

AUTISM SERVICES DIRECTORY

MACARTHUR AND NEARBY AREAS
Second Edition - published January 2015

Produced By The Macarthur Autism
Spectrum Family Support Group

Proudly supported by



Macarthur Autism Services Directory

Produced by Macarthur Autism Spectrum Family Support Group
Supported by Macarthur Disability Services

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Page Contents

- 2 Introduction
- 2 What is Autism Spectrum Disorder?
- 3 Developmental Concerns
- 3 Getting a diagnosis
- 3 Early Intervention
- 4 Pediatricians
- 5 Early Intervention Clinics
- 9 Psychologists
- 11 Related Allied Health Services
- 11 Occupational Therapists
- 12 Speech Pathologists
- 13 Behaviours of Concern Practitioners
- 13 Sensory Centres
- 13 Classes and community activities
- 15 Disability and Family Support Services
- 18 Respite Services
- 19 Case Management support
- 20 Schooling Options
- 21 Support Groups
- 23 Intervention Funding Options
- 25 Useful Websites List
- 27 Disclaimer

Macarthur Autism Services Directory

Background: This directory has been produced by the Macarthur Autism Spectrum Family Support Group convened by Macarthur Disability Services. The information contained in this local directory has been provided by members of this support group for the benefit of all parents of children in the Autism spectrum. It is intended as a guide to what services and specialist services are available in the Macarthur region and nearby. This first edition will be reviewed within 6 months of publication.

What is Autism Spectrum Disorder?

Autism Spectrum Disorder (ASD) is a developmental condition which affects individuals in two main areas:

- Individuals have impaired communication and social interaction
- Individuals have restricted, repetitive patterns of behavior, interests or activities

ASD affects the way that individuals are able to interact with others and they often find the world to be a confusing place. Difficulty communicating can result in 'melt downs', this differs from a tantrum as the individual does not choose to have a melt-down.

Individuals with ASD often have sensory sensitivities – they may be under- or over-sensitive to any of the five senses. Being over-sensitive to sound, touch, taste, smell and vision can be very distressing to individuals with an ASD and can result in very strong reactions.

Every Individual with ASD is Different

The term Autism Spectrum Disorder (ASD) reflects the fact that no two people with ASD are alike. Even though each individual with ASD has difficulties in the areas of communication, socialisation and flexibility of thought, each has a unique combination of characteristics and so may seem quite different. Two siblings with ASD may be very different from each other even though both may have a diagnosis of ASD.

Secondary Conditions and Difficulties Associated with Autism

Some people with ASD have other conditions as well, such as:

- Speech and language difficulties
- Intellectual disability (around 70% of individuals with ASD also have an intellectual disability)
- Sleep problems
- Attention problems
- Epilepsy
- Anxiety and depression
- Difficulties with fine and gross motor skills

Depending on the severity of the condition and secondary conditions/difficulties, some individuals may be able to live independent lives while others will always need assistance and support".

(Acknowledgement: The text above was taken from the Amaze Fulfilling Life's Potential website:

www.amaze.org.au/discover/about-autism-spectrum-disorders/what-is-an-autism-spectrum-disorder/

Also check out: **www.aeiou.org.au/what-is-autism**

Developmental concerns

An Autism Spectrum Disorder always shows up during the early years of a child's life and usually the first signs are developmental delay and/or behaviours that seems unlike other toddlers or children of the same age. A parent's concern can be about their child's development of social, emotional, and communication skills. Parents are advised to consult a Pediatrician if they have any concerns about their child's development. A lot of people will tell you "Don't worry", but it is recommended that you seek professional opinions about your concerns.

"Parents are in the best position to observe and report what their child is doing. Be confident that you know your child better than anyone else. Trust your instincts. When you child's development worries you, don't be afraid to describe these concerns to your child's Pediatrician. And don't wait. Developmental delays only develop further. Remember, you are your child's best advocate. By expressing your concerns to your child's Pediatrician, you take an important step toward ruling out what your child may have. The sooner you can identify a developmental delay, the sooner your child can receive appropriate intervention to improve the situation." (<http://firstsigns.org/concerns/if.htm>)

The process of getting a diagnosis

There is no single test for diagnosing autism spectrum disorder (ASD). Diagnosis ASD usually involves a range of tests and measures. Often, it also involves several different specialists and professionals. Although this might seem scary, a combination of tests and professionals can achieve an accurate diagnosis and appropriate treatment plan.

A paediatrician, psychiatrist, psychologist or other professional trained in autism spectrum disorder (ASD) can diagnose a child with ASD. If your child receives a diagnosis of ASD, they might be eligible for financial support from the government and access to early intervention. If so, your child will need to be seen by a combination of these professionals.

You might need a referral to see these professionals, so your GP or maternal and child health nurse are great places to start. Visit our Autism Services Pathfinder to find out more about the steps to diagnosis". Also has a list of Government funded ASD assessment clinics here:

www.raisingchildren.net.au/articles/autism_spectrum_disorder_funded_diagnosis_services.html/context/917

(Acknowledgement: Text on diagnosis taken from the Raising Children website: [v/articles/autism_spectrum_disorder_diagnosis.html](http://www.raisingchildren.net.au/articles/autism_spectrum_disorder_diagnosis.html))

Early Intervention – “The sooner, the better”

Early intervention refers to doing things as early as possible to address your child's symptoms. Early intervention for children with ASD is made up of therapies and services.

Therapies (also called interventions) are the programs or sessions aimed at promoting your child's development.

Services are the places and organisations that offer these therapies. A service might provide one therapy or several types.

Research says that **starting intervention as young as possible is most effective in helping the development of children with ASD**. You can even get things rolling before having a diagnosis.

Pediatricians

(Doctors who specialise in the health and development of babies, children and teenagers).

