

# Working well with women with disability

## Resources and Support

**The target audience for this series is sexual assault, domestic violence and women's health and wellbeing service workers in Queensland.**

## Workshop 4

### Resources and Support

This workshop series was designed, developed and delivered with women with disability. It is targeted to people who work in the sexual assault, women's health and wellbeing and domestic and family violence workforce.

Workshop 4 provides information and resources to support good practice in working with women with disability experiencing domestic and family violence. This workshop was developed by Siobhan Gibbs with contributions from Erika.

Please watch the Workshop 4 video and explore the resources linked in this handout to learn about the following topics:

- External support for working with women with disability
  - Referral pathways for supports
  - Advocacy
  - Innovative external supports
  - Facilitating warm referrals
- Internal support for working with women with disability
  - Skill development & reflective practice
  - Resources to use within counselling/practice
  - Creating interagency support teams for a person
  - Creating client directed support plans

### Taking Care

The subject matter in this workshop will discuss gendered violence, abuse and neglect. This may be triggering or difficult for some.

Here is a good organisation for both personal and professional help and support:

<https://www.1800respect.org.au/>

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

## Key statistics

Demand is outweighing resources for services in the gendered violence sector.



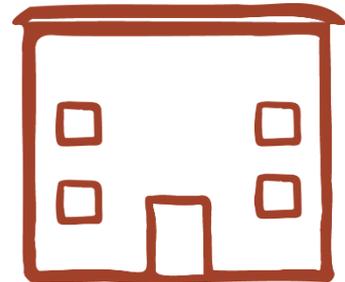
**137 987** calls were received by DV Connect in 2019-2020 to support Queenslanders experiencing domestic or sexual violence.

Source: DV Connect Annual Report 2019-2020.

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**42%** increase in the number of nights DV Connect house women and children in emergency accommodation compared to 2018-2019.

**9925** Calls were made to request high security emergency accommodation



**1186** Women were housed as a result of these calls.

Source: DV Connect Annual Report 2019-2020.

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## The NDIS

The National Disability Insurance Scheme (NDIS) supports people with a permanent and significant disability that affects their ability to take part in everyday activities. In terms of a woman with disability experiencing violence, access to the NDIS may be a helpful resource in gaining independence from a perpetrator of violence. Information about accessibility is provided below and more information can be found at [what is the NDIS](#).

***Always check with NDIS about eligibility requirements.***

### The process to access the NDIS (this information is written for a person with disability)

#### 1 Eligibility

- Under 65 years old
  - *Children aged under 7 can access supports through Early Childhood Intervention (ECEI)*
  - *Over 65 a person can access support through My Aged Care, or a Home Care Package*
  - An Australian resident, citizen, permanent visa holder, or protected special category visa holders
- Answers yes, to one or all the below questions:
  - Do you usually need support from a person because of a permanent and significant disability?
  - Do you use special equipment because of a permanent and significant disability?
  - Do you need some supports now to reduce your future needs?

#### 2 Access Request

- Call the NDIS on 1800 800 110
- OR Connect with a local Aboriginal and Torres Strait Islander Health service, or Local Area Coordinator. Together they'll call the NDIS.
- Some questions will be asked prior to being asked to complete an ACCESS REQUEST FORM.
  - Hint: A request can be made for this to be emailed or posted if that is easier. Otherwise part of the form is completed on the phone.
- This process requires the person's TREATING PROFESSIONAL to complete some of the form. This includes:
  - General Practitioner (GP), Occupational Therapist, Speech Pathologist (Therapist), Neurologist, Psychologist, Psychiatrist, Physiotherapist, Social Worker
- Additional evidence (medical reports etc) and letters of support can also be included when returning an Access Request Form to the NDIS.

## 3

### Making a plan

- If you have successfully made Access Request, you are a participant of the NDIS and it is time to create the NDIS Plan!
- A plan meeting happens at the local NDIA office or LAC office.
- This includes assessment questions, and then talking through what supports you, the participant, currently has.
- Workers are invited to be support people at these conversations, and there are planning booklets on the NDIS website you can work through to prepare for the meeting.
- This is a crucial moment, as from this meeting they build the person's budget.
- All supports that could be formalized should be mentioned to be budgeted into the plan (eg. Mum comes over once a week to do food prep, could become a worker doing this).
- If you will need support to access services (both formal and informal), implement your plan, and connect to your community, [Support Coordination](#) should definitely be mentioned to be included in your plan.
- If the person is ineligible, in QLD you can request support through [QLD Community Support Scheme](#)

## 4

### Implementation

- It takes on average 2-4 weeks to receive your plan (wait times can vary- ask the planner at your plan meeting how long your plan may take). The plan will be posted to the person, and to any nominated support people.
- Depending on how the plan will be implemented, the person can engage services:
- With support from a LAC or support connection service (this must be requested in the plan)
- Get a support coordinator (there must be specific funding in the plan for this service)
- A participant and/or their support person can approach NDIS services directly to organize supports.
- A review can be requested, if there is not enough funding in the plan, or a support is not listed.
- If in an emergency, you can access the [Exceptionally Complex Support Needs Program](#). In QLD this is managed by Mercy Community Services. Only eligible workers/services are able to directly contact this service. Emergency services have access.
- Plans are renewed every 12 months (roughly) depending on the person's support needs!

## Learn more

- Responding to Women with Disability Experiencing DFV, WorkUP Queensland [Responding to Women with Disability experiencing Violence](#)