an ASD family

Sunshine Coast Gymnastics Academy
- Recommended by an ASD family

Seahorse Nippers
[https://www.facebook.com/SeahorseNippersNoosaHeadsSurfLifeSavingClub](https://www.facebook.com/SeahorseNippersNoosaHeadsSurfLifeSavingClub)
- Nipper program for children with disabilities

BrisBricks
[www.brickskids.com](http://www.brickskids.com)
[https://www.facebook.com/BrisBricks?hc_location=stream](https://www.facebook.com/BrisBricks?hc_location=stream)
- Fitness, Games and Exercises for Children with Autism. Bricks Adolescent Development has a program specifically designed for children with Autism. There are two options depending on what is more applicable for your child. Option 2 is usually more preferable for the first 2 seasons as short sharp sessions help create momentum for your child.

Little Kickers (girls and boys 18mths – 7 years, SC wide)

Camps
[www.totaladventures.com](http://www.totaladventures.com)
- willing to do day camps for ASD kids (SCASDSG will try and arrange one in 2014 as a minimum of 15 kids needed)
Riding for the Disabled
www.rdaq@bigpond.com
- Riding for the Disabled Association is a voluntary, not for profit, organisation which provides riding instruction and other activities associated with riding and harness driving for people with disabilities
- Address: PO Box 904, Kenmore QLD 4069
- Phone: 07 3720 2345

Access Arts Queensland
www.accessarts.org.au
- This is a member based organisation established in 1983 to ensure people with a disability had access to the arts and cultural experiences of their choosing. “Crossing Divides” is specific to people with ASD.
- Address: Level 1 Stores Building, 119 Lamington Street, New Farm QLD 4005
- Phone: 07 3358 6200 or 1300 663 651

Sports Ability and Sports CONNECT Hubs
- Sports CONNECT provides a range of support services for sporting organisations and disability groups to improve access to sport and recreation for people with disabilities
- HUBs offer inclusive competitive or non-competitive games for people with disabilities

USQ Student Guild Clive Berghofer Recreation Centre
sportsabilityhub@usq.edu.au
- Toowoomba QLD 4350
- Phone: (07) 4631 1588

Warwick Indoor Recreation and Aquatic Centre (WIRAC)
- Warwick QLD 4370
- Phone: (07) 4661 7955
- Karen.Peters@southerndowns.qld.gov.au or Greg.Woodward@southerndowns.qld.gov.au

Townsville PCYC
- Aitkenvale QLD 4814
- (07) 4781 9111
- townsville@pcyc.org.au

Special Olympics
- Special Olympics Queensland (SOQ) supports over 1,500 Queensland athletes with an intellectual disability to take part in year-round sports training and athletic competition in a variety of team and individual sports

Tag 5
- Provides access to weekly social sport for people with a disability. TAG 5 is a non-profit company providing sporting, social & recreational activities for people with a disability and their families. TAG 5’s holistic approach to its services allowing all members of these families to participate in sporting & recreational activities

Sailability Sunshine Coast Queensland
http://sailabilitysunshinecoast.org/
Sailing a fleet of Access Dinghies from our facility in Mooloolaba we cater for clients and carers from all over the Sunshine Coast. We have the pleasure of sailing with over eighty people every week. Our Access Dinghies are designed specifically for our needs, we have a pontoon facility that is wheelchair friendly, a davit for lifting and a group of volunteers to make the experience of sailing, safe and lots of fun for all.