Dr. Michael Frelander

6A/4 Brown St
Campbelltown
Phone: 4628 3662

Dr. Richard Dunstan

Specialist Medical Centre, Suite 4
82-84 Queen St, Campbelltown
Phone: 4626 8033
Fax: 4628 6301

Dr Melvyn Polon

Suite 20, 45 Goulburn St
Liverpool, NSW, 2170

Dr. Geoff Bent

Suite 14, 4 Browne Street
Campbelltown NSW 2560
Phone: 4628 6212

Dr. B Currie

Suite 4, 82-84 Queen Street
Campbelltown NSW 2560
Phone: 4626 8033

Dr John Criticos

79 Silver St
Marrickville
Phone: 9560 3154

Dr Westphalen

L 2, 171 Bigge St
Liverpool, NSW, 2170
Phone: 9822 5218

Dr Jenny Macdonald

Child Assessment Team
Campbelltown Hospital
Therry Road
Campbelltown 2560
Phone: (02) 46343553 Fax: (02) 46344170
Email: jenny.mcdonald@sswahs.nsw.gov.au

Note: To visit the Child Assessment team, all children must have a referral from a paediatrician and live in the Macarthur District. They only see children who have not yet started school.

There are similar teams in other districts and school counsellors and private psychologists are available to assess older children. Your child's paediatrician can advise you.

Specialist Clinics

Northcott Macarthur Services

Children's Therapy Services

Transition to School Therapy Program is for preschool aged children with a global developmental delay who require school transition support. This program is funded by ADHC so is at no cost to participants.

Early Childhood Therapy Program provides Speech Pathology or Occupational Therapy support for children who have 'helping children with autism' or 'better start' funding. For older children aged 7-15, or younger children who do not have government funding you may also be eligible for a partial refund through Medicare or your Private Health Fund

3 Chamberlain Street Campbelltown.

Phone: 02 4625 1061

Web: www.northcott.com.au

Autism Spectrum Australia (ASPECT)

Aspect is Australia's leading service provider for autism and other disabilities. Our specialised, evidence informed schools program is the largest in the world, with additional services that include information and advice, diagnostic assessments, behaviour support, parent and family support, and adult programs. We share evidence-informed Aspect practice and applied research nationwide. Aspect has offices in New South Wales, the ACT and Victoria, and offers services across Australia, including:

- Diagnostic assessments
- Early days workshops
- Autism Advisor Program in NSW
- Early intervention programs
- A network of autism-specific schools and classes
- Educational outreach
- Positive behaviour support
- Adult services - choose and connect
- A parent support network
- Parent education and professional development workshops

Phone: 1800 ASPECT (1800 277 328)

Web: www.autismspectrum.org.au/

The KU Marcia Burgess Autism Specific Early Learning and Care Centre

Early learning programs and specific support for children 0-6 years old with ASD in a long day care setting. Parent support provided and access to specialist support services such as pediatrics, physiotherapists, occupational therapist, speech pathology and psychology.

90 Memorial Avenue, Woodward Park, LIVERPOOL, NSW, 2170

Phone: 02 9612 9400

Email: ku.marciaburgessautism@ku.com.au

Vitality Narellan - Natural Health Care Centre

The Vital Care Program combines Speech Pathology, Occupational Therapy with Kinesiology, Naturopathy and Osteopathy to offer a unique program that looks at the whole wellbeing of not only the child but also the carer. Each program is written and run on site especially to meet the needs of the individuals. Also classes and courses such as “More than words” and “Stress Management programs”.

5 Stewart St, Harrington Park

Phone: 02 4647 8386

Web: www.govitality.com.au

South West Kids Clinic

South West Kids Clinic strives to meet the needs of each child that enters into our service by selecting the best assessment and treatment methods to gain optimal, long lasting results within a timely manner. We provide a Speech Pathology, Occupational Therapy, Physiotherapy and Psychology services to children aged 0-18 years of age and their families.

Liverpool Clinic

12C, 633-639 Hume Highway

Casula NSW 2170

Phone: 9602 3377

Picton Clinic

9 Margaret St

Picton NSW 2571

Phone: 4677 1577

Email: admin@southwestkidsclinic.com.au

Web: www.southwestkidsclinic.com.au

Aspire Interventions Services

A multidisciplinary team which includes speech and language pathologists, occupational therapists and psychologists. Our clinicians specialise in all areas of pediatric assessment, diagnosis and intervention. All clinicians are registered with their professional association and where possible hold the highest accreditation. All clinicians are registered with Medicare and most private health funds.

22A Broughton St, Camden NSW 2570

Phone: (02) 4655 2641 (02) 4655 2641

Web: www.aspireis.com.au

Email: admin@aspireis.com.au

Family Connections Sydney

A family-focused centre providing treatment for children and teenagers with learning difficulties, Autism and other developmental disabilities, sensory processing difficulties, handwriting, visual perception, motor co-ordination, gross and fine motor skills.

An approved service provider for the FaHCSIA helping Children with Autism initiative.

56 Billa Rd, Bangor

Phone: 9543 6902 Fax: 9543 8517

Email: info@familyconnectionssydney.com.au

Web: www.familyconnectionssydney.com.au

The Mater Dei Early Intervention Program

The Mater Dei Early Intervention Program (MDEIP) is located at Mater Dei School in Camden. It offers centre-based and outreach programs for babies and children from birth to six years of age with developmental delay and/ or a diagnosed disability.

The MDEIP offers a suite of services including:

- Speech Pathology and Assessments
- Educational Support
- Occupational Therapy and Assessments
- Early Learning Groups
- Family Pastoral Support Groups
- Psychometric Assessments
- Transition to School Plans
- Pastoral Care
- Therapy Playgroups

For information and referrals, please contact:

Pamela Templeton - Director of Services

229 Macquarie Grove Road CAMDEN NSW 2570

Phone: (02) 4654 8721

Email: pamelat@materdei.org.au

Web: www.materdeicamden.org/bethany-early-intervention-program

Disability Services Australia

Special Intervention Services

Offers a wide range of services for the community. Most services are free for clients referred by a GP/Psychiatrist or Pediatrician under the Medicare scheme. Behaviour Intervention services are free for individuals with a disability who have challenging behaviours and live in a DSA Specialist Intervention Service funded area.

Autism specific services are now available under the Australian Government's Helping Children with Autism Scheme and the Better Start Early Intervention Scheme.

DSA Specialist Intervention Service offers:

- Fee for Service
- Assessments
- Therapy and Counselling
- Behaviour Intervention and Support
- Training
- Skill development programs
- Early Intervention 0 – 6years
- Placements and Supervision
- Internal Clinical Services

Level 7,
171-179 Queen Street
Campbelltown 2560

Not sure what services you are eligible for? Call 1300 372 747

Web: www.dsa.org.au/pages/yourserviceschoices/sis-services.aspx

Building Blocks

Building blocks focuses on children 0-8 years. Building blocks programs include:

Centre Based Program

The program takes a family centred approach where goals and outcomes are developed in close collaboration.

