

## 4.2 Do you care for someone with a disability and would like some peer support?

### Would you like to meet some parents in the same situation as yourself?

The **Northern Parent Support Program (NPSP)** in the northern suburbs and the **Parent to Parent West program** in the western suburbs can assist you in finding a suitable support group in your area, if you have a child with a disability

If your child is involved with an organisation ask the coordinator if they have any support groups, as often they may not be advertised. Also, other health and service providers and your local council may have some small funding available to assist you in setting up your own parent support group in your area.

**Northern Parent Support Program**  
**9385 3235**  
**Parent to Parent West Program**  
**9680 8444**

The **Collective of Self-Help Groups** has information for people who want to contact support groups. You can contact them on 9349 2301 or visit their website [www.coshg.org.au](http://www.coshg.org.au)

**Would you like to meet and talk with people from your own cultural background?**

See information sheet 4.1 of this kit for details on contacting cultural groups.

### Would you like some peer support accessible from your home computer?

There are many different online support options – here are just a few!

**Speaking From Experience** – A website offering videotapes of personal experiences (both from persons with disabilities and illnesses and their family and carers) on medical and social issues. [www.speaking-from-experience.com](http://www.speaking-from-experience.com)

**Genetic Support Network Victoria** – Is a great online resource for all sorts of information and support for people whose lives are affected by genetic challenges. [www.gsnv.org.au](http://www.gsnv.org.au)

### What options are available other than 'support groups'?

There are other common interest groups that may give you an outlet or time away. For example your local neighbourhood house may have an interest group that allows you to do something that you enjoy for yourself.

### Other useful resources for support:

**Association for Children with a Disability** provide both information and support 9818 2000 [www.acd.org.au](http://www.acd.org.au)

**Commonwealth Respite and Carelink Centre, CarerLinks North** (northern suburbs) and **Respite Connections** (western suburbs) offer telephone assistance and support including social support and other carer activities. Call 1800 059 059 for further information of what's on in your area.

**Carers Vic** provide information, counselling and personal support to carers on 1800 242 636. They also have carer education, training and a library.

**Parentline** 13 22 89 (0-18yrs)

**Parentzone** Provide a list of support groups (both disability specific and other) as well as advertise information and education sessions in their newsletters 84709999. [www.anglicarevic.org.au/parentzone](http://www.anglicarevic.org.au/parentzone)

**Brain Injury Matters (BIM)** facilitates self advocacy and community education for people living with an acquired brain injury (ABI) 9639 7222 [www.bim.org.au](http://www.bim.org.au)