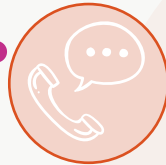


Step 1 Is my child on the autism spectrum?

Who can I ask?

- Aboriginal Medical Service
- Doctor
- Paediatrician

They may do an autism assessment. An autism assessment can help you to find out if your child is on the autism spectrum or not.



Step 2 How can I get help?

The NDIS helps people under 65 get care and supports.

You can call the NDIA on 1800 800 110 to ask for help. You will need to fill out an access request form.

You can ask for help to fill out the form from someone at your local Aboriginal Medical Service or community health clinic.



Step 3 How do I get an NDIS plan?

The NDIA will then tell you if they can help you and your child.

If they can help, you will have a meeting and talk about what is happening now and your goals for the future for your child and family. Goals are things you want for your child and family.

These goals will be put in your NDIS plan. Once the NDIS approves the plan you will be sent a copy. The plan tells you what money you can use to work on your goals.



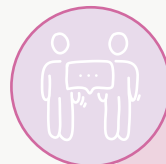
Step 4 How can I find support and services?

The NDIS pays for the support and services you need. You can also find community-led support services in your local area or connected to your local Aboriginal Medical Service while you are waiting for your NDIS access to be approved. (Please note- this process can take anywhere from 2-6 months)

You choose who supports you and your child.

To help me find support I can ask:

- NDIS Planner
- Aboriginal Medical Service
- Talk to friends and family
- Search on the internet



Step 5 What does therapy look like?

- Therapy should focus on what your child can do and is good at
- Should be about what is important to you
- Should respect your culture and beliefs

Introduction

A Collaboration between The I Am, Movement, Ukamirra Art and Autism Spectrum Australia (Aspect).

This resource is a simple version of "Steps to getting therapy resources" for individuals, families, community members and service providers to help their child/ children access support with the health sector.

This resource was developed by one of Aspects Aboriginal Speech Pathologists and Tanika Davis, Reconciliation Action Plan member and consultant of Aspect. Tanika is also a mother to Slade (5) who is diagnosed with Autism Spectrum Disorder. Tanika faced some challenges with accessing services when she was navigating through the diagnosis journey.

"I hope this simple version supports service providers and families to access the correct resources when our children are going through the diagnosis journey. I know how overwhelming it can be and I wish I had a step by step resource to help me navigate the unknown like NDIS Access and waitlists as well. I hope this helps in a small way for your family too".

The Artwork Story - "Our Land", Ukamirra Art

The Kangaroo Tracks on each side represent our native animals, which can also symbolise the tracks made by services to guide our children on their journey. The green colour down the sides represents our forests with the blue dots in the middle of the green to represent our water alongside. The Blue on the boarder represents the water that surrounds all of Australia.

Definitions:

The NDIS provides services and support to people with disability. NDIS stands for the National Disability Insurance Scheme.

The NDIS pays for support and services for people with disability.

The NDIS is run by the National Disability Insurance Agency. We call it the NDIA.

Local area coordinators work for the NDIA. They can help people on the autism spectrum get support.

A paediatrician is a doctor who works with children.

a different brilliant®
understanding, engaging & celebrating the
strengths, interests & aspirations
of people on the autism spectrum