

## Your first meeting with a disability professional



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



## About this book



This book is from **Raising Children Network**.



Raising Children Network or

[raisingchildren.net.au](http://raisingchildren.net.au)

is a website with information to help parents.



This book is about how to get ready for your first meeting with a **disability professional**.

Disability professionals are experts who help your child manage life with disability.



Disability professionals include

- doctors



- therapists



- support workers.

## What is the first meeting about?



The first meeting with a disability professional helps you find out if the service is right for you.



At the meeting you will talk about

- your child
- your family life
- how the disability professional can help you.



You might **not** feel good about the disability professional after the meeting.



Say **no** if you do **not** like the service.



You can choose a different disability service.

## How to prepare for the meeting

### Where can you meet?

Try to meet the disability professional in person.



If you **cannot** travel you can

- ask for a home visit



- book a **telehealth appointment**.



A telehealth appointment is when you use a phone or computer to talk.



## Should you bring your child?



Many disability professionals will ask you to bring your child to the first meeting.



You can ask the disability professional to meet you alone first if you think it is better.



You can bring a support person to the meeting.  
For example

- a family member



- an **advocate**.



An advocate helps you say what you want for your child.

Tell the disability professional who you will bring.

## What else should you bring?



Ask the disability professional what documents you **must** bring to the first meeting.



You might need to bring

- medical reports
  - for example, a disability diagnosis



- a **referral**.

A referral is a letter from a doctor that tells the disability professional about your child.



You can also make a list with any questions you have and bring it to the meeting.

## What happens at the meeting?



At the meeting the disability professional will ask some questions about your child.



You might need to talk about

- your child's disability



- other doctors



- what your child can do well



- other services your child uses.

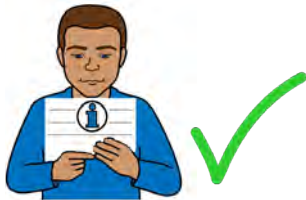


The disability professional wants to understand your family life and your needs.





Tell the disability professional where you need more support.



The disability professional will give you information about what should happen next.



The information might be about

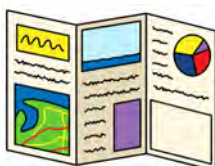
- what you should do at home with your child



- when you will meet again



- where you can learn more.



The disability professional might give you papers to take home.

## What are your rights?



You have a right to

- get a good and fair service
- ask questions
  - for example, about the training and skills of the disability professional



- say **no** to a plan if you are **not** happy.

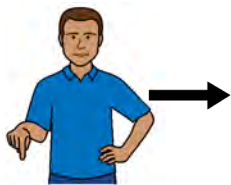


The disability professional should

- take time to listen to you
- make sure you understand everything
- repeat things that are **not** clear.

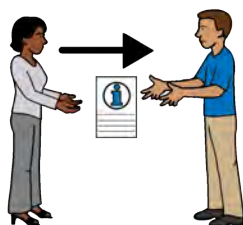
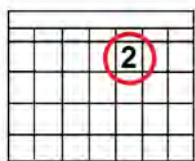


## What should you do at the end of the first meeting?



Before you leave you should know

- what happens next
- what you should do
- what the disability professional will do
- how much the service will cost
- when you might have another meeting.



Ask the disability professional to give you information on paper so you can read it later.

## More information

### Find an advocate



Website

[disabilityadvocacyfinder.dss.gov.au/disability/ndap/](https://disabilityadvocacyfinder.dss.gov.au/disability/ndap/)

### If you need help with English



Contact the Telephone Interpreting Service.

Call 131 450

### If you need help to speak or listen



Use the National Relay Service.

[nrschat.nrscall.gov.au/nrs/internetrelay](https://nrschat.nrscall.gov.au/nrs/internetrelay)



Call 1300 555 727

Give the relay officer the phone number you want to call.

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