

Parent to Parent Inner East

INFORMATION PAGE

The Eastern ReCharge Program

The Eastern ReCharge Program is a community recreational respite program for families caring for an adult with a disability in the Eastern Metropolitan Region. This program provides a fantastic opportunity for families to receive quality respite and people with disabilities to access meaningful community recreational opportunities. There are currently no waiting lists so if you would like to know more about this program, please call Louise Bibby or Cindy Parisio on (03) 9843 2019.

Respite Service Coordination Program

The Respite Service Coordination program assists carers of a person with a disability to identify and use meaningful respite. It is ideal for carers who don't have current case management and are struggling to identify and access appropriate respite services. To be eligible for the program you need to be the main carer of a person who:

- has a physical or intellectual disability, sensory impairment or an acquired brain injury
- Does not have current access to case management
- Is aged between 6 and 64 years and
- Resides in the eastern metropolitan region

For further information contact the coordinator on 9899 2766 or email: racs.eastern@yooralla.com.au

FREE COMPUTER TRAINING

If you are over 45 years and unemployed or receive a partial income support, you are eligible to participate in the BITES (Basic IT Enabling Skills) program. Training is through the Centre for Adult Education. For more info visit <http://www.distss.org.au/infocast/bites.doc> or call Lynne Schloeffel on 9652 0623

NEW LIBRARY EDITIONS

Special Siblings by Mary McHugh

Growing up with someone with a disability

Emotional and enlightening, this book captures the joys and challenges of having and being a "special sibling".

Author Mary McHugh, sister of a man with cerebral palsy and an intellectual disability, weaves together a lifetime of memories and reflections, relevant research and interviews with more than 100 other siblings and experts. A must read for teen and adult siblings of people with disabilities and the families and professionals who support them.

Using Disability Discrimination Law (2nd edition 2003)

A booklet for Victorians who have a disability.

Put together by the Disability Discrimination Legal Service, Victorian Legal Aid and Villamanta Legal Service, this booklet explains some of the important things that you might need to know about Disability Discrimination Law. It will help you to identify what is and isn't disability discrimination and explains the differences between state and federal laws and processes. It also outlines your options and explains what is involved if you take legal action.

Special Children, Challenged Parents by Robert A Naseef

"When a child is born, family life changes forever. If that child has special needs, the changes can seem overwhelming. What are the daily blessings and challenges that await parents when their child is not who they expected? How can they deal with their complex emotions, build a relationship with their child and maintain family unity? Dr Robert A. Naseef, a professional psychologist and father of a son with autism, answers these critical questions with keen insight and honesty. This book is both a father's intensely personal journey and an invaluable guide for parents of children with a disability".

Parents will get Dr Naseef's perspective on

- acknowledging & managing difficult emotions like grief, fear, anger and shame.
- Recognizing the different ways fathers and mothers deal with their child's disability.
- Coping with challenging behaviour through positive methods.