

MACARTHUR & NEARBY AREAS
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AUTISM SERVICES *Directory*

PRODUCED BY THE

Macarthur

AUTISM SPECTRUM

Family Support Group

PROUDLY SUPPORTED BY

MDS

Macarthur Disability Services

Macarthur Autism Services Directory

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

Officially launched by Bryan Doyle NSW MP for Campbelltown
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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.

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 behaviour, 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 Paediatrician 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 Paediatrician. 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 Paediatrician, 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://www.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:

http://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.

THE NATIONAL DISABILITY INSURANCE SCHEME

<https://www.ndis.gov.au/>

The National Disability Insurance Scheme (NDIS) is the new way of providing support for Australians with disability, their families and carers.

The NDIS will provide about 460,000 Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.

As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.

The NDIS gives all Australians peace of mind that if their child or loved one is born with or acquires a permanent and significant disability they will get the support they need.

The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

NATIONAL DISABILITY SUPPORT AGENCY

<https://www.ndis.gov.au/about-us>

The National Disability Insurance Agency (NDIA) is an independent statutory agency. Our role is to implement the National Disability Insurance Scheme (NDIS), which will support a better life for hundreds of thousands of Australians with a significant and permanent disability and their families and carers. The NDIS will mean peace of mind for every Australian - for anyone who has, or might acquire, a disability.

Our priority is to ensure people with disability continue to get the support they need. The changes that are required to existing disability support systems are significant. Arrangements are being made to ensure the scheme can be introduced gradually, ensuring a smooth transition for people with disability and support providers.

GETTING HELP WITH THE NDIS

MACARTHUR DISABILITY SERVICES

<http://www.mdservices.com.au/ndis/>

Pre-Planning with MDS

MDS staff can meet up with you and your family to help you think about your future planning needs. Our pre-planning meetings will help you think about the different aspects of your life and the supports you have or may need in the future. We will make sure you are completely prepared when it comes time to sit down with your NDIS planners and will ensure that supports for every aspect of your life have been considered, allowing you to live the life you want.

To arrange a pre-planning meeting with MDS, call (02) 4621 8400 or email NDIS@mdservices.com.au

DISABILITY MACARTHUR – FUTURE FAMILY AUSTRALIA

<https://disabilitymacarthur.org.au/future-family-australia/>

When you are caring for a child or family member with a disability, family decisions can be unfairly focussed on that child instead of the whole family. Sometimes this is necessary. But eventually, you need to find a way to balance things.

Future Family Australia helps you work through decisions with the whole family in mind. This includes planning ahead and considering transitions like early intervention, starting school, finishing school, increasing independence, managing your career, how to prepare for aging... and much more. Future Family Australia is about...

Paediatricians

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

Dr Bijender Gautam (replaced Freelander)	Dr Richard Dunstan
<p>Macarthur Paediatrics 6A/4 Browne Street Campbelltown Phone: (02) 4628 3662</p>	<p>Specialist Medical Centre, Suite 4 82-84 Queen St, Campbelltown Phone: 4626 8033 Fax: 4628 6301</p>
Dr Melvyn Polon	Dr Geoff Bent
<p>Suite 20, 45 Goulburn St Liverpool, NSW 2170</p>	<p>Suite 14, 4 Browne Street, Campbelltown NSW 2560 Phone: 4628 6212</p>
Dr. B. Currie	
<p>Suite 4, 82-84 Queen Street, Campbelltown NSW 2560 Phone: 4626 8033</p>	
Dr Andrew McDonald	Dr Jenny McDonald
<p>Part of the CATS Team at Campbelltown Hospital Also works through Tharawal Phone: (02) 4634 3553 Fax: (02) 4634 3650 Campbelltown Hospital Therry Road (PO Box 19) Campbelltown 2560</p>	<p>Child Assessment Team Campbelltown Hospital Therry Road, Campbelltown 2560 Phone: (02) 4634 3553 Fax: (02) 4634 4170 Email: jenny.mcdonald@sswahs.nsw.gov.au</p>
	<p>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.</p> <p>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.</p>

Specialists Clinics

Northcott Macarthur Services

Person Centred Behaviour Support

Our Person Centred Behaviour Support Service works with individuals, families and staff teams to understand behaviour as a communication and to develop effective strategies to reduce behaviours people may find concerning.

This service will develop skills to help express your; Anger, Anxiety, Frustration and help you make friends.

Transdisciplinary Early Childhood Intervention Service

Our Transdisciplinary Early Childhood Intervention Team provides support to you and your child with disability or developmental delay to enable a smooth transition to their next stage of life so they can reach their potential. The team focuses on improving your child's learning and development capability by upskilling both you and your child.

We listen to you and involve you in making decisions about you and your child's goals. We then work with you to prepare a personalised plan to support your child's developmental path.

