

What makes it easier for parents with intellectual disability to get NDIS help?



You can ask for help



- Your NDIS planner can help you.

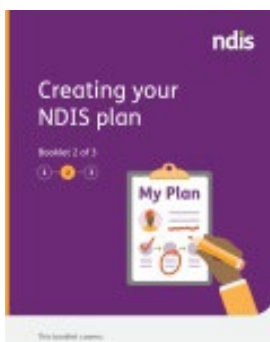


- A friend or family member can come with you to your plan meeting.

They can help you to:



- get ideas for making goals in your plan.



- decide what goes into your plan.



- use your plan to help you be a good parent.



You can also get help from your **Local Area Coordinator (LAC)**.

You may get a **support coordinator** as part of your NDIS plan.



They can:

- talk to you about different services that can help you.



- show you how to use the NDIS portal.



- help you match services to your goals.



- explain the services in your plan.



- explain what giving **consent** means.



- help you find parenting groups, playgroups and other support for parents.

You can 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.

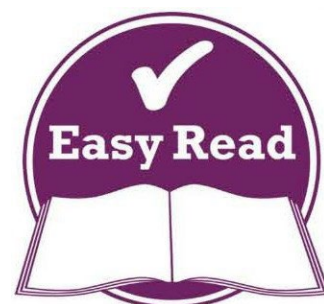


- help you get information that you can read.

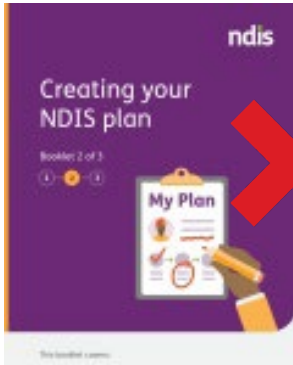


- help you ask for things to be explained.

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



Services do not work together



- 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.

It is hard to get help when:

Services do not work for you



When your main NDIS goal is to be a good parent but:



- 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 and you do not feel welcome.

It is hard to get help when:

Services do not stick with you



- You only get short-term services.



- You get help to learn how to care for your baby, but help stops before you are ready.



- You need help parenting your child at all ages and stages.



- Services are not around when your child gets older.



- You get a good worker by chance not by choice.



Good workers always move on.