Individualised Program

There are 3 components to your individualised Building Blocks program:

- Making the Connection is an initial consultation with you and your child allowing us to understand your child and family's needs.
- Building the Foundations is our home based service teaching early behaviour and skills to support the learning and development of your child.
- Transition to School aims to help your child make an easy transition to early childhood education, care or school

Phone: (02) 8977 8341

Web: www.autismspectrum.org.au

Email: buildingblocks@autismspectrum.org.au

Family Connections Sydney

We provide Relationship Development Intervention (RDI) Program, social skills groups, parent training workshops.

RDI® is a family-centred, developmental program which offers remediation of autism and other neurodevelopmental disorders. RDI is about restoring the natural **relationship between the parent and child** which gets distorted due to autism. Autism can make children very rigid, anxious and controlling which alters parents' behaviour. By trying to avoid outburst and confrontations, parents often change their lifestyle; limit their social contacts and variety of life experiences. This in turn, limits their child's opportunities for learning, discoveries and developing resilience. In RDI, the child learns to see the perspective of the parent and move towards uncertainty. Goals include increased flexibility, motivation to learn from others, development of meaningful relationships (with parents, siblings, friends & partners), employment and "real" independence. These are the measurable areas that determine **Quality of Life** in adults.

Clinic: Bangor

Home Visits: Macarthur/Liverpool

Phone: 0405 924 792

Web: www.familyconnectionssydney.com.au

Psychologists

Psychologists are experts in human behaviour. They use scientific methods to study the factors that influence the way that people think, feel and learn, and evidence-based strategies and interventions to help people to overcome challenges and improve their performance.

Apex Psychology

Provides a range of services for children and adults who are on the spectrum. This includes

- Assessment of children with ASD
- Comprehensive diagnosis and evaluation of skills of children with ASD and Asperger's syndrome
- Support with the management of behaviours of concern in children and young people
- Individual therapy or counselling for young people and adults with Asperger's syndrome

Park Central Health Clinic

Ground Level Suite 5

1 Centennial Drive

Park Central

Phone: 9715 5534

Fax: 9745 5714

Email: enquiries@apexpsychology.com.au

Web: www.apexpsychology.com.au/staff.html

Macarthur Infant, Child and Adolescent Mental Health Service (ICAMHS)

Infant Child and Adolescent Mental Health Service, provides assessment and treatment for children and young people with severe and complex mental health conditions.

ICAMHS is a secondary level mental health service, and is made up of a specialist multidisciplinary team of mental health professionals who work exclusively with children, adolescents and their families.

3 Cordeaux Street Campbelltown NSW 2560

Phone: 4621 5000

Web: www.sswahs.nsw.gov.au/mhealth/content/clinical_data/show_clinical_data.cfm?EditID=15

Headspace Campbelltown

Headspace Campbelltown provides services to young people aged 12 to 25 who live in the regions of Campbelltown, Macarthur and Southern Highlands and beyond.

The services are offered by a range of health professionals including Clinical Psychologists, Psychiatrists, Social Workers, Occupational Therapists, Nurses, GPs and educational specialists. All services are at no cost to the young person or their family, many are 'bulk-billed' with your Medicare card.

Level 8, 171-179 Queen Street

Campbelltown NSW 2560

Phone: 02 4627 9089

Email: headspace.campbelltown@sydney.edu.au

Web: <http://www.headspace.org.au/headspace-centres/headspace-campbelltown>

Monique Willis

Works with children who have Asperger's Syndrome with anxieties, poor social skills and/or behaviour management.

2/23 Argyle St Camden

Phone: 0402 941 666

Jan Dunshea Child Psychologist

16 Exchange Parade

Narellan Delivery Cntr New South Wales 2567

Phone: 0419 638 225

Web: www.yelp.com.au/biz/jan-dunshea-child-psychologist-narellan-delivery-cntr

Full Potential Pty Ltd

8/16 Hill St Camden NSW

Phone: 4655 1694

Email: info@atfullpotential.com.au

Web: www.atfullpotential.com.au

Kids Konnect Liverpool

Briget Gurton – Child Psychologist

Kids Konnect helps families and children through challenging times. Located in Sydney's south and south-western suburbs, Kids Konnect is headed by Briget Gurton, a Psychologist with more than 13 years' experience working closely with children and their families. This clinic can help young people with things such as anxiety and depression, educational issues, developmental issues, and Autism Spectrum Disorders. They work closely with parents, educators and other care providers on parenting, behavior management and diagnostics assessment.

Liverpool Clinic

1/46 Rose Street, Liverpool, Sydney.

Phone: 9602 3377

Web: <http://www.kidskonnect.com.au/>

Real Disability Care

Real Disability Care are a leading provider of assessment, diagnosis and interventions for children with Autism, Learning Difficulties and/or behaviour problems. We are a multidisciplinary team of psychologists, speech pathologists, occupational therapists and behavioural therapists with over 20 years of experience. We provide individual and group therapy, workshops, language and speech development and assessments and sensory processing interventions and fine and gross motor skills development. You no longer need to attend multiple offices or book multiple appointments. We can organise all your support needs with one phone call to our offices:

Phone: 1300 856 617

Web: www.realdisabilitycare.com.au

Related Allied Health Services

Specialist Pediatric Dentist

Dr Chinh Nguyen

105/161 Bigge St Liverpool

Phone: 9600 6848

Behavioural Optometry

Chheng Kouch

Behavioural Optometrist & Contact Lens Practitioner

Eyesense combines extensive optometry experience in the local Macarthur and Mt Annan community with a passion for quality, professional eyecare and a great range of eyewear products.

Shop 16 - Mt Annan Marketplace

11 - 13 Main Street, Mount Annan NSW 2567

Phone: 4648 2881

Web: www.eyesense.com.au

Occupational Therapists

Occupational therapy (OT) treatment focuses on helping people with a physical, sensory, or cognitive disability be as independent as possible in all areas of their lives. OT can help kids with various needs improve their cognitive, physical, sensory, and motor skills and enhance their self-esteem and sense of accomplishment.

