

Parents Helping Parents



Helping our children
Reach for the stars

Booking Form and Information 2014

Thanks for your interest in booking a disability information session with Parents Helping Parents. **Please read all the following information**, fill in the form below and return via email to us at info@parentshelpingparents.org.au

Once we receive your form we'll make sure that we have volunteers available, and then get back to you with a confirmed date and time. Then we will email you a flyer in .pdf and picture format for you to provide a copy to parents and carers. We always suggest in schools that the flyer is distributed to ALL school families as many families have a sibling or other family member with special needs who may benefit from the information. We ask that each group look after their own RSVP list, which may include parent/carers from outside your own community as we usually share our session dates with a broader local community. Please let us know if that is not appropriate for your specific group.

What does Parents Helping Parents do?

Parents Helping Parents are available to hold an information session at public and private schools, community groups and disability specific groups. The session is usually held in an available classroom, hall or even staff room (preferably without interruption), usually in the morning, straight after school starts, for about two hours. We like to sit around a table with plenty of room to spread out and enjoy a cuppa.

All parents and carers who have a child on an NEP or equivalent, or have special needs, are invited to attend. There is no cost to families. And Our session leaders all have Police Clearance Certificates. One or two parent presenters will attend gauge the needs of the group who attend, and share information in a relatively informal tailored session.

We usually bring some copies of relevant forms and are happy to help parents with applications.

We can also present on specific topics such as Education, Health, Respite, Sports and Recreation, Sibling and family issues and more. We are also available to give individual or group speaker presentations to organisations, though this is not the core of our work.

Who can we assist?

We offer our help to all parents and carers who have a child (of any age) with a disability, and we especially aim to assist parents/carers who might not have opportunities or have limited information resources.

What kind of information do you share?

- Did you know that many families can access occupational therapy (at home or at school) at no cost each year?
- Did you know that the "Companion Card" will allow a carer accompanying a child with an eligible disability to a free movie ticket, and bus, tram and train tickets?

- Do you know what a “Spoiling Day” is and how it might help the siblings of your child with disability?
- Did you know that Carer’s Allowance will make a payment of around \$100/fortnight, not means tested, for each child in the family with a disability?
- Did you know Carer Payment has changed - it might be better than Single Parent or Newstart?
- Did you know that many children are eligible for half-price (or even 75% off) taxi vouchers, and there is no extra cost for any person travelling with those children?
- Did you know that families of children with disabilities can get free respite/babysitting on an occasional basis, and may be eligible for regular respite in or out of home?
- Did you know that many carers can fly for half price in Australia?
- Did you know that there are several charities in Adelaide who might help fund special equipment or a special activity for your child with a disability?
- You might be able to access \$1500 of nappies delivered to your door for no cost each year.
- Did you know how to get the best for your child from the NDIS in South Australia for children with disability?

Who presents the information?

The sessions are all led by a parent of a child with a disability who has “been there, done that”. That is our only “qualification”. Between us, we are parents of children with Cerebral Palsy, Down syndrome, learning disabilities, ADHD, autism, hearing impairment, intellectual disability, incontinence and chronic and acute health concerns. We learn more at every session to share at future sessions too.

Venue facilities:


We prefer venues to have a large table (or tables brought together) so we can all sit around (sessions with 15 or less are best), and for morning tea to be provided or brought by families, when possible. (We find that a chat around a cuppa makes for easier discussion). We do occasionally require wheelchair access.

We prefer children/siblings to not be present in the room for the session if possible, unless they are little bubs in arms, or teens who are learning and sharing about stuff for themselves. We encourage providers to provide a crèche/childcare for families whenever possible if appropriate.

Other information:

We do not ask for any payment from school and volunteer led community groups – we are all volunteers ourselves - however a fuel voucher is always deeply appreciated if you are able, as these costs come out of our own pockets and do add up. We are all avoiding chocolate, so please don’t give us any, as much as we appreciate the gesture! If you are a service provider, we do request a \$100 fuel voucher for each session to help us cover reaching out to country areas, as well as our own expenses.

The best way to support your child’s needs is to build and maintain a strong positive relationship with all the people at school who play a role in educating your child.

Name of school, community group or service provider:	
Contact person for us: (name, phone, mobile phone (if possible) and email address)	
Potential dates (please give us three options during school term weekdays if possible):	
Session time preference: Our presentations are two solid hours, usually starting at 9am in inner and middle southern suburbs, up to a 10am start in the further northern suburbs. We can do evening sessions on request at times. If you already have an established group time, please put that as your preference.	
Address where session will be held:	
Anything special we need to know about parking/directions?	
Who will be taking RSVP's and what is their email and phone number? (to go on the flyer)	
Type of group: (mainstream school, special class, disability unit, disability specific group, service provider etc) (
Is there a specific area of interest(s) you would like us to cover? (Education, Health, Respite, Sports & Recreation, Sibling and family issues etc)	