

Disability

The United Nations Convention on the Rights of the Child states 'that a mentally or physically disabled child should enjoy a full and decent life, in conditions which ensure dignity, promote self-reliance and facilitate the child's active participation in the community'¹⁰. Disability can create serious financial hardship, exclude people from activities and can impact on the overall wellbeing of young people and their families. The overall disability rate among young people aged 15 - 24 years is about nine percent.¹¹

Working with young people with a disability is sometimes seen as separate to youth work. While it's true disability work can require specialised skills and abilities, it is everyone's responsibility to work to eliminate the social and structural barriers that prevent young people with disabilities from reaching their full potential and accessing the same life opportunities as their peers.

In this section you will find:

- Tips for working with young people with a disability;
- Youth specific disability programs; and
- Resources including additional services, information and resources, and a date for your diary.

Note: All of the services profiled in *The Big Red Book* include information on disability access.

The following sections also contain disability resources: Alternative Education; Art and Recreation; Employment and Training; Health and Sexual Health; Legal; Peak Body; Young Carers; Young People in Care; Youth Centres; Youth Support and Youth Support in Secondary Schools.

Ways of Working

Some Tips For Working With Young People With A Disability

The following tips and principles provide some first steps to assist you to make your practice and service more accessible and friendly to young people with a disability.

- Young people with disabilities want to be treated the same way everyone else is treated. Remember, a person is a person first. The disability comes second.
- Don't be patronising. Show the young person the same respect that you expect to receive from others.
- Remember young people with a disability have the same needs as other young people.

¹⁰ United Nations Children's Fund (Nov 2007) Convention on the Rights of the Child, Article 23.

¹¹ Australian Bureau of Statistics. 1998 Survey of Disability, Ageing and Carers.

- If you feel a young person with a disability needs assistance, ask them. Don't automatically give help unless the person has asked for it or clearly needs it.
- If a young person with a disability wants assistance, ask them what they want you to do. Be considerate and patient if the young person requires more time to communicate, to walk, or to do various tasks.
- There is no such thing as the typical young person with a disability. Though two young people may have the same disability, they may not do their day-to-day activities in the same way or require the same equipment or assistance.
- Communicate with the young person. Remember some young people with disabilities may have a companion with them. It's important to always look and speak to the young person with a disability directly rather than to their companion.
- Speak clearly and in a natural manner. Don't assume the young person has additional disabilities (eg. don't shout) and don't assume they cannot comprehend because of any outward physical appearance. If you do not understand what the young person is saying, bring it to their attention and ask how the two of you can communicate better. Consider writing as an alternative means of communication. If you and the person cannot find a successful way to communicate, consider asking if there is someone who can help interpret what he/she is saying.
- Don't put unnecessary pressure on yourself to know and to do everything "right." Be patient with yourself in learning the specific needs of each young person. Do not be embarrassed if you find yourself doing or saying the wrong thing. Remember, the young person with a disability is usually aware of, and sensitive to, your discomfort and good intentions.
- Respect the young person's privacy. Don't ask questions that would be inappropriate or unreasonable to ask any person (eg. their medical condition or private life).
- If it is a stressful situation, try to stay calm. If you are in a public place with many distractions, consider moving to a quieter location.
- Be flexible - adapt procedures to the young person, not the young person to the procedures.

Services

Community Supported Respite

Provides programs for young people with diagnosed physical and intellectual disabilities.

Phone	(02) 6282 3037
Mailing Address	PO Box 35, Woden ACT 2606
Email	wodenyouth@wcs.org.au
Web	www.wcs.org.au
Location	Woden Youth Centre, Callam St, Woden
Parent Organisation	Woden Community Service

Who Can Access?

<i>Gender</i>	Females and males
<i>Age</i>	12 – 25
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	No

How to Access Programs By phone or email, 9am – 5pm, Monday – Friday. School holiday programs are held between 9am - 4pm and programs during school term are held between 3pm - 5.30pm.

Other Families Fees may apply. Works with families to support young people to achieve determined goals.

Fun4Youth Program

Provides social and recreational opportunities, information and referrals for young people with diagnosed disabilities, still attending school and living on the Southside.

Phone	(02) 6293 2143
Mailing Address	PO Box 1066, Tuggeranong ACT 2901
Email	fun4youth@commsatwork.org
Web	www.commsatwork.org
Location	Corner Pitman & Howell Sts, Tuggeranong
Parent Organisation	Tuggeranong Youth Centre, Communities@Work

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	12 – 21
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Not specifically

How to Access By phone, 12pm - 6pm Monday to Friday. Drop in hours 3.15pm – 6.15pm, Monday - Friday during school terms. 8.30am – 5.30pm, Monday – Friday during school holidays.