Therapy

We offer speech pathology & occupational therapy. We will work with you to determine your needs and develop a plan to achieve agreed goals so you can reach your potential. We can provide services in our consulting rooms, in your most comfortable environment or at a location appropriate to the goals you wish to achieve.

3 Chamberlain Street Campbelltown.

Phone: 1800 818 286

Email: Northcott@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 paediatrics, 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

Aspire Interventions Services

Aspire is a multidisciplinary team, which includes speech and language pathologists, occupational therapists and psychologists. Our clinicians specialise in all areas of paediatric 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

South West Kids Clinic

We provide a range of therapy services to children aged 0-18 years of age and their families. Some children seen for therapy at our service have a recognised condition, whilst other children have more specific difficulties with certain skills. Among some of the children seen for Occupational Therapy, Speech Pathology, Physiotherapy and/or Psychology are the following:

- Developmental Delay or Intellectual Disability
- Autism Spectrum Disorder
- Neurological Conditions (such as Cerebral Palsy)
- Down Syndrome and other syndromes
- Learning Difficulties
- Congenital Disabilities
- Developmental Coordination Disorder/Dyspraxia
- Specific fine and gross motor difficulties
- Language and communication difficulties
- Delayed social skills

Liverpool Clinic

12C, 633-639 Hume Highway
Casula NSW 2170
Phone: 9602 3377

Picton Clinic

9 Margaret Street,
Picton NSW 2571
Phone: 4677 1577

Email: admin@southwestkidsclinic.com.au

Web: <http://southwestkidsclinic.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 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

DSA offers a wide range of services for the community. Most services are free for clients referred by a GP/Psychiatrist or Paediatrician 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

If you are 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

Real Therapy Solutions

As a multidisciplinary team our specialists provide Therapy Services such as psychology, speech and occupational therapy for all stages of a person's life. In addition, we provide assessments and programs for people living life with autism and or a disability.

Suite 203/4 Hyde Parade, Campbelltown

Phone: 1300 856 617

Web: www.realtherapysolutions.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)

ICAMHS provides triage, assessment, consultation and treatment for children and adolescents with mental health concerns up to the age of 18.

It also provides the perinatal and infant mental health services for women with post natal depression or other pre-existing mental health disorders.

Cordeaux street staff maintain a weekly clinic at Tahmoor for children and adolescents.

There is a group program available for young people with anxiety disorders that is available at different times throughout the year

3-7 Cordeaux Street

Campbelltown 2560

Phone: 4621 5000

Fax: 4625 7283

Web: <https://www.swslhd.health.nsw.gov.au/services/ICAMHS/macarthur.html>

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

Monique 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

64 John Street,
Camden NSW 2570
Phone: 0419 638 225

At Full Potential Psychology Service

Suite 8, 16 Hill Street
Camden NSW 2570
Phone: 02 4655 1694
Email: info@atfullpotential.com.au
Web: www.atfullpotential.com.au

Related Allied Health Services

Specialist Paediatric Dentist

Dr Chinh Nguyen
105/161 Bigge Street,
Liverpool NSW 2170
Phone: 9600 6848

Gentle Dental – Dentistry

Gentle Dental Care offers special care dentistry services, such as sleep dentistry, by our experienced dentists at each of our centres in Sydney. This approach to providing treatment allows us to help make oral health more accessible to individuals with intellectual disabilities or those affected by other medical, physical or psychiatric issues. Sleep dentistry can help with patients who suffer from:

- Intellectual disabilities
- Physical disabilities
- Neurodegenerative disease
- Complex medical conditions
- Mental illness
- Dental anxiety or debilitating phobias

Behavioural Optometry

Chhen 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 eye care and a great range of eyewear products.

Shop 16
Mt Annan Marketplace
11-13 Main Street
Mount Annan NSW 2567
Phone: 4648 2881
Fax: 4648 2886
Email: mtannan@eyesense.com.au

Shop B29
Carnes Hill Marketplace
Cnr Cowpasture Rd & Kurrajong Rd
Horningsea Park NSW 2171
Phone: 9826 8800
Fax: 9826 8866
Email: carneshill@eyesense.com.au

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.

Paediatric Occupational Therapist

Melissa O'Grady
Melissa specialises 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

Paediatric Dietician

Paula Tazzyman

Canberra/Queanbeyan Dietitian, ASD & ADHD Nutrition Specialist

Phone: 0418162202

Email: paulataz@optusnet.com.au

Web: www.paulatazzyman.com.au

Macarthur Paediatric Occupational Therapy

Narelle Hypatidis

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.

NSW Office

20/8 Avenue of the Americas

Newington NSW 2127

Ph: 02 9648 3225

Fax: 02 9737 0023

info.nsw@otaus.com.au

Toll Free: 1300 682 878

Web: www.otaus.com.au

Speech Pathologists

Speech pathologists are university trained allied health professionals with expertise in the assessment and treatment of communication and/or swallowing difficulties.