- Email: sailabilitysunshinecoast@gmail.com
- Phone: 0488 578 466

Swimming Australia (Swimming for people with disability)
- Email: inclusion@swimming.org.au

PCYC Sunshine Coast
- www.suncoastpcyc.org
  Address: Youth Avenue Nambour QLD 4560
  Email: marty.hunt@pcyc.org.au
  Phone: (07) 5441 2915
  Website: Facebook: www.facebook.com/sunshinecoastpcyc

Interesting Links (courtesy of Sailability)
- **Access Dinghy Foundation** Australian foundation promoting the Access Dinghy and regattas for able bodied and disabled alike to compete equally.
- **Aids, equipment and assistive technology** A Queensland government initiative.
- **Clubs of Australia – Online** The Premier Online Club & Association Directory in Australia.
- **Deaf Sports and Recreation Queensland** The peak organisation for Deaf and Hearing Impaired Sports in Queensland.
- **Life Stream** Life Stream facilitates a wide range of opportunities specifically in South East Queensland, Rockhampton and Mackay to enable people with an intellectual disability to participate, develop skills and be active members of their communities.
- **LifeTec Queensland** Provides information, education, and consultation on how assistive technology can improve your quality of life and maintain your independence in the community.
- **Riding for the Disabled Association of Australia** Provides opportunities for anyone with a disability to enjoy safe, healthy, stimulating, therapeutic, horse-related activities in Australia.
- **Sporting Wheelies and Disabled Association** Queensland’s peak body for sport, recreation and fitness for people with a physical disability or vision impairment.

Continence Support for children and adults
- It is my understanding that a child can get funding for continence support and carers need to apply, then every six months send in a request for another supply. There is a review every two years that involves specialists to fill in paperwork to confirm incontinence needs for the next two years.

National Continence Helpline CAPS
- A major resource of help for carers is the National Continence Helpline. The National Continence Helpline is staffed by professional continence nurse advisors who provide prompt and confidential advice and referral for people with incontinence, their families and carers, as well as health professionals and organisations with an interest in continence management. The Helpline can arrange for resources and publications and provide advice regarding continence products and suppliers.
- The National Continence Helpline operates from 8am to 8pm EST, Monday to Friday on 1800 33 00 66
Free carers booklet - The Australian Government provides a free booklet which provides further information on continence issues for carers and is available by contacting the National Continence Helpline on 1800 33 00 66

Continence Foundation of Australia
- The Continence Foundation of Australia has a branch in each state/territory and a resource centre in some states. The resource centres locations are available at Continence Foundation of Australia website.

eHealth Record System
- The Australian Government’s personally controlled eHealth record system can help you to better manage your health and the health of the people you care for. You can apply online at www.ehealth.gov.au to register someone under the age of 18 for whom you have parental responsibility. If you are authorised to act for someone aged over 18, you can apply to register them for an eHealth record in writing or in person at a Department of Human Services service centre offering Medicare services.
- Once an eHealth record has been created for the person you care for you can then register yourself as their authorised representative. Having an eHealth record gives doctors and other healthcare professionals access to the information they need to provide the best possible care. For more information visit www.ehealth.gov.au or FREE call 1800 723 471

Carers Australia
- Carers Australia can provide carers with information, advice and referral to services that can assist them in their caring role. Information is available on topics including home help, carers support groups, financial entitlements, support services, respite and general assistance.
- To find out what services exist, call the Carer Advisory and Counselling Service on free call 1800 242 636 or visit the website at: www.carersaustralia.com.au

Respite centres
- Respite centres allow carers to have a break. Respite Centres can organise either short term or emergency respite for carers. This respite can take place in the person’s home or in a facility. You can contact the Carer Advisory and Counselling Service on free call 1800 242 636.
- Support groups - provide emotional support to carers. These groups may be condition specific or open to all carers. The Carer Information Service can provide information about these groups and give details of local and regional groups. To find out what support groups exist, call the Carer Information Service on free call 1800 242 636