Pediatric Occupational Therapist

Melissa O'Grady

Specialising in children with handwriting and learning difficulties 0-18 yrs

68 John St Camden

Phone: 0409 318 881

Physiopaedics- Children's Physiotherapy

Child-friendly environment. Therapy funded through "Helping Children with Autism" and "Better Start for Children with Disability" government initiatives.

300 Queen St Campbelltown

Phone: 4626 5554

Pediatric Dietitian

Paula Tazzyman

Specialising in children's learning and behaviour, ASD and ADHD

Phone: 0418162202

Email: paulataz@optusnet.com.au

Web: www.paulatazzyman.com.au

Occupational Therapist

Macarthur Pediatric Occupational Therapy

Narelle Hypatidis

138 Thunderbolt Drive, Raby

Phone: 9824 8945

Web: www.macarthurpaediatricoccupationaltherapy.com.au/

Macarthur Paediatric Occupational Therapy

A private practice located in Raby (near Campbelltown) that offers a family centred approach to occupational therapy interventions for children aged 0-18 years. It is situated within a medical centre and co-located with speech therapists and a psychologist. Opened Monday to Friday, 8am to 5.30pm and Saturdays from 8:30am to 3 pm. They will consider other appointment times outside of these operating hours based on family needs.

Address: 138 Thunderbolt Drive, Raby, 2566

Phone: (02) 9824 8945

Web: <http://www.macarthurpaediatricoccupationaltherapy.com.au/>

Email: info@macarthurpaediatricoccupationaltherapy.com.au

The Association of Occupational Therapy Australia

The association of occupational therapy Australia provides an online database of its members throughout Australia. Follow the Autism links to search for therapists in the private and public sector in your area.

Phone: 1300 368 835

Web: www.ausot.com.au

Speech pathologists

The diagnosis, management and treatment of individuals who are unable to communicate effectively or who have difficulty with feeding and swallowing.

Glenda Browne Speech Pathology Pty Ltd

A paediatric practice dedicated to local children with communication difficulties.

138 Thunderbolt Drive, Raby NSW 2566

Phone: 02 9824 8761

Email: info@glendabrownespeechpathology.com.au

Web: www.glendabrownespeechpathology.com.au/

Speech pathology Australia

Description: Speech pathology Australia provides an online database of its members throughout Australia. You can enter your postcode to search for therapists in the private and public sector in your area.

Phone: 1300 368 835

Web: www.speechpathologyaustralia.org.au

The Autism Specialist Clinic

A speech pathology practice with a difference. Apart from our 7 speech pathologists who have specific areas of interest and expertise in childhood communication difficulties, we also offer therapy to adults. We are approved for FaHCSIA under the Helping Children with Autism Package and under the Better Start for Children with Disability initiative
Suite 3 12-16 Daniel Street, Wetherill Park 2164

Phone: 02 9757 1388

Email: reception@talkinginsteps.com.au

Web: www.talkinginsteps.com.au

Speech Pathologist

Camden Speech Pathology - Geraldine Vyse & Meredith Oxley

43 Broughton Street, Camden

Phone: 02 4655 8246

Addressing Behaviours of Concern

Dr Steve Walker

Brief Therapy Solutions

Provides professional therapeutic interventions, mentoring programmes and community based activities aimed at addressing the complexities associated with behavioural disorders or behaviours of concern, attachment issues and associated mental health issues in children, young people and their families. Parent groups are available on a regular basis and specifically focus on parenting children with challenging behaviours including Attention Deficit Disorder, Oppositional Defiant Disorder, Conduct Disorder and attachment based challenges.

BTS will take referrals from individuals and professionals living or located in South West Sydney, Southern Highlands and Illawarra regions of NSW on a fee for service basis.

Email: steve@brieftherapysolutions.com.au

Web: www.brieftherapysolutions.com.au/

Phone: 02 4625 1061 **Email:** campbelltown@northcott.com.au

Sensory Centres

The Sensory Gym

Provides OT assessment, ongoing treatment, and intensive therapy programs.

4C/28 Laurence St Hobart Ville, NSW

Phone: (02) 45789799

Fax: (02) 45784184

General Enquiries: info@sensorygym.com.au

Web: www.sensorygym.com.au

Sensory Room- Macarthur Disability Services

Activity walls, therapy wedges, vibrating musical mattress, fibre optics, touch and feel objects, aromatherapy, music, mirror images, bubble column.

13 Edward St, Camden NSW

Bookings are essential by phoning:

Phone: 4655 2043 or 4621 8400

Web: www.mdservices.com.au/services/children-and-young-people/day-programs

Classes and community activities:

Casula Power House

Art Classes for Special Needs Children

Contact Kathie Raco

Phone: 0433 018 430

Email: racoll@bigpond.com

Woodbine Neighbourhood Centre

Yoga Classes for Children on the Autism Spectrum

83A North Steyne Road Woodbine

Phone: 4625 1254

Email: coordinator@woodbinenc.org.au

Rainbow Club Australia

Helping Children with a disability learn to swim.

Rainbow Club operates fourteen clubs in NSW which provide swimming lessons for Children with a special needs. They operate during the four school terms and, thanks to many generous supporters and fundraisers, all lessons are heavily subsidised. Campbelltown Rainbow Club meets at The Campbelltown Swimming Centre, The Park Way in Bradbury on Saturday mornings from 10.00am.

Click on the following link download a registration form for Campbelltown Rainbow Club”
www.rainbowclubaust.com.au/index.php/campbelltown-rainbow-club

Campbelltown Ghost Scouts

For children with special needs

Contact Sharon or Tracy on 0414 666 204 or visit www.scouts.com.au/

Fitness 4 All

Fitness 4 All is a non-for-profit Fitness service that aims to improve the health & wellbeing of people who have an injury, disability, mental illness or health condition. We offer both group and personal training sessions which are tailored towards each individual's needs. Medicare rebates may also be available.

Phone: 1300 361 960

Web: www.fitness4all.org.au

Email: fitness4all@disabilitytrust.org.au

Everyone Can Dance

Everyone Can Dance Ltd (ECD) is a registered non-profit charity organisation based at Camden, in the Macarthur. ECD strives to make children and young adults with a disability get more involved in social events and feel confident doing so, in turn, helping their families, carers and local communities. This is done through a range of supervised respite outings and fund raising activities and events.