Programs Provides after school and school holiday programs.

Other Fees apply for after school and school holiday programs.

Family Can liaise with families.

Sexuality and Disability Program; and Schools Disability Program

Sexual and reproductive health education and support for people with a disability.

Phone	(02) 6247 3077 SMS 0400 770 999
Mailing Address	GPO Box 1317, Canberra City 2601

Email	shfpact@shfpact.org.au
Website	www.shfpact.org.au
Location	Level 1, Building 28, University Ave Canberra City
Parent Organisation	Sexual Health and Family Planning ACT

Who Can Access:

<i>Gender</i>	Females and males
<i>Age</i>	Any age
<i>Young people under the influence</i>	Yes
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access	By phone or email, 9am – 5pm, Monday – Friday.
Appointments	Phone for an appointment.
Programs	Provides information and referrals. Educational groups are run at schools, youth centres and other services. One-on-one and group education and health promotion sessions for people with a disability. Supported clinic access for people with a disability, peer support groups and resources/videos on sexual and reproductive health issues for people with a disability.
Other	Disability services are provided free of charge to ACT students and adults with a disability.
Families	Family and support people can access programs.

Tandem (formerly FaBRiC)

Provides support at home and within the community for children / young people with disabilities and their families living in the ACT.

Phone	(02) 6287 2870
Mailing Address	PO Box 3301, Weston Creek ACT 2611
Email	admin@tandem.org.au
Web	www.tandem.org.au
Location	Grant Cameron Community Centre, 2A/27 Mulley St, Holder

Who Can Access?

<i>Gender</i>	Females and males
<i>Age</i>	Up to 20 years
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	Yes

How to Access	By phone, email or drop in, 9am – 5pm, Monday - Friday.
Programs	Provides information, support, outreach and referrals to young people and their families. Support is provided by qualified and / or experienced support workers who are matched with the individuals to best meet their needs, including respite and personal

<i>Affirm</i>	care. Works collaboratively with families in an intensive family support model to achieve identified goals and provides a referral and linking service on the family's exit from the program.
Other Families	Fees are based on a sliding scale. Can provide support and referrals to families.

G Club (formerly Warehouse)

Provides after school care and a school holiday program for young people with an intellectual disability attending ACT Government high schools.

Phone	F(02) 6123 4488 mob: 0419 514 006
Mailing Address	PO Box 35, Gungahlin ACT 2912
Email	grcsdisability@gungahlin.org
Web	www.gungahlin.org
Location	Earnest Cavanagh St, Gungahlin ACT 2912
Parent Organisation	Gungahlin Regional Community Service

Who Can Access?

<i>Gender</i>	Females and males
<i>Age</i>	12 – 20
<i>Young people under the influence</i>	No
<i>Income required</i>	No
<i>Disability access</i>	Yes
<i>Children of clients</i>	No

How to Access By phone, 9am – 5.45pm, Monday – Friday during school term. 8.30am – 5.45pm, Monday - Friday during school holidays. Referral required from ACT Government schools.

Programs Provides information, advocacy, transport, recreational activities and referrals.

Other Families Fees based on a sliding scale.
Family and support people can access some programs.

The following services also provide disability support:

- Carers ACT (Young Carers)
- Sexual Health and Family Planning ACT (Health and Sexual Health)
- The Junction Youth Health Service (Health and Sexual Health)
- Winnunga Nimmityjah Aboriginal Health Service (Health and Sexual Health)
- Youth Law ACT (Legal)
- See also the Youth Centres section

Resources

More Services

Access City Hotline

Citizens Advice Bureau

Assists people to remove physical and sensory barriers to access in the ACT, provides a comprehensive referral service for solving or easing access problems in the ACT.

Phone: (02) 6257 3077

Email: accesscity@citizensadvice.org.au

Web: www.citizensadvice.org.au/accesscity

ACT Taxi Subsidy Scheme

Assists people who have a severe disability that prevents them using public transport for a minimum period of six months by providing a subsidy towards the cost of taxi transport.

Phone: (02) 6207 1108

Black Mountain School

Secondary school that provides learning programs for students with moderate to severe intellectual disabilities.

Phone: (02) 6205 6377

Email: info@bms.act.edu.au

Location: 48 Dryandra Street, O'Connor.

Cast Aways

Belconnen Community Service

Social and recreational group for young people with a mild intellectual disability.

