

## Useful Links and Resources

Therapy Inc has put together a list of useful links and resources to assist clients and their families to find relevant supports within their local community.



### Advocacy:

#### What is advocacy?

Advocacy is the active support for a cause or position, and, in this context, it is an expression of support for a person who may find it difficult to speak for him or herself. It may include matters such as achieving social justice, improving a person's wellbeing, prevention of abusive and discriminatory treatment, or stopping unjust and unfair treatment so it is possible that a person's fundamental needs and interests are met.

Below is a list of six types of advocacy:

- 1. Individual advocacy** - A one-on-one approach, aiming to prevent or address instances of discrimination or abuse.
- 2. Systemic advocacy** - Working to influence or secure long-term changes to ensure the collective rights and interests of people with disabilities.
- 3. Family advocacy** - A parent or family member advocates with, and on behalf of, a family member with a disability.
- 4. Citizen advocacy** - Matches people with disabilities to volunteers.
- 5. Legal advocacy** - Upholds the rights and interests of individual people with disabilities by addressing the legal aspects of discrimination, abuse and neglect.
- 6. Self-advocacy** - Supports people with disabilities to advocate for themselves, or as a group.

Advocacy agencies within WA can be found on the Australian Government Department of Social Services website's Advocacy Finder:

[Disability Advocacy Finder \(dss.gov.au\)](https://dss.gov.au)

Please note that if you would like your advocate to liaise directly with us, you will be required to complete our 'Authority to Act as an Advocate' form, prior to us engaging with them. Please contact our clinic if you require a copy of the form to be provided.



## **Arts & Culture:**

### **AS WE ARE: ARTISTS WHO HAVE AN INTELLECTUAL DISABILITY**

A community initiative that aims to bring joy and wellbeing to the lives of artists who have an intellectual disability.

Phone: (08) 6253 4700

[As We Are - Empowering Artists With Intellectual Disability - Perth, Western Australia](#)

### **COMMUNITY ARTS NETWORK WA (CAN WA)**

CAN WA is located in the Perth CBD and aims to create positive social change through the arts, building inclusion and understanding between people.

Phone: (08) 9226 2422

[CAN - Community Arts Network - Art Transforms Communities \(canwa.com.au\)](#)

### **DISABILITY IN THE ARTS & DISADVANTAGE IN THE ARTS WA (DADAA)**

Located in Fremantle, Midland and Lancelin, DADAA is a non-for-profit organisation that aims to create inclusion and opportunities through arts and culture programs for Western Australians who are living with a disability or mental illness.

Phone: (08) 9430 6616

<https://www.dadaa.org.au/>

### **MUSIC ROCKS AUSTRALIA (MRA)**

MRA is based in Morely and aim to use music as a tool for inspiration and skills.

MRA focuses on the music, social and personal development of young participants, allowing an ethos of 'music is for everybody'.

Phone: (08) 9275 2111

<https://www.musicrocks.com.au/>

### **ABILITY ARTS**

With their hub in Mandurah, Ability Arts is an innovative and individualised program for people with disabilities. The program offers activities which allow freedom of expression and experimentation with many different types and forms of art, pottery, music, yoga and photography.

Phone: (08) 9550 7860

<https://chorus.org.au/disability-services/ability-arts/>



## **Online Community Support & Blogs:**

### **LIVEWIRE**

free online community connecting teens living with illness or disability, & their siblings, in Australia or New Zealand.

<https://www.livewire.org.au/>

### **BLOOM - PARENTING KIDS WITH DISABILITIES**

BLOOM was created by the Holland Bloorview Kids Rehabilitation Hospital to bring together the wisdom of families and professionals in childhood disability treatment, research, programs, and education across the world.

<https://bloom-parentingkidswithdisabilities.blogspot.com/>

### **RAISING CHILDREN NETWORK**

Providing free, reliable, up-to-date and independent information to help your family grow and thrive together. They are funded by the Australian Government, reviewed by experts and non-commercial. The Raising Children Network provides evidence-based information that can help parents on a range of topics about raising children.

<https://raisingchildren.net.au/disability>



## Sport & Recreation:

### **BEFRIEND**

Befriend HQ is based in Perth CBD. They are a social group run by volunteers that aim to break down barriers so that everyone can feel included and create diverse friendships.

Phone: 0404 831 201

[Befriend: Social Inclusion & Groups / Clubs to Join in Perth](#)

### **CIRQUEST CIRCUS SCHOOL**

Located in North Perth, Disco Cantito hosts inclusive CirQuest Circus School and CircUS workshops for children of all abilities.

Phone: 0408 626 941

<https://www.cirquest.com.au/>

### **WA DISABLED SPORTS ASSOCIATION (WADSA)**

Located in East Victoria Park, WADSA provides recreational opportunities for adults with disabilities including ten pin bowling, basketball and indoor soccer and many other recreational events and activities.

Phone: 0411 814 302

<https://www.wadsa.org.au/>

## **CITY OF COCKBURN**

The City of Cockburn coordinates a variety of activities, events and programs for, and inclusive of, people with disability. These range from regular activities, annual events and services throughout the City. Some of the activities Families and Children Services (0-12 years), Youth Services (12-18 years), Seniors (50+ years), Kwobarup Aboriginal Club, Library activities, BeActive Cockburn.

[Activities, Events and Programs - People with Disability - City of Cockburn](#)

## **CHILD AUSTRALIA**

A community-based organisation that aims to increase inclusion and participation in community services for children with extra needs and their families.

Phone: 1300 66 11 64

<https://www.childdaustralia.org.au/>

## **INCLUSION WA**

Supports individuals by encouraging their involvement in sporting and recreation events and community life.

Phone: (08) 9201 8900

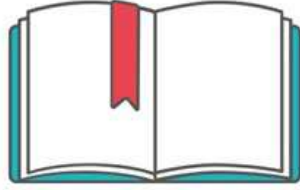
<https://www.inclusionwa.org.au/>

## **PLAYGROUP WA**

Playgroup WA support families in finding a suitable playgroup in their local community.

Phone: 1800 171 882

<https://playgroupwa.com.au/>



## **EDUCATION SUPPORTS:**

### **WA INCLUSION AGENCY**

WA Inclusion Agency provide support in ensuring that all children are included in early childhood education and care (ECEC) services across Western Australia.

Phone: 1800 119 247

<https://www.wainclusionagency.org.au/>

### **WA DEPARTMENT OF EDUCATION**

Information about providing additional support to children within an education setting.

Phone: 9264 4111

<https://www.education.wa.edu.au/children-with-special-educational-needs>