These include:

- Connect & Create it- Art and iPad Classes
- Supported playgroup- speech therapist and OT attend once a month
- Perform it- Dance and Drama Classes

Phone: 0422085470

Web: www.everyonecandance.floktu.com

Campbelltown Swans Junior AFL Club

Cygnets Program

Catering for Children with Additional Needs.

The aim of the Cygnets Program is to provide a safe environment for children with Additional Needs and their families to participate and enjoy AFL skills and games.

Cost : Gold Coin Donation per week per child.

Clarke Oval, St Lawrence Ave, Kearns (Off Raby Road, opposite the Hockey Fields)

Contact: Mitchell

Phone: 0405 332 347

Email: mseal1708@hotmail.com

Disability and Family Support Services

Macarthur Disability Services (MDS)

MDS offers a range of services to support people with any type of disability and their families. Our relevant services for children in the Autism Spectrum are listed below:

School Holiday Program (Leisure Link):

MDS Leisure Link offers School Holiday Programs for children and young people with a disability aged between seven (7) and seventeen (17) years.

Behaviour Intervention Support Service (BISS)

Macarthur Disability Services' BISS works towards improving the quality of life for people who demonstrate challenging behaviours. The service looks at early identification intervention to address the cause of the behaviours. The program is available to individuals, families and carers who live within the Campbelltown, Camden, Wollondilly, Liverpool, Fairfield, and Bankstown local government areas.

Behaviour Support Implementation Service (Respite)

The Behaviour Support Implementation Service (Respite) supports children, young people and adults with an intellectual disability who present with behaviours of concern who access centre-based ADHC funded and ADHC directed respite support services. Support is provided by training and supporting respite staff, parents and carers in the implementation of behaviour support strategies developed from a current and up to date Positive Behaviour Support Plan. The service covers the following areas, South West Sydney, South East Sydney and Inner West

For all MDS services the following contacts details apply:

Level 8, 138 Queen St Campbelltown NSW 2560

Phone: (02) 4621 8400

Web: www.mdsservices.com.au

Freecall Information and Referral Service at MDS: 1800 683 232

Leisure and Vacation Navigation Pack

Autism Info Line www.autismspectrum.org.au

www.goplay.nsw.gov.au A school holiday Calendar of Art, Culture, Sport and Rec for kids. Affordable school holiday ideas and activities.

Autism Family First

- Family Day Care for children in the autism spectrum
- Regular Care, before/after school care, vacation care
- One on one therapy sessions
- Parent support / training
- Child care rebates approved

The Autism Family First will allow parents of Autistic children to find a place that is similar to the care they provide at home; nurturing, educational and therapeutic designed to be an extension of the home environment.

Phone: 02 80068697

Email: info@autismfamilyfirst.com.au Web; www.autismfamilyfirst.com.au

Life Consultancy Services Pty Ltd

Provides a range of services to assist families and children with challenging behaviours. Has a tailored Anger management program (REACT) which allows young people to express their anger and aggression in a construct and safe manner. Counselling and therapeutic services to support and teach the community to overcome challenges and barriers in life are also offered.

Campbelltown & Tahmoor office

Phone: 1300 882 084 **Mob:** 0481 335 527

Web: www.lifeconsultancyservices.com.au

The Junction Works- Sibling Support Program

The Sibling Support Program provides support networks to young people aged between 8 to 18 years, who have a sibling with a disability. The main goal for the Sibling Support Program is to support siblings to identify and use positive strategies for living with a brother(s) or sister(s) with a disability.

The program uses structured activities and workshops such as:

- Expressing ourselves through art
- Emotions and what they mean
- How to deal with stress
- Day visits to Sydney attractions
- Ready Set Cook
- Leadership Camps

Fun activities where siblings have the opportunity to be carefree for a few hours

Address: Wattle Grove Community Centre, Village Way, Wattle Grove 2173

Phone: (02) 98252575 **Email:** fernandod@thejunctionworks.org

Child and Family Worker - Community Links Wollondilly

The Child and Family Worker helps support parents and families of a child with special needs by providing Parenting Programs, Supported Play Groups and Family Fun Days for families with children 0-8 years living in the Camden and Wollondilly local government areas. We also provide information and referral as well advocacy support. The goal is to strengthen the relationship between parents and their children as well as strengthen the links between families and their community.

Case Work Team – Community Links Wollondilly

- Home visiting,
- Parenting programs such as the Challenging Behaviour Workshops,
- Case work with access to a Certified Practicing Case Manager (registered through the Case Management Society of Australia) for families of dependent children with or without disabilities between the ages of birth to 16 years.
- The case work team provides information, consultation, referrals, coordination, with support in access and inclusion.
- Special Needs case worker for families with dependent children aged from birth to 12 years.
- Family Support services.
- A crisis worker
- Advocacy
- Youth network and services

Camden Office

Phone: (02) 4647 4550

Fax: (02) 4647 4531

Web: www.communitylinks.org.au

Tahmoor Office

6 Harper Close

Tahmoor NSW 2573

Phone: (02) 4683 2776

Tharawal Aboriginal Corporation - Brighter Futures

Our objective is building strengths and engaging families with cultural support, to promote healthy development in children and to help reduce child abuse and neglect also to help reduce intergenerational disadvantage.

Families wanting to participate in the Dhiiyaan Brighter Futures program can be referred to us through the following pathways:

- A community agency or health professional such as a doctor, welfare worker, childcare worker or teachers
- The Department of Community Services Helpline.
- Self referral

Each family joining the program will be linked with a Brighter Futures worker who will work with family to identify their strengths and needs and develop a cultural support package.

- Centre-based quality child care
- Parenting programs
- Case management services
- Family support
- In house referrals

187 Riverside Drive Airs NSW 2560

Phone: (02) 4620 0400

Web: www.tacams.com.au/brighter-futures

Campbelltown Family Support Service (CFSS)

CFSS works across Macarthur assisting and supporting families through a home visiting service. CFSS works inclusively with all family members to develop a specific plan that includes both the strengths and needs of the family. This plan may include but is not limited to: linking families with specialist services, navigating the early intervention system, providing emotional support and information, supported playgroups, facilitating quality parenting programs, supporting at medical appointments and liaising with schools.

