

Supporting the rights of parents with an intellectual disability

Resource Guide



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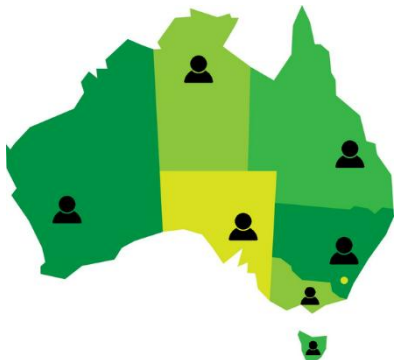
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About this guide



This Easy Read guide was made by the National Advocacy Collective.

We say NAC for short.



The NAC is a group of people across Australia who support the rights of parents with an intellectual disability.



The NAC includes

- Parents with intellectual disability



- Advocates



- Researchers



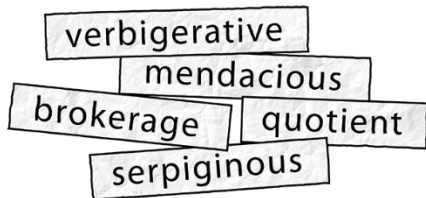
- Other supporters.



The NAC is supported by Inclusion Australia.



The resources in this guide are for parents with intellectual disability and people who work with them.



Hard words are in bold.

We explain what they mean.



It is a good idea to read this guide with support.



If you have questions about this guide please email policy@inclusionaustralia.org.au

Being a strong self-advocate tip sheet



The being a strong self-advocate tip sheet is a resource made by

- Positive Powerful Parents
- Reinforce
- Rainbow Rights.

The tip sheet has information about rights and how to be a strong self-advocate.

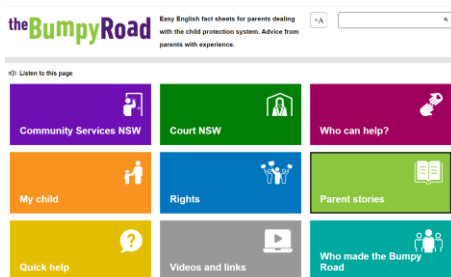
You can find it by going to:

<https://positivepowerfulparents.com.au/wp-content/uploads/2020/05/2019-10-Tips-for-being-a-strong-Self-Advocate-A4.pdf>

The Bumpy Road website

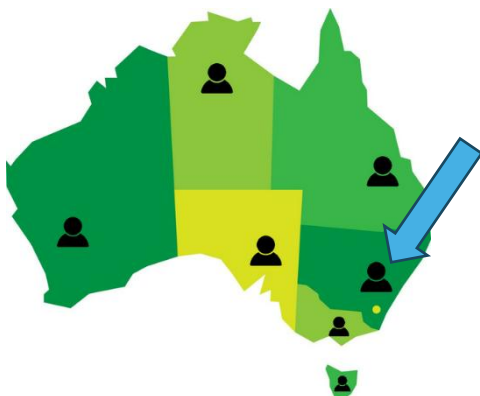
The Bumpy Road is a website made by parents with an intellectual disability.

theBumpyRoad



The website has Easy Read information about

- Rights
- How to get support
- Stories from parents with lived experience.



Some information is only for people in New South Wales.



For example New South Wales community services or court.



You can find it by visiting
<https://www.bumpyroad.org.au/home/index>

Getting NDIS help tip sheet



The Getting NDIS help tip sheet is an Easy Read resource made by

- Developmental Disability Western Australia or DDWA



- Research Centre for Children and Families at the University of Sydney.



It has information about:

- Making decisions about NDIS



- Advocacy



- What makes it easier or harder to get NDIS support



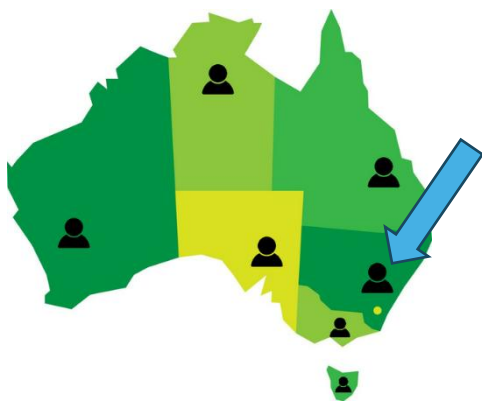
You can download the Getting NDIS help tip sheet by going to:
<https://ddwa.org.au/wp-content/uploads/2023/01/Parenting-Help-NDIS-Brochure-Easy-Read.pdf>

Family Inclusion Strategies in the Hunter Resource Hub



Family Inclusion Strategies in the Hunter is an advocacy organisation for parents going through the Child Protection system.

We say FISH for short.



FISH is in New South Wales, Australia.



The FISH Resource Hub has information about

- Rights



- Where to get support



- Peer support.



You can find the FISH Resource Hub by going to: <https://finclusionh.org>

Intellectual Disability Rights Service



Intellectual Disability Rights Service is an advocacy service in New South Wales.

We say IDRS for short.



IDRS has information about:

- How parents with an intellectual disability can get support from IDRS



- How laws and court work in New South Wales



- Supporting parents with disability and their family members in court



- Rights.



You can find the information by going to:

<https://idrs.org.au/what-we-do/parents-with-disability/>

Learn My Journey



Learn My Journey is a resource to strengthen communication with parents with intellectual disability and Child Safety.



It was made by mums with intellectual disability who are supported by Community Living Association in Queensland.



Parents can use the resource to share information about themselves and their families.



You can find the Learn My Journey resource by going to:
<https://communityliving.org.au/wp-content/uploads/2025/03/Learn-My-Journey.pdf>

Positive Powerful Parents resources



Positive Powerful Parents is a self-advocacy group led by parents with intellectual disability for parents with intellectual disability.



Positive Powerful Parents have resources for parents with intellectual disability on their website.

The resources are about



- Rights



- The experiences of parents with an intellectual disability



- Running safe groups



- Safe story sharing.



You can find all the resources by going to:
<https://positivepowerfulparents.com.au/resources/>

Raising Children Network information for parents with an intellectual disability



The Raising Children Network is a website for Australian parents and families.



It has Easy Read information for parents with intellectual disability.

For example

- Knowing what your child needs





- Looking after yourself



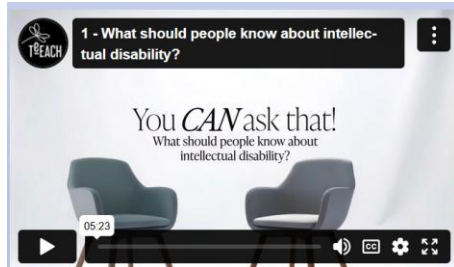
- Who can help.



You can find the information by going to:

<https://raisingchildren.net.au/disability/services-support/support/parents-with-intellectual-disability-support-for-parenting>

You CAN ask that



You CAN ask that is videos by mums with intellectual disability.



The videos were made by Transforming early Education and Child Health Research Centre.

We say TeEACH for short.

In the videos mums with intellectual talk about:



- What should people know about intellectual disability?



- Finding out about pregnancy



- Advice for other parents with intellectual disability

- And more.



You can find the videos by going to:
<https://surveys.teeach.org.au/youcanaskthat>

Women with Disabilities Australia's Our Site



Our Site is a website made by Women with Disabilities Australia.

It has Easy Read information about



- Rights



- Pregnancy



- How to get support

- And more.



You can visit the Our Site website by going to <https://oursite-easyread.wwda.org.au>