



March 2024

Hi ,

I'm delighted to announce that ACD has won the Volunteer Innovation Award category in the Victorian Volunteering Awards.

Our 30 volunteer Community Champions are all parents of children with disability living across Victoria. Our flexible virtual volunteer program means Champions make a difference by sharing information and resources, chatting with other families about ACD's services, and sharing their personal experiences to encourage others.

Well done to everyone involved with the ACD Community Champions - staff, volunteers, and Equity Trustees who generously support our program. We couldn't have done it without you!

If you'd like more information about our volunteer program, please [visit our website](#).

In Term 2 we're running our popular online workshop, Advocating at School. If you have a school-aged child, this workshop will give you information and build your skills and confidence to better advocate for their needs. Places fill fast, so [register](#) today.

Karen Dimmock, CEO



If your child needs more support at school, but you're unsure how to start the conversation or what you can reasonably ask for, then register today for our free online workshop.

Advocating at School will give you practical information and build your skills and confidence to advocate for your child. Topics include:

- Children's rights in education
- Reasonable adjustments: what they are and what you can request
- School processes
- Student support plans

[Register now](#)



We're thrilled to announce the introduction of Virtual MyTime - a peer support group for parents of children with disability.

Virtual MyTime is entirely online, giving you the flexibility to connect with others from the comfort of your own home. Whether you live in a remote area or have a busy schedule that makes it difficult to attend in-person support groups.

Our professional facilitator, who's also the parent of a young person with disability, will provide support and guidance during the sessions.

The first session begins on **Monday, April 22nd at 7.30 pm**, and will continue every week.

Book your spot today and start connecting with others!

MyTime is funded by the Australian Government Department of Social Services and is nationally coordinated by the Parenting Research Centre.

[Book today](#)

Free online Planet Puberty workshops

Planet Puberty is running free online workshops to help families raising children with intellectual disability and autism. Topics include masturbation, periods, and personal hygiene. You'll receive tips, resources, and strategies to prepare your child for the journey ahead.

[Find out more](#)



Getting good evidence for the NDIS

To get the right NDIS support for your child, you and the professionals who are involved in your child's life need to provide evidence of your child's needs and the care you provide.

ACD has a FREE guide that outlines what good evidence looks like: types of reports, how to ensure they're

accurate, and ideas to show that the care you provide is above and beyond parental responsibility.

[Read the guide](#)



Save money with a Carer Card

Did you know that you can get some great discounts if you have a Carer Card?

Carer Card holders can now get discounts on things such as shopping, eating out, public transport, and family outings.

[Learn more](#)



If you or someone you know has had experience of a Disability Inclusion Profile (DIP) meeting - we want to hear from you!

ACD is holding two online consultation sessions to find out from families who've already had a DIP meeting what worked well and what could be improved. De-identified

information from the consultation sessions will be shared with the Minister for Education and the Department of Education as part of ACD's advocacy to make education better for students with disability.

This is a great chance to have your say about the new process.

[Book here](#)



Inclusive Easter egg hunt

Get ready for Easter with these creative ideas for an inclusive hunt that everyone can enjoy:

- Make it fair and not a race. Give each child a specific colour to hunt for and ensure there is the same number of eggs in each colour
- Follow the bunny. Draw bunny prints in chalk that lead to each egg
- Turn it into a treasure hunt. Give written or picture clues
- Make it easy to see or hear. Use beeping easter eggs or place eggs near a visual cue like a balloon
- Ensure eggs are easy to reach. Place eggs at the right height for children who are wheelchair users or who have limited mobility
- Sensory fun. Hide eggs in an easter-themed sensory tray

Last but not least... Have fun!

Best wishes

The ACD team

Stay connected

Follow us on



Association for
Children with a
Disability

[03 9880 7000](tel:0398807000) | [1800 654 013](tel:1800654013) (regional)

Level 1, 587 Canterbury Road Surrey Hills VIC 3127

ACD acknowledges the traditional owners of this land. We recognise their continuing connection to land, waters and community. We pay our respects to Elders past and present.

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