16 King St Campbelltown 2560

Phone: 4640 1100

Email: admin@camfss.ngo.org.au

UnitingCare Burnside – Macarthur Brighter Futures

The Brighter Futures program provides families with support and services that will give children a better start in life. Services available through the program include quality early childhood education and care, playgroups, home visiting and parenting groups. Joining the program is voluntary, although to be eligible families need to benefit from at least two of the following services:- home visiting, parenting programs or quality childcare

Hours: Mon - Fri 9am-5pm (Services are provided out of hours by arrangement to suit families)

Eligibility: Families with children 0-9 years are eligible for the program.

Phone: 02 4627 8012 Fax: 02 4627 8013

Location: 92 Fern Ave, Bradbury NSW 2560

Mail: PO Box 1074, Campbelltown NSW 2560

Web: www.burnside.org.au

South West Sydney Family Referral Service

Need support? Don't know where to go? Who can help?

Are you a young person or family needing support and don't know where to start?

Talk to us today. We understand your unique needs and can set up a support plan linking you to the right services to assist you or your family.

Contact us for the cost of a local call: 1300 244 826

Web: www.burnside.org.au/organisation/page.cfm?id=112

Northcott Macarthur Services

Family Resource Links

Family Resource Links helps to strengthen communities and to help build community capacity and a sense of belonging. The focus of Family Resource Links is on families who have a child with a disability or developmental delay aged between 0-8, who are not currently accessing services.

Campbelltown Teen after School and Vacation Care

The program provides after school and vacation care activities for teenagers with disabilities, who attend secondary school and live in the Campbelltown, Camden & Wollondilly LGAs.

Macarthur Case Management

The Macarthur Case Management program provides a short to medium term (3-12mths) service for people with a disability aged 0-18 years living in the Campbelltown, Camden and Wollondilly LGAs.

Flexible Respite

The flexible respite service covering the areas of Campbelltown Camden, Wollondilly, Liverpool, Fairfield and Bankstown provides a broad range of high-quality, flexible, support responses tailored to meet the needs of individuals with disabilities and their families/carers.

3 Chamberlain Street Campbelltown.

Phone: 02 4625 1061

Web: www.northcott.com.au

Ageing, Disability and Home Care (ADHC), Family and Community Services NSW

ADHC provides services and support for older people, people with disability, and their families and carers to help them to live more independently. For people with disability its services include: Early intervention for children and young people; learning new skills for work or leisure; everyday living support, including therapy, case management and behaviour support; somewhere to live; advocacy and information services.

Web: www.adhc.nsw.gov.au/individuals#sthash.J3KAS7b4.dpuf

Phone: Toll free 1800 000 201 Information Referral

Respite is “Time Out”

Respite Services care for a loved one while the usual carer has a break. Services may be for an hour, a day or even a weekend, depending on the need and what the service provides. Services can be provided in the person’s home, at a centre, outside the person’s home, in groups or for individuals.

You can download a copy of the Macarthur Respite Options booklet at the MDS website:

www.mdsservices.com.au/static/f/3/7924d018195ab2ba4c583cfd4bd95207.pdf

Ring the MDS free call Information and Referral Service to request a hard copy.

Phone: 1800 683 232

Disability Macarthur

Supporting families through providing options of respite & crisis care

Web: <http://disabilitymacarthur.org.au>

Lots 2 & 3 Surrey Street MINTO NSW 2566

Phone: (02) 9603 7011

Email: care@disabilitymacarthur.org.au

Case Management Support – Helping Families or individuals in times of crisis

For information on local providers contact Ageing Disability and Home Care (ADHC) Information and Referral on 1800 000 201.

You can also download the MDS Aged and Disability Services Pack which list most disability and case management services in the region:

www.mdsservices.com.au/static/_/9/cf0ff9c30e010e1ce9728629a44447dd.pdf

Ring the **MDS** free call Information and Referral Service to request a hard copy.

Phone: 1800 683 232

The Junction Works

Provides disability Case Management services to people aged 12 to 65 years residing in the Liverpool, Campbelltown, Camden and Wollondilly areas.

Priority Access is given to people who:

- Have an intellectual disability
- Have no other agencies involved
- Are at risk of entering the Juvenile Justice System
- Have ageing carers
- Are at risk of becoming homeless

Fee: Funded by Human Services, Ageing, Disability and Home Care

135 Thirteenth Avenue, Austral

Phone: (02) 8777 0506

Email: kirrilyw@thejunctionworks.org

Macarthur Community Options

Macarthur Community Options (MCOP) is a service of Campbelltown City Council providing case management for people with disabilities of all ages, older adults and carers. We also provide financial management and support planning of Individual Packages and support people to achieve their goals as outlined in their individual plans.

Macarthur Community Options believes in supporting individuals and their families to build opportunities for children with Autism and other people with disabilities, older people and carers. We support families to have more voice, choice and control over the services they receive and work in innovative and unique ways.

14 Browne Street, Campbelltown NSW 2560

Phone: 02 4645 4001

Web: www.campbelltown.nsw.gov.au/MacarthurCommunityOptions

Schooling Options

Department of Education and Training

A variety of support classes in regular schools.
Disability Programs Consultant at Regional Offices.

South Western Sydney Region

Phone: 9796 5446

Web: www.det.nsw.edu.au

Autism Spectrum Australia (Aspect)

Specialist school programs for children with ASD.

Macarthur School - Cobbitty

Phone: (02) 4651 3901

Fax: (02) 4655 8329

Email: macarthur@autismspectrum.org.au

229 Macquarie Grove Road, Cobbitty NSW 2570

Web: www.aspect.org.au

Home schooling

Options for parents to teach children in the home setting whilst supported by the board of studies. Home schooling, also called home education, is education delivered in a child's home by a parent or guardian, under the Education Act 1990.

Home schooling allows a parent or guardian to integrate the NSW curriculum with the learning processes that occur naturally in the home throughout a child's development.

Home Schooling Unit

The Board of Studies NSW

Phone: 02 9367 8149

Email: homeschooling@bos.nsw.edu.au

Web: <http://www.boardofstudies.nsw.edu.au/parents/home-schooling.html>

KU Children's Services

KU Children's Services provides high quality early childhood education for children from birth to school age in preschools, long day care centres and family programs.

