COMMUNITY SUPPORTS

RKT Community Supports Document

We believe that families should have access to as much information as possible to enable them to make informed decisions and choices. We have compiled this document as a resource for families to use and share information that we have found helpful in the course of our work. We do not have any associations with any of the resources listed and it is for information purposes only. If you have questions when looking at any of these resources, please speak with your therapist and they may assist in better tailoring the information to your child's needs.

Helpful Websites and Online Resources

Raising Children Network	- Provides information and advice regarding skill areas and common questions families may have about their current situation. Below is the link to their Page about Autism. - https://raisingchildren.net.au/autism
Positive Partnerships	- A free online training resource for parents and schools about Autism and how to support a child within a school setting. The online learning modules are free to access (you just need to create an account) and are self-paced. - Their resources tab also has helpful documents for sharing important information across key people working with your child. - https://www.positivepartnerships.com.au/workshops-online-learning/online-learning
Schools Online Children with Special Education Needs (SEND)	- This website is developed by the department of education WA and has links to various topics of interest for parents when considering schools and obtaining the help their child might need. Use the links below to navigate to the page of interest. - Therapy Providers in Schools - Overview of Education Department Disability Supports - Choosing a School: Disability Support Programs - Department Endorsed Programs for Students with a Disability
Catholic Schools (CEWA)	- Catholic Education has their own Disability Support Team. You can find out more information the link below: - https://www.cewa.edu.au/learning-wellbeing/diverse-learning/students-with-disability/
Independent Schools Australia	- Independent Schools have their own funding body to support children with a disability. You can read more in the link below. - https://isa.edu.au/our-sector/diversity/students-with-disability/

Reframing Autism	- An organisation created and lead by Autistic individuals and provides great resources and articles about nurturing your child's identity. The parent training has been highly recommended by other parents who have attended. - If your child has a NDIS plan that includes a budget line for parent education, and you are plan- or self-managed, you can claim your registration costs for Reframing Autism events from your child's NDIS funding. - https://reframingautism.org.au/
Carer Gateway	- Carer Gateway is a free support program that provides a range of supports and information for primary carers during stressful times. It includes respite care and help at home and in emergencies. - Carer Gateway Website
Social Stories & Comic Strip Conversations	- Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. This site offers free membership and access to everything in the Clubhouse. - https://carolgraysocialstories.com - Another resource on social stories and comic strips used to help autistic people develop greater social understanding and help them stay safe. This resource explains what they are, how they help, how to write them and how to use them. - https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx
Autism CRC	- Autism CRC was established in 2013 as the world's first national, cooperative research effort focused on autism under the Australian Government's Cooperative Research Centres (CRC) Program. - Autism CRC is the independent national source of evidence for best practice in relation to autism across the lifespan and the spectrum. - https://www.autismcrc.com.au
Planet Puberty	- This is a digital resource suite by Family Planning NSW that aims to help parents and carers of kids with intellectual disability and/or autism navigate the journey through puberty. - The Planet Puberty project includes a website, webinar series and podcast. The website is your go-to place to find accessible lessons, factsheets, videos, and useful books about all thing's puberty. - The content covers five key topic areas: The body, Relationships, Identity, Feeling good and Keeping safe. - www.planetpuberty.org.au
Code Academy	- **Code Academy** is a text coding site for students and teachers to learn real code. **Code Academy** is a code-learning platform that is based online so it can be easily accessed from lots of devices and by students of wide-ranging abilities. While there is a free version, it is good for getting started only. The paid service is needed for the more professional-level, real-world usable skills. - https://www.techlearning.com/how-to/what-is-code-academy-and-how-does-it-work-tips-and-tricks

Hour of Code	- The **Hour of Code** is a one-hour introduction to computer science, using fun tutorials to show that anybody can learn the basics. - The **Hour of Code** is simple to run - even for beginners. You don't need experience in computer science or teaching to facilitate a fun activity for your children that will get them both learning and laughing. - Hour of Code activities are available for free year-round. - https://hourofcode.com/au
Accessible Chef	- Accessible Chef is a collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities at home or in a special education classroom. - https://accessiblechef.com
Continence Foundation of Australia	- The Continence Foundation of Australia is the national peak body promoting bladder and bowel control health. The resources tab has great resources for toilet training and supporting continence for children with a disability. - https://www.continence.org.au/get-help/resources
Pixel Paper Crafts	- Great web page for downloading and printing paper-based crafts of games, shows and interests of children. You can choose a template with your child and then print it on card at office works to give them something to do in the holidays. We recommend playing/acting with the characters after. - https://www.pixelpapercraft.com
Parenting Connection WA	- A state wide partnership between Ngala and Anglicare WA that draws on Wanslea's expertise in the Wheatbelt and Great Southern. - Funded by the Department of Communities, they offer parents and caregivers of children aged 0 – 18 years across Western Australia the FREE support they need to improve the wellbeing and development of their children. - https://parentingconnectionwa.com.au
Sue Larky	- Sue Larkey is a highly qualified educator who has taught students with autism spectrum disorder in the mainstream and special schools. She combines practical experience with extensive research having completed a Masters in Special Education and the research sections of a Doctorate in Education. Sue has over 1.3 million downloads of her Podcast (Sue Larkey Podcast) of which there are over 200 episodes. She believes that *armed with the tools of understanding and confidence, much can be achieved*. - https://suelarkey.com.au
Profectum	- Profectum is the premiere non-profit training and education organization for DIR®, the Developmental, Individual Difference, Relationship-based Model. Focusing on individual profiles and strengths, and building robust connections through relationships, DIR® is an interdisciplinary approach for enabling developmental progress - https://www.profectum.org/home

