

Peer Support Network Questionnaire

Name: _____

Suburb: _____

Phone Number: _____

Email: _____

Best time to contact me is: _____

I am interested in attending: (please tick)

- ☐ Peer Support Network
☐ My Time

Group Participation Preference: (please number preferences 1-4)

- ☐ Info emailed ☐ Facebook
☐ Facilitated group ☐ Hard copy Mail

I have a family member with disability that I provide care for?

☐ Yes ☐ No If Yes: Age _____

My family member:

- ☐ Lives with me ☐ Lives independently

Please send completed form to Casandra Sharp
Mail: GPO Box 730, Hobart TAS 7001
Fax: 03 6231 2207

Share Connect Build Enjoy

Are you a potential NDIS Participant?

Do you want to be part of a Local Peer Support Group and build networks?

ACD (Tas) have an exciting opportunity for you!

This NDIS funded project will see the establishment and support of national groups across Tasmania.

The purpose of the groups is to assist people with disability and their parents and carers in:

- Building peer networks
- Sharing information and resources
- Connecting with local community
- Understanding the NDIS
- Complete preplanning information
- Developing local solutions

If you are keen to participate in a group we would love to hear from you.

CONTACT Casandra Sharp at
ACD Tas on 03 62312 466 or 1800 244 742,
Or email her at csharp@acdtas.com.au

Together we can achieve so much

PEER SUPPORT PROGRAMS



**Association for Children
with Disability (Tas) Inc.**

parents empowering parents

MyTime



MyTime is a National program of support groups, that enables parents to talk and catch up with others, in a relaxed atmosphere, who understand the demands and rewards of caring for a child or children with a disability or chronic medical condition.

The Association for Children with Disability (ACD Tas) facilitates and coordinate MyTime groups statewide for Parents and Carers.

Parents can choose to attend whichever group best suits them based on the location of the group, or the day and time a session is held. Please visit the Facebook events page for the MyTime Calendar. We can also arrange a "Play Helper" to engage children in activities whilst the MyTime parents catch up.

The benefits of the MyTime Group:

- Develop networks with others and share experiences
- Meet others in similar circumstances and problem solve together
- Make time for yourself and think about your needs
- Develop a toolkit and increase your knowledge around topics relevant to your caring role
- Link into your local community and support networks

Session topics are decided by the group at the initial meeting, with the following examples:

- * Self Advocacy and Communication
- * Nutrition and diet
- * Respite Services
- * Positive Behaviour Support
- * Invitations to guest speakers based on current support needs

We have groups based in Hobart, Kingston Beach, Howrah, New Norfolk, Launceston & Devonport. All groups were created in order to support YOU as you work your way through the maze of issues and support requirements faced as Parents of a child with a disability or chronic medical condition.

For more information, please contact:

Casandra Sharp at The Association for Children with Disability (ACD)

Email: csharp@acdtas.com.au
Phone: 03 6231 2466 or 0400 753 919
Facebook: MyTimeACDTasmania

If you are unable to attend a meeting in person, please visit the Finding Your Way website for information on support services around Tasmania.

www.findingyourway.com.au



MyTime Registration Form

Name: _____

Suburb: _____

Phone Number: _____

Email: _____

Best time to contact me is: _____

I am interested in attending MyTime: (please tick)

☐ Kingston Beach ☐ Launceston

☐ Howrah ☐ Devonport

☐ Glenorchy ☐ Hobart

If you were to attend a MyTime Session at a location above, would you require care for your child/ren?

☐ Yes ☐ No If Yes: Age _____

Please send completed form to

Casandra Sharp
MyTime Coordinator and Facilitator

Association for Children with Disability (ACD)
GPO Box 730, Hobart TAS 7001