Aboriginal and Torres Strait Islander Support

Aboriginal Liaison Officers (ALOs)
- The Aboriginal and Torres Strait Islander Liaison Officer program is a national two year pilot project by Autism Queensland and members of the Early Days Consortium of Autism Specialist Providers that aims to raise awareness of ASD in indigenous communities. It is funded by FaHSCIA as part of the HCWA program.
- Heading up the program are Liaison Officers Barry Fewquandie and Rachael Collins, who although based in Queensland have a national role and work throughout Australia.
- Their role includes:
  - Providing Cultural Awareness training to Autism Advisors, PlayConnect, Early Days and Panel Providers to improve their understanding of working with Aboriginal families and communities; and to provide support and assistance with community visits
  - Raising awareness of Autism within Aboriginal and Torres Strait Islander communities
  - Building relationships with Aboriginal and Torres Strait Islander Communities and link them with relevant support services such as Occupational Therapists, Speech Pathologists, Psychologists and Social Workers.
For more information on the Liaison Officer Program for QLD, NSW, VIC & ACT please contact:

- Rachael Collins Tel: (07) 3273 0028 Mob: 0417 598685 Email: rachael.collins@autismqld.com.au

- **Health Services Sunshine Coast** - To improve Aboriginal and Torres Strait Islander health by encouraging community members to actively participate in controlling the status of their own health and well-being.
- **Indigenous Health Team**
  Sunshine Coast - 07 5450 4794
  Gympie - 07 5489 8444
- **Cultural Healing Team**
  Sunshine Coast - 07 5450 4700, Mobile - 041467 1534 / 041902 8308
- **Child Health Team**
  Sunshine Coast - 07 5450 4750
- **Nutrition Health**
  Sunshine Coast - 07 5470 6978
- **Hospital Liaison**
  Nambour General - 07 5470 6318
  Gympie Hospital - 07 5489 8452

**North Coast Aboriginal Corporation for Community Health**
http://ncacch.org.au/

- Services include:
  - GP Services
  - Allied Health
  - Health Trax
  - Smoking Cessation
  - Mum's and Bub's program
  - Child Health
  - Physical Activities
  - Health Check Days
  - Mens Health
  - Womens Health
- Sunshine Coast - 07 5443 3599
- Gympie - 07 5483 6511

**Public Transport Information**

Buses and trains

Council Cabs
- Phone: 1300 139 433
- Email: councilcabs@sunshinecoast.qld.gov.au
- ($2 each way fares for carers of eligible persons with carers/ companion card or DSP concession card.

**Facebook networking**

Families with ASD
https://www.facebook.com/groups/269748569758068/
Families with children of special needs

Autism
https://www.facebook.com/pages/Autism/169326209883670

ASD Mums Time out Exclusive
https://www.facebook.com/groups/499946736690760/

Autism Ladder
https://www.facebook.com/groups/426422537448172/

Twice Exceptional
https://www.facebook.com/groups/177084025709224/

Autism Discussion Page (this is a brilliant page and one I love reading and reposting)
https://www.facebook.com/autismdiscussionpage?hc_location=stream

Asperkids (By Jennifer Cook O’toole – Temple Grandin Award winner, aspie and mum of 3 aspie kids)

Autism Advisory and Support Service (Empowering children with Autism and their families through knowledge and support)

Olga Tennison Autism Research Centre (a joint initiative of La Trobe Uni and Autism Victoria)
https://www.facebook.com/OlgaTennisonAutismResearchCentre?hc_location=stream

Local Networking/Events

Things for free in sunshine coast
https://www.facebook.com/groups/thingsforfreeinsunshinecoast/

Sunshine Coast Community Board
https://www.facebook.com/groups/sunnycoastcommunityboard/

http://www.sunshinecoastyouth.com/links
- This link takes you to community Information services including councils, schools, programs and so much more. Click it and just see what is there and keep it tucked away in somewhere in your brain as it’s a great resource.


This information has been distributed in the interest of informing you about available products and services related to ASD. This information does not necessarily imply endorsement by PEAC. We encourage you to research all products and services prior to deciding if they are relevant or suitable to your individual circumstances.

The Positive Partnerships initiative is funded by the Australian Government Department of Education, Employment and Workplace Relations through the Helping Children with Autism package.

The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education, Employment and Workplace Relations.