Phone: (02) 6264 0200

Email: katew@belcomserv.com.au

Web: www.bcsact.com.au

Location: Belconnen Community Centre Swanson Ct, 26 Chandler St, Belconnen

Dance Troupe for young people with a disability

Noah's Ark Resource Centre

An after school dance program for high school and college students with a disability.

Phone: (02) 6231 3166 or 'Legs' Dance Studio on (02) 6293 3212

Address: Rivett Primary School, Bangalay Crescent. Rivett

Disability ACT

Department of Disability, Housing and Community Services

Provides a range of services and funds many disability services in the ACT.

Phone: (02) 6207 1086

Email: disabilityact@act.gov.au

Web: www.dhcs.act.gov.au/disability_act

Hearing Impaired Youth ACT (HIYA)

A group for young people aged 12 – 25 who are deaf or hearing impaired, who live in the ACT and surrounding region. Runs social activities such as ten pin bowling, indoor rock climbing, etc, and workshops such as First Aid.

Phone or Text: 0424 843 162

Email: hiyateam@hotmail.com

Koomarri

Supports people with moderate to severe disabilities to achieve and maintain employment, live and participate in their communities.

Phone: (02) 6280 6143

Email: reception@koomarri.asn.au

Web: www.koomarri.com.au

National Disability Coordination Officers

A "one stop shop", providing information about services to assist transition for people with disability from secondary education and training and employment.

Phone: (02) 6207 4900

Email: dco@disabilitycoordinationoffice.com.au

Web: www.adcet.edu.au/rdco/

Pegasus Riding for the Disabled ACT

Provides equestrian activities for people with a disability.

Phone: (02) 6254 9190

Email: enquiries@pegasusact.com.au

Web: www.pegasusact.com.au

Location: 119 Drake Brockman Drive, Holt

People with Disabilities ACT

Consumer association for people with disabilities.

Phone: (02) 6290 1984

Email: pwdact@shout.org.au

Web: www.pwdact.org.au

Recreational Activities for People with an Intellectual Disability, RAID

YMCA

Provides weekly recreational activities for people, 13 years and older, with an intellectual disability.

Phone: (02) 6281 0124

Email: raid@ymca.org.au

Web: www.canberra.ymca.org.au

Location: YMCA of Canberra, Cnr Maclaurin Cres and Eggleston Cres, Chifley

Therapy ACT

Department of Disability, Housing and Community Services

Provides a range of multidisciplinary therapy and support services for people with delays in development and developmental disabilities aged from birth to age 65.

Phone: (02) 6205 1277

Email: TherapyAct@act.gov.au

Web: www.dhcs.act.gov.au/therapyact

More Information

2007 Future Pathways Guide

Disability Coordination Office

The 2007 Future pathways Guide is a transition guide for students with a disability planning for life after school. The guide is designed to be a working document for use by Year 9-12 students and their families. It is also useful for disability services

providers, student welfare teams, teachers, counsellors, careers advisors, apprenticeships coordinators and service providers. Published 2007.

Web: www.disabilitycoordinationoffice.com.au/fpguide

Access to ACT Government Audit Kit

ACT Disability Advisory Council and Disability ACT

The *Access to ACT Government Strategy* requires Government agencies to prepare and implement action plans to ensure that people with disabilities have the same access to public services as other people within the community. Published 2003.

Phone: (02) 6207 1086

Email: disabilityact@act.gov.au

CanACCESS

Citizens Advice Bureau

An online directory of services for people with disabilities in the ACT region.

Designed to assist people with disabilities, and those people who care for and work with them.

Phone: (02) 6248 7988

Web: www.canaccess.org.au

Nican

Australia-wide directory of organisations involved in recreation, tourism, sport, and the arts for people with disabilities.

Web: www.nican.com.au

National Ethnic Disability Alliance (NEDA)

The national peak organisation representing the rights and interests of people from non-English speaking background (NESB) with a disability, their families and carers throughout Australia.

Web: www.neda.org.au

WC3: Web Accessibility Initiative (WAI)

Develops strategies, guidelines, and resources to help make the web accessible to people with disabilities.

Web: www.w3.org/WAI

Working with Indigenous People with Disabilities

Provides up-to-date information about a wide range of practical resources for allied health professionals and carers working with Indigenous peoples with disabilities.

Web:

http://www.healthinfonet.ecu.edu.au/html/html_health/specific_aspects/other_aspects/disabilities/disabilities.htm

Date For Your Diary

3 December

International Day of People with a Disability

A celebration of the abilities of people with a disability all over the world, calling for action across all levels that emphasised equality of opportunities, rehabilitation and prevention of disabilities.

Web: www.internationaldayofpeoplewithadisability.com.au