

## Where to go for support

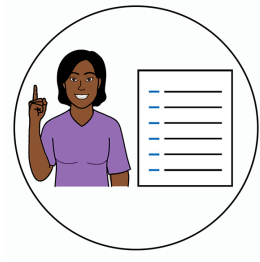
### Experts in our health guide Part 5

**Women with Disabilities Victoria**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

We will write our contact information at the end of this book.

## About this book



This book is from Women with Disabilities Victoria.



This book is about where women with disabilities can go for different types of support.



## Advocacy

### Disability Advocacy Resource Unit (DARU)

DARU can help you find

- people who can advocate for you
- people who can advocate for your community
- people who can advocate for change
- groups to join
- general information
- information about how to make a complaint.



Website [www.daru.org.au/find-an-advocate](http://www.daru.org.au/find-an-advocate)

## **Independent Mental Health Advocacy (IMHA)**

IMHA can help you with

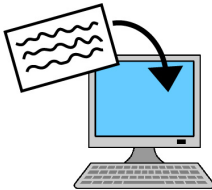
- advocacy
- knowing your healthcare rights.



Call 1300 947 820



Website [www.imha.vic.gov.au](http://www.imha.vic.gov.au)



Email [contact@imha.vic.gov.au](mailto:contact@imha.vic.gov.au)

## **Office of the Public Advocate (OPA)**

OPA can help you with guardianship and advocacy.



Call 1300 309 337



Website [www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)



## **Culturally and linguistically diverse**

### **Multi-cultural Centre for Women's Health**

The Multi-cultural Centre for Women's Health can give you free information in languages that work for you.



Call 1800 656 421



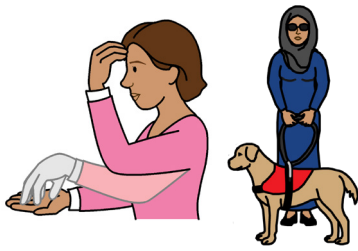
Website [www.mcwh.com.au](http://www.mcwh.com.au)

### **Translating and Interpreting Service (TIS)**

TIS can give you free spoken language interpreting over the phone.



Website [www.tisnational.gov.au](http://www.tisnational.gov.au)



## **Disability specific**

### **Blind Citizens Australia**

Blind Citizens Australia can help with

- information about advocacy
- healthcare advice and resources.



Call 1800 033 660



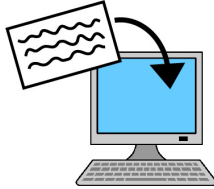
Text 0436 446 780



Website [www.bca.org.au](http://www.bca.org.au)

## **Deaf Victoria**

Deaf Victoria can help with advocacy and support.



Email [info@deafvictoria.org.au](mailto:info@deafvictoria.org.au)

## **National Auslan Interpreter Booking and Payment Service (NABS)**

NABS can give you Auslan interpreting for healthcare appointments.



Website [www.nabs.org.au](http://www.nabs.org.au)





## Government and laws

### The Department of Health

The Department of Health has information about public and private healthcare.



Website [www.health.gov.au/health-topics/private-health-insurance](http://www.health.gov.au/health-topics/private-health-insurance)

### Medical Treatment Planning and Decisions Act 2016

The Act includes information and laws about how medical decisions are made in Victoria.



Website [www.health.vic.gov.au/patient-care/medical-treatment-planning-and-decisions-act-2016](http://www.health.vic.gov.au/patient-care/medical-treatment-planning-and-decisions-act-2016)

## **National Disability Insurance Scheme (NDIS)**

The NDIS helps people under 65 with a disability get

- care
- supports.



Call 1800 800 110



Website [www.ndis.gov.au](http://www.ndis.gov.au)

## **Services Australia, Health and Disability**

Services Australia, Health and Disability can give you information about

- getting Medicare
- getting free or low cost healthcare.



Website [www.servicesaustralia.gov.au/  
living-with-disability](http://www.servicesaustralia.gov.au/living-with-disability)



## Health and human rights

### Australian Charter of Healthcare Rights

The charter has information about your healthcare rights.



Website [www.safetyandquality.gov.au/consumers/working-your-healthcare-provider/australian-charter-healthcare-rights/supportive-resources-second-edition-australian-charter-healthcare-rights](http://www.safetyandquality.gov.au/consumers/working-your-healthcare-provider/australian-charter-healthcare-rights/supportive-resources-second-edition-australian-charter-healthcare-rights)

### Communication Rights Australia

Communication Rights Australia mainly supports people with little or no speech if they have **not** had their human rights respected.



Call 1300 666 604



Website [www.caus.com.au](http://www.caus.com.au)

## **Health Complaints Commissioner (HCC)**

The HCC can

- look at problems in healthcare services
- help fix complaints about healthcare services.



Call 1300 582 113



Website [www.hcc.vic.gov.au](http://www.hcc.vic.gov.au)

## **Mental Health Complaints Commissioner**

### **Victoria (MHCC)**

The MHCC can help fix complaints about mental healthcare services and treatments.



Call 1800 246 054



Website [www.mhcc.vic.gov.au](http://www.mhcc.vic.gov.au)

## **United Nations Convention on the Rights of Persons with Disabilities**

The convention has information about the rights that people with disabilities have.



Website [www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html](http://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html)



## Sexual assault and domestic violence

### Centre Against Sexual Assault (CASA House)

CASA House can give you counselling and support if you have been sexually assaulted

- recently
- a long time ago.



Call 1800 806 292



Website [www.casahouse.com.au](http://www.casahouse.com.au)



Easy Read information

[www.secasa.org.au/programs-and-services/making-rights-reality](http://www.secasa.org.au/programs-and-services/making-rights-reality)

## Safe Steps

Safe Steps have support services for people who are

- experiencing family violence
- afraid of family violence happening to them.



Call 1800 015 188



Website [www.safesteps.org.au](http://www.safesteps.org.au)



## Women's health

### Sexual Health Victoria

Sexual Health Victoria has clinics and education for

- reproductive health
- sexual health.



Call 1800 013 952



Website [www.shvic.org.au](http://www.shvic.org.au)

### Jean Hailes

Jean Hailes has information about women's health.



Website [www.jeanhailes.org.au](http://www.jeanhailes.org.au)



## **Royal Women's Hospital Women with Individual Needs Clinic**

The clinic cares for women with disabilities who are pregnant.



Call 03 8345 2159 or 0435 962 657



Website [www.thewomens.org.au/health-professionals/maternity/women-with-individual-needs](http://www.thewomens.org.au/health-professionals/maternity/women-with-individual-needs)

## **WIRE**

WIRE can support you in lots of ways with their referral service.



Call 1300 134 130



Email [support@wire.org.au](mailto:support@wire.org.au)



Website [www.wire.org.au](http://www.wire.org.au)

## Women's Health Victoria

Women's Health Victoria can help you with

- information about women's health
- women's health services in different places across Victoria.



Call 03 9664 9300



Website [www.whv.org.au/about/our-sector](http://www.whv.org.au/about/our-sector)

## More information



For more information contact  
Women with Disabilities Victoria.



Website [www.wdv.org.au](http://www.wdv.org.au)



Email [wdv@wdv.org.au](mailto:wdv@wdv.org.au)



Scan this QR code

You can learn more at: [www.wdv.org.au](http://www.wdv.org.au)

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This resource was prepared by Women with Disabilities Victoria.

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