

# Role of services



“It took me a long time to get used to the idea that it’s okay to ask for help from services.”

## It can be difficult to take the first step and ask for help

By creating and funding services to assist our families, society has acknowledged that we deserve access to appropriate support.

You should never feel guilty about asking for assistance from support services. They are there to help you and your family.

Services designed specifically for children with a disability and their families are sometimes referred to as specialist disability services.

There is also a range of other services available to all families which are sometimes called ‘mainstream’, ‘generic’ or ‘universal’ services.

### Find out what works for you and your family

Every family has different needs and priorities for the best way services can assist. The range of services available to your family should be flexible and able to be adapted to suit your particular circumstances.

It is reasonable to expect that service providers will work together with you to identify and deliver the support that is most important to you and your family.

### Be creative

Sometimes you have to be creative when working with service providers to put together a package of different services to achieve the support your family needs.

There can be long waiting lists for some services, which can be very frustrating. But it is always better to know about a service, and be able to explore options for accessing it in the future, than to not know it’s there.