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

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

This Specialist Clinic is 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 Fax: 9757 1499

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

Behaviour Intervention Support Service (BISS)

Macarthur Disability Services' BISS works towards increasing skill development, improving the quality of life and reducing behaviours of concern for people participants. The service looks at early identification intervention to address the cause of the behaviours as well as provides preventative and response strategies for staff and carers. BISS services meet the needs of the individuals, their families, carers, and/or service providers through providing positive behaviour support and training to manage or prevent challenging behaviours.

BISS provides assistance to individuals, families and carers who have NDIS funding or can complete fee-for-service programs.

Phone: 4621 8400

Fax: 4628 4006

Web: www.mdservices.com.au

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

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: <http://www.mdservices.com.au/services/disability-services/sensory-room/>

Classes and Community Activities

Woodbine Neighbourhood Centre

Yoga Classes for Children on the Autism Spectrum

83A North Steyne Road, Woodbine

Ph: 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 Eagle Vale Leisure Centre in Campbelltown on Saturday from 12 noon during the school term.

Click on the following link to register for Campbelltown Rainbow Club.

<http://rainbowclubaust.com.au/index.php/campbelltown-rainbow-club>

Campbelltown Ghost Scouts

Scouts for Special Needs Children and Young People

Contact Sharon on 0414 666 204

Web: www.scouts.com.au

Fitness 4 All

Fitness 4 All provides the opportunity for people to improve your fitness levels, health and overall wellbeing under the guidance of our qualified staff. Fitness 4 All staff specialise in delivering quality fitness programs for people with disabilities that are tailored to meet your individual needs in a supportive environment. Medicare Rebates may be available (for some individuals).

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 dance charity organisation based in the Macarthur Region of New South Wales.
- ECD has dance members from over 20 postcodes around Sydney.
- ECD has grown from local business and a parent support group in 2008 to a registered incorporated dance charity organisation in 2010.
- ECD is managed and governed by a volunteer Management Committee.
- The management committee comprises of experienced and qualified special educationalists and a psychologist.
- Weekly dance lessons are led by qualified dance teachers and supported by a team of volunteer buddies.

ECD Dance Classes run every Tuesday from Harrington Park Community Hall

Junior Class- 5:30- 6:15pm

Senior Class- 6:30- 7:30pm

Bookings are essential - email info@ecd.org.au to join our waiting list.

Phone: 0422 085 470

Web: <http://everyonecandance.floktu.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.

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](http://www.mdsservices.com.au)

Leisure and Vacation Navigation Pack

<https://sportandrecreation.nsw.gov.au/> supplies a full list of Sport and Rec activities for kids.

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.

Address: 10 The Blvd, Harrington Park NSW 2567

Phone: 02 8006 8697

Life Consultancy Services Pty Ltd

Life Consultancy 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.

Phone: 1300 882 084

Web: www.lifeconsultancyservices.com.au

Child and Family Support 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

Tahmoor Office
6 Harper Close
Tahmoor NSW 2573
Phone: 4683 2776

Camden Office
Phone: 4647 4550
Fax: 4647 4531
Web: www.communitylinks.org.au

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 Dhiyaan 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
- In house referrals
- Family support

187 Riverside Drive Airds 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.

Macarthur Family & Youth Services

16 King Street,

Campbelltown, NSW 2560

Phone: (02) 4620 4667

Fax: (02) 4620 0335

Email: admin@camfss.ngo.au

Uniting Care 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?

SWS Family Referral Service offers a free, voluntary and integrated service to meet the needs of vulnerable children, young people and families by bringing together families, relevant services and community resources across South West Sydney.

Phone: 1300 244 826

Email: ask@uniting.org.au

Address: 13-15 Memorial Ave, Liverpool NSW 2170

Disability Macarthur

Supporting families through providing options of respite and crisis care

Lots 2 & 3 Surrey Street, Minto NSW 2566

Phone: (02) 9603 7011

Email: care@disabilitymacarthur.org.au

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

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 needs and what the service provides. Services can be provided in the person’s home, at a care 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:
<http://www.mdservices.com.au/wp-content/uploads/2014/04/MACARTHUR-RESPITE-OPTIONS-BOOK-20151.pdf>

Disability Macarthur

Supporting families through providing options of respite & crisis care.

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

Lot 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

There is an Aged and Disability Services Pack which lists most Disability and Case Management services in the region.

<https://www.mdservices.com.au/wp-content/files/2014/04/MACARTHUR-AGED-DISABILITY-SERVICES-PACK-2016.pdf>

Schooling Options

Department of Education and Training

There are a variety of support classes in regular school.

