



Learn my journey

A SHARED RESOURCE

Strengthening communication between parents with intellectual disability
or diverse learning styles and Child Safety.

ACKNOWLEDGEMENT

Community Living Association Inc. (CLA) would like to acknowledge the Traditional Owners of the lands on which we gathered on for this project; the Turrbul and Yuggera Peoples, and recognise their continued connection and care for land and waters of Meanjin/Magandjin (Brisbane). We pay our respects to Elders past and present, and acknowledge their guidance in the rich diversity of First Nations child-rearing practices and the significant role of Kin in caring for children.

We also acknowledge the enduring effects of historical interventions, such as the forced removal of Aboriginal and Torres Strait Islander children from their families which contributes to the ongoing over-representation of Aboriginal and Torres Strait Islander children and young people in the child protection system. We commit to working in ways that improve outcomes for Aboriginal and Torres Strait Islander families, children and young people.



LETTER FROM THE AUTHORS

Community Living Association Inc. (CLA) supports a weekly mum's group, and that's where the idea for this book came from.

We are all proud parents with intellectual disabilities who have been involved with Child Safety. Some of us have our kids at home, and some do not. We started this group because there wasn't much support for parents like us, so we came together to help each other be the best parents we can. We created this book to share our experiences and knowledge to support other parents. It's not just for parents with intellectual disabilities - it's for everyone.

We all learn and communicate in different ways, and we hope this book helps families feel heard, stay strong, and speak up for themselves and their children when they can't.



MEET TINKER!

Tinker is a mum with an intellectual disability. The mums from the mum's group at Community Living Association Inc. created her. Tinker represents the shared experiences of mums with intellectual disabilities. While each parent's journey is unique, creating Tinker helped highlight both the common and differing experiences that these parents have.

HOW TO USE THIS BOOK

You can write in this book to share information about you and your family. You can write about what is going well and what is not, and how people working with you can support you better. It can also help you get ready for meetings that might be stressful.

Who am I?



My name is:

I am a _____ to _____

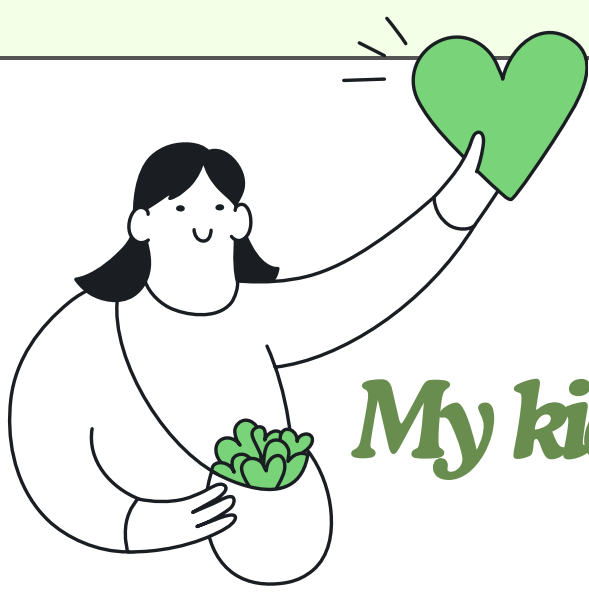
I am good at:

I like to:

These are important people in my life...

These are the people and/or services that help me:

This is the best way to get in contact with me:



My kids

A large, empty square box with a light green gradient and a thin dark green border, intended for a child's photograph.

Name:
Age:

A large, empty square box with a light green gradient and a thin dark green border, intended for a child's photograph.

Name:
Age:

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Age:

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Name:
Age:



Even though Child Safety are involved, I am still a parent and want to be part of my kids' lives. I also want to make sure their voices are heard.

MORE ABOUT MY KIDS

As children grow, their wants and needs change, and they may struggle to express these changes. They rely on those around them to communicate their needs and make sure they are heard. Knowing more about them also helps me to plan our family contact.

What I would like to know about them:

What I would like to share about them:



FAMILY CONTACT

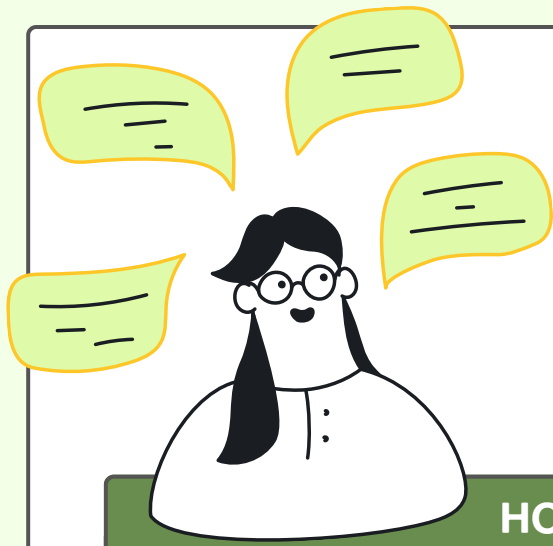
Family contact is the time you and your family spend with your child while they're in care. It will look different for every family.

What is the current family contact plan?

This is how we like to spend our time together...

What is working well?

What could be better?



HOW TO SUPPORT ME

Everyone learns and communicates in their own way, so it is important for workers to know what this looks like for you. Here are some examples from other parents -

**I learn by
doing**

**One topic at a time,
please!**

**Let me bring my
support worker**

**Let me have
a break**

**Call or text me,
please don't email**

**Please use
simple words**

**Tell me what we are
talking about before
the meeting**

**Sometimes it
may look like I
understand, but I
could be pretending**

How to support me



What helps me feel heard?

What helps me to understand information?

What helps me to learn new things?



Getting prepared

- Ask the Child Safety Officer (CSO) to write down the case plan goals in words that make sense to you**
- Ask what the meeting will be about**
- Write down what you want to talk about**
- Take your support worker with you**
- Have a plan if the conversations get too tough**
- Ask for breaks if you need them**
- Talk to someone after**

Case plan goals:

My goals:

Family goals:

Celebrations, new skills and learnings:



What has been going well:

What could be better:

A GUIDE TO MY NEEDS

Having Child Safety involved in your life can be stressful. You may need to go to tough meetings and answer hard questions. Use this page to write down what it looks like when you're having a hard time, how you ask for help, and what others can do to support you.

I need your help when:

I will ask for help by:

You can help me by:



STAYING WELL FOR MY KIDS

As parents, we need to care for ourselves to be the best parents we can be. This means taking care of our physical, emotional and social needs. Use this page to write down what you already do to stay well for your kids, and what you might need when things get tough.

Physical:

Emotional:

Social:

Spiritual & Cultural:

RESOURCES

Community Living Association (CLA) has a program supporting Parents with Intellectual Disabilities.

(07) 3266 5633

www.communityliving.org.au

WWILD provide support and information to people with intellectual or learning disabilities who are at risk of or have been a victim or survivor of sexual violence, or other types of crime or exploitation.

(07) 3262 9877

www.wwild.org.au

Aboriginal & Torres Strait Islander Disability Network of Queensland supports Aboriginal and Torres Strait Islanders people with disability.

1800 718 969

info@atsidnq.com.au

www.atsidnq.com.au

Disability Pathways helps people with disabilities and their families to find advocacy services within Queensland.

1800 130 582

www.disabilitypathways.org.au

National Disability Insurance Scheme (NDIS) is a program in Australia that helps people with disabilities get support and funding to improve their lives.

1800 800 110

1800 RESPECT provides professional telephone and online counselling service 24 hours-a-day, 7 days-a-week.

1800 737 732

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.

www.askiszy.org.au



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