Organisations and Community Groups

Kiind	- Formerly Kalparrin. Offers opportunity to team up with a parent coach if you need help navigating the complex systems and services involved. The website also offers the opportunity to join an online parent support group, facilitated by Peer Navigators. - Membership is free. - www.kiind.com.au
Playgroup WA	- PlayConnect playgroups from Playgroup WA are facilitated playgroups for children on autism spectrum, available across the metropolitan area. - It is a not-for-profit organisation, and you can attend two FREE trial sessions at each playgroup. - All Playgroup WA members pay an annual fee to ensure they are covered by our insurance. The Playgroup WA annual calendar year membership fee gives you access to a number of great benefits. Additionally, playgroups collect their own fees to cover any running costs, such as venue hire, consumables, and other supplies. - www.playgroupwa.com.au
Coder DoJo	- **CoderDojo WA** is the free, fun way to learn coding for kids and teens. - A Dojo is a free, volunteer-led, community-based computer club for young people. Anyone aged 7 to 17 can visit a Dojo and learn to code, build a website, or create an app or game. Dojos are a space for kids and teens to explore technology in an informal, creative, safe, and social environment. - https://coderdojo.com -
Activ Academy	- Activ Academy is a NDIS registered provider that supports people with disability to develop the skills they need to live an independent life. They provide personalised support under the three key themes of: Live (pathways to live more independently), Play (pathways to connect with their community) and Work (pathways to find a place to work). - www.activ.asn.au
Riding for the Disabled (RDA)	- RDA is a voluntary, non-profit organisation which provides opportunities for anyone with a disability to enjoy safe, healthy, therapeutic, horse-related activities in Australia. - http://rdawa.net.au/centres.html
West Coast Aikido Martial Arts Academy for Children with Autism	- Empower your child with more confidence and self-esteem. Self-discipline and responsibility as well as focus and listening. - https://www.wcaikido.com/

[MEN]TOR	- Counselling & Support for young men - A casual approach to counseklling & support mentoring - Perth based service for men of ages 13-30 - https://www.mentorperth.com
Mifwa	- Parent Peer Support. A Peer-led program - MIRWA's Parent Peer support program is a FREE home visiting service that provides you with a peer worker who is a parent with lived experience of mental health challenges and undertstands the demands of parenting. - Supporting you as you navigate parenting while building your mental wellness and recovery - https://www.mirwa.org.au
Kitchen Connects	- Kitchen connects program aims to enhance the clients confidence in themselves, as well as their functionality and capabilities within the kitchen environment. - Kitchens can be quite hazardous at times, especially when a person has a disability, therefore, learning strategies have been incorporated within 'Kitchen Connects' program. - Learn to cook in your home with a qualified chef and teacher - kitchenconnects1@gmail.com & Ph: 0476 569 981
Ace Psychology	- Psychology services designed to support children, parents and families in fostering positive mental well-being. - Ace Psychology has a range of support groups available as well as education programs and workshops - Ace Psychology has a variety of practitioners onboard, ranging from Psychologists, counsellors, art therapists and LEGO play therapists. - https://www.acepsychology.com.au
Developmental Disability WA (DDWA)	- DDWA run events and workshops to support people with developmental and intellectual disability, and their families across life transition stages and important topics like Approaching Adulthood, Guardianship, Wills and Estate Planning. - https://ddwa.org.au

Financial Supports & Information

Medicare Rebates for OT Chronic Disease Management Plan	- If you are paying privately, you can request a chronic disease management plan from your GP to get up to 5 sessions rebated through Medicare. Read more about this in the link below. - Chronic Disease Management Plans
Better Access Initiative Mental Health Care	- The Better Access initiative gives Medicare rebates to eligible people, so they can access the mental health services they need. - Support is available from eligible general practitioners (GPs) and other medical practitioners, psychologists, social workers, and occupational therapists. - Eligible people can receive up to 10 individual and up to 10 group allied mental health services each year. - The rebate is available to people with a diagnosed mental disorder. This includes many conditions, such as depression and anxiety. - The first step is to talk to your GP, psychiatrist or paediatrician and discuss whether treatment under Better Access is suitable for your needs. You can read more about this in the link below. - Better Access Initiative
Carers Allowance	- Depending on your financial situation, you may be eligible for carer's allowance through Centrelink. We can complete the supporting documentation for your application once services commence. - Carer's Allowance
Companion Card WA	- The Companion Card Program supports Western Australians with a significant and permanent disability who require attendant care support to participate at community venues and events. - Companion Cardholders show their card when booking or purchasing a ticket from a participating business, called an Affiliate. Affiliates will recognise the Companion Card and issue the cardholder with a second ticket for their companion at no charge. - We can complete the supporting documentation for your application once services commence. - Companion Card Information

NDIS Information & Resources

- The NDIS has a wealth of information on their website and can help you navigate how to access the scheme, how to use your child's plan and what types of supports can be funded. Use the links below to find out more and don't hesitate to ask your therapist about any questions.

NDIS

- What is the NDIS?
- How to Use NDIS Portal
- Understanding your NDIS Plan
- Assistive Technology Explained
- Would the NDIS Fund It Examples - Early Intervention