Disability Programs Consultant at Regional Offices

South West 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

There are 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

Phone: 02 9367 8149

homeschooling@nesa.nsw.edu.au

PO Box 5300, Sydney, NSW 2001

Web: <http://educationstandards.nsw.edu.au/wps/portal/nesa/regulation/home-schooling/information-package-registration>

KU Children's Services

Autism Specific Services

KU has a range of support services specifically targeted to supporting children with Autism Spectrum Disorder and their families.

Early Start Denver Model

KU is pioneering the use of the Early Start Denver Model (ESDM) in NSW together with our research partners, the University of New South Wales and South West Area Health Services.

The Early Start Denver Model (ESDM) is an evidence-based intervention specifically developed for children with autism aged between 12 – 60 months. It is a play-based intervention that fuses behavioural and developmental principles into an integrated approach.

The Model is a Naturalistic Developmental Behavioural Intervention, and as such can be implemented across multiple settings, including the Specialist Child Care programs: ESDM Clinics and Preschool programs, if delivered by Certified ESDM therapists. It can also be delivered in the family home, by the child's parents, simply within daily routines and play.

Our KU Marcia Burgess Autism Specific Early Learning and Care Centre (ASELCC) has implemented a variety of ESDM Programs across these multiple settings. KU has opened up ESDM Clinics in Liverpool, Penrith and Hazelbrook and is currently adapting the ESDM to three of KU's Mainstream Preschools in Cobbitty, Airds and Macquarie Fields.

KU Marcia Burgess Autism Specific Early Learning and Care Centre

KU Marcia Burgess ASELCC provides an evidence-based intervention (The Early Start Denver Model) for children with a diagnosis of autism. The centre is funded by the Federal Government to deliver autism-specific education and care to 20 children a day, up to 5 years of age, in a long day care setting. Our centre is one of 6 ASELCCs across Australia and the only one in NSW. Learn more about KU Marcia Burgess [here](#).

Autism Specific Group Intervention

KU Starting Points – ESDM group

Friday, 9:30am – 11:30am

14 Waterhouse Place, Airds 2560 (in the grounds of KU Briar Cottage Preschool)

Contact ku.startingpointsmacarthur@ku.com.au for further information.

KU Head Office in NSW

Telephone: (02) 9264 8366

Address: 129 York Street, Sydney, NSW

Postal Address: Box Q132, QVB Post Office, NSW, 1230

Email: childrensservices@ku.com.au

National Disability Coordination Officer Program (NDCO)

South West 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

Shea.faulkner@western.sydney.edu.au

Phone: (02) 4620 3175

Web: https://www.westernsydney.edu.au/educationtoemployment/about_ndco

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 School 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/school-finder.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.

For information

Phone: (02) 4621 8400

Web: <https://www.mdservices.com.au/services/my-support-network/support-groups/>

NDIS – Community Links

NDIS – Community Links offers Support Co-ordination, Speech Therapy, Occupational Therapy, Life Stage Transition, Challenging Behaviour Therapy and Physiology with Eddie Ross. These services are for Clients with an NDIS package, Families who has a child with a NDIS package and Clients who are pre planning.

Phone: (02) 4683 2776

Email: intake@communitylinks.org.au

Triple P – Positive Parenting Program

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 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: 0401 350 461 (Sophia Farrington – Convener)

Email: mossvalewellbeing@gmail.com

Web: www.mossvalewellbeing.com

Family Advocacy

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

PO Box 502 Epping NSW 1710

Phone: (02) 9869 0866

Freecall: 1800 620 588

Fax: (02) 9869 0722

Email: communications@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.

You can also check your child's eligibility by going to this website:

<https://www.dss.gov.au/disability-and-carers/programmes-services/for-people-with-disability/joining-the-programmes/is-my-child-eligible>

The package may include:

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

You can also find Service Providers by going to this website:

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

Dept. of Social Services National Office: 1300 653 227

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

1800 277 328 in NSW the provider is APECT

Web: <https://www.autismspectrum.org.au/>

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.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.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.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.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.aass.org.au – A service for families of children with Autism, run by parents. This 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.

http://raisingchildren.net.au/children_with_autism/children_with_autism_spectrum_disorder.html - Information, service pathfinder, guide to therapies, parent forums.

<https://www.autismspectrum.org.au/> - Information, education and other services.

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

www.autismtraining.com.au – Positive Partnerships – This is an 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 – Contenance Aids Payment Scheme (CAPS) – This is an Australian Government scheme to provide payment to assist with costs of incontinence products.

www.autismcommunity.org.au – Support for families, providing information through

- Support Groups
- Social Groups
- Regular newsletters
- Their website
- A Parents Forum
- Common Ground groups.

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*

PRODUCED BY THE

Macarthur

AUTISM SPECTRUM

Family Support Group

PROUDLY SUPPORTED BY



Macarthur Disability Services

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