Services in the Macarthur region include KU Briar Cottage and KU Macquarie Fields Preschools, KU Macquarie Fields Extending Services (a Family Program offering a free inclusion program for children aged 6 weeks to 6 years old who have additional needs), KU Starting Points – Macarthur (a Family Program designed to enhance the development of all children with developmental delays or disabilities and their families), KU Starting Points Macarthur – Step Ahead Autism Program (a Family Program for children with autism and their families), KU Macarthur Family Program – Murrubin (a Family Program for Aboriginal and Torres Strait Islander children and their families) and KU Marcia Burgess Autism Specific Early Learning and Care Centre (a long day care service delivering education and care for children with Autism spectrum disorders, up to 6 years of age.)

3/6 Queen Street, Narellan NSW 2567

Phone: (02) 4645 7400 **Head Office Phone:** (02) 9264 8366

Email: childrensservices@ku.com.au

Web: <http://www.ku.com.au/>

National Disability Coordination Officer Program (NDCO)

South Western Sydney Region

The NDCO program, South Western Sydney Region is funded by the Australian Government and hosted by the University of Western Sydney.

The NDCO Program provides high quality services to help people with a disability or chronic medical condition move from school to post school education and training and then to employment. The program works directly with individuals, parents, education providers, employment services, and community and government services.

Contact details

Nicole Ison

Email: n.ison@uws.edu.au

Phone: (02) 4620 3246

Web: www.uws.edu.au/ndco

Gillian Hilt

Email: g.hilt@uws.edu.au

Phone: (02) 4620 3175

Schools Directory

The Australian Schools Directory lists all government and private schools in Australia. Parents can easily find the type of school they want here, in any location in Australia.

The directory includes all Government schools, special needs schools and all Private schools (Independent schools and Catholic schools).

Web: www.australianschoolsdirectory.com.au

Australian Independent Schools Finder

The AISNSW School Finder allows you to search for NSW Independent Schools. You can search by the name of school or by a range of other characteristics. Enter the details you require and click 'Update' to show the schools that match your search.

Web: <https://www.aisnsw.edu.au/Pages/SchoolFinder.aspx>

Support Groups and Services

Macarthur Autism Spectrum Family Support Group

This support group for families of children in the Autism Spectrum has been running since 2009 and holds monthly meeting. The group has a Facebook page and has produced this directory of services. The support group is proudly supported by Macarthur Disability Services.

Download the flyer at: www.mdservices.com.au/events/activities/autism-spectrum-family-support-groups

Wollondilly Asperger's Action Group

This group works towards making a difference and opening up the channel of communication for those diagnosed with Asperger, their families and Carers. Wollondilly Asperger Share Sessions are an opportunity to gather and share information about Asperger. Regular guest speakers presenting information. Childcare is available at the day sessions.

For further information, contact:

Community Links Wollondilly

6 Harper Close, Tahmoor

Phone: (02) 4683 3661

Triple P- Positive Parenting Programs Description

Families NSW has a range of different parent support groups or services that may be able to help you and your family. The Triple P positive parenting program is for parents with children aged 3–8 years. The program gives you the tools to:

- Encourage behaviour you like from your child
- Deal positively and consistently with problem behaviour
- Take the stress out of parenting.

Phone: 1800 789 123

Web: www.families.nsw.gov.au

Autism Advisory and Support Service

Autism Advisory and Support Service (AASS) is a not for profit charity that provides support and services for individuals with Autism and their families and carers.

Our programs and services include:

- 24 Hour Australia Wide Autism hotline run by parent volunteers who have children with Autism
- Telephone guidance and support
- Early years therapy playgroup with a Clinical Psychologist and Occupational Therapist
- Social skills therapy group, children aged 7 to 15
- Young adult social group with peers/mentors
- Art group and music therapy facilitated by a qualified Art therapist
- We also sell an extensive range of sensory toys and resources at affordable prices. Visit <http://shop.aass.org.au/shop/>

Address 88 Memorial Ave Liverpool 2170

Phone: 9601 2844

24 Hour Autism Hotline 1300 222 777

Web: www.aass.org.au

Moss Vale SNAPS

Special Needs and Parent Support

Facilitating access to local support, information and referral options in the Southern Highlands

Phone: 04013 50461 (Sophia Farrington – Convener)

Email: mossvalesnaps@gmail.com

Web: www.mossvalesnaps.com

Family Advocacy

Works with families to promote and defend the rights and interests of people who have a developmental disability. Provides information sessions, telephone support, library and publications.

PO Box 502 Epping NSW 1710

Phone: 9869 0866

Email: familyadvocacy@family-advocacy.com

Web: www.family-advocacy.com

Intervention Funding Options

Helping Children with Autism Early Intervention Package (HCWA)

The Helping Children with Autism package (HCWA) is delivered by the Australian Government, Department of Social Services (DSS). Following diagnosis, families contact an Autism Advisor in their state or territory who will provide information regarding eligibility, available funding and Early Intervention and other support services.

This package provides funding of up to \$12,000 to use for approved early intervention support and services, provided by the DSS. Families must apply for the Helping Children With Autism early intervention package before the child turns 6 years of age, but has up to the age of 7 years to use the funding.

The package includes:

- Autism Advisors
- Funding for Early Intervention services
- PlayConnect Playgroups
- Early Days family workshops
- An ASD website

This funding is **in addition** to Early Childhood Intervention Services (ECIS). ECIS services are provided through Specialist Information and Services Team Central intake.

Phone: 1800 783 783

Web: www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism

Helping Children with Autism program

The Department of Health and Ageing (DoHA) made new Medicare items for children aged less than 13 years (for diagnosis/assessment and treatment planning). This package aims to help address the need for support and services for children with Autism Spectrum Disorders.

The Medicare items available through the Helping Children with Autism program are early intervention services for children undergoing diagnosis/assessment or treatment for autism or any other PDD.

Children can access the autism Medicare services providing they have not already accessed services under the Better Start for Children with a Disability initiative and providing they meet the requirements of each service.

Web: www.health.gov.au/internet/main/publishing.nsf/Content/autism-children

Autism Advisor Service

1300 978 611 or **(02) 8977 8345** in NSW the provider is ASPECT

Web: www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism

Centrelink

Families of children with a disability may be eligible for a range of disability related payments from Centrelink including:

- Carer Allowance (Child) not means tested so you qualify however much you earn and it does not affect child allowance or pension payments. Approximately \$100 per fortnight to help with the additional care your child needs.
- Carer Payment (Child), Carer Adjustment Payment
- Child Disability Assistance Payment
- Carer Supplement
- Carer Allowance (Adult)
- Carer Payment (Adult)
- Disability Support Pension
- Mobility Allowance
- Pensioner Education Supplement

Phone: 132 717

Web: www.centrelink.gov.au or www.humanservices.gov.au

Useful Web Sites and educational resources online

www.firstsigns.org - First Signs is dedicated to educating parents and professionals about autism and related disorders.

www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-e-autbro - This website/brochure summarises research findings on early intervention for autism, outlines the kinds of programs available in Australia, provides guidelines for best practice in early intervention, and lists contacts for programs across Australia.

www.autismapps.org.au - Autism Apps website that will take away much of the confusion families often experience in knowing how to choose an App suited to their child's age and skill level

www.autismsparks.com - Autism Sparks' mission is to share thoughts, tips and info that will spark ideas for you that will help your child. You can sign up to their newsletter to get free content including a 28 Page e-book.

www.iseeiunderstand.com.au - visual supports for children with special needs.

www.graceapp.com - picture based application for smart phones etc. to help communication for children with autism.

www.footprint.com.au - a range of Autism and Asperger's specific books.

www.suelarkey.com - school and home resources for children with ASD or other developmental disabilities.

www.sensorytools.net - information and resources to support children "from the inside out"

www.thetoybug.com.au - educational and sensory toys.

www.learn2bebuddies.com.au - Information and educational resources to support parents as they support children through life's social and emotional challenges. Building resilience and strengthening social skills through storytelling and games.

www.stickids.com.au - Interactive software program designed to support children struggling with concentration & attention, mild sensory sensitivities or more complex sensory integration & processing needs.

www.usevisualstrategies.com - Ideas using pictures and other visual supports to help students with behaviour or communication challenges.

www.asdvisualaids.com - ASD Visual Aids aim is to support communication for children, young people and adults with social communication difficulties such as Autism.

www.sandbox-learning.com - Personalised materials to help learning and development in children.

www.prompteducation.com - Visual aids for children with special needs.

www.do2learn.com - Resources for individuals with special needs.

www.lifeskills4kids.com.au - Family friendly source offering advice, skill building tools and resources.

www.educateautism.com - Educate Autism is dedicated to providing free teaching materials and informational articles about numerous topics related to the education of children with autism.

www.bridgesforlearning.org.au/pdf/services_directory_2012.pdf - WINGECARRIBEE SERVICES DIRECTORY Services for children with additional needs, disability or developmental delay aged 0-6 years and their families.

www.aass.org.au - A service for families of children with Autism, run by parents. Includes telephone assistance, book & toy library, support groups, workshops, 24 hour Australia wide Autism hotline, individual advocacy. Services are at a free or nominal price for families affected by Autism.

www.learninglinks.org.au - Services for children who have learning difficulties and their families.

www.brieftherapysolutions.com.au - Therapeutic social work service to families experiencing challenging and seriously disruptive behaviours.

www ldc.org.au - A coalition of individuals and parent support groups providing support and information about 5 – 18 year olds with learning difficulties and related conditions.

www.raisingchildren.net.au/children_with_autism/children_with_autism_landing.html - Information, service pathfinder, guide to therapies, parent forums.

www.earlydays.net.au - Series of free workshops for families of children aged 6 years or under who have recently been diagnosed with ASD or are going through the assessment and diagnosis process. Workshops are available face to face, by telephone or on line.

www.fahcsia.gov.au/sa/disability/progserv/people/HelpingChildrenWithAutism/Pages/default.aspx - Information for families trying to access the autism package.

www.autismspectrum.org.au/a2i1i1l445l487/welcome.htm - Information, education and other services.

www.autismsupport.org.au - ASD support group.

www.autism-help.org - Autism related fact sheets with an emphasis on practical strategies.

www.med.monash.edu.au/spppm/research/devpsych/actnow/factsheet.html - Autism fact sheets and lists of valid internet sites with accurate information.

www.autismtraining.com.au - Positive Partnerships- online course to help parents/carers work in partnership with their child's education placement to improve learning outcomes.

www.paulakluth.com - Promotes inclusive schooling and explores positive ways of supporting students with autism and other disabilities.

www.bladderbowel.gov.au - Continence Aids Payment Scheme (CAPS) – Australian Government scheme to provide payment to assist with costs of incontinence products.

www.playconnect.com.au - Sessions for caregivers and children involving play activities suited to the needs of children with ASD.

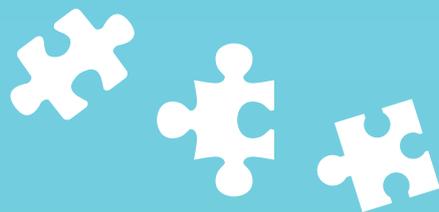
www.autismcommunity.org.au - Support for families providing information through

Support groups Social groups Regular newsletters

Our website A Parents Forum Common Ground groups

www.whatareyoudoingfilm.com - “What are you doing?” A short film created by Autism Awareness which aims to teach school aged children about acceptance and understanding of their peers with ASD.

www.siblingsaustralia.org.au - A national organisation committed to enhancing the well-being of siblings of children and adults with special needs.



AUTISM SERVICES DIRECTORY

DISCLAIMER

Macarthur Autism Spectrum Family Support Group and Macarthur Disability Services do not endorse nor recommend the information provided in this directory. This directory does not claim to be a complete record of all the services available for children with autism spectrum disorders. The information provided is for general information purposes only. Every care has been taken in the preparation of the directory. The information it contains is believed to be accurate at the date of publication (January 2015). This document will be reviewed six months from date of publication. If you know of a relevant service that should be included or details that need to be changed, please contact the Community Development Coordinator at MDS. Phone: 02 4621 8400

Copies of this directory can be downloaded from the MDS website at:
www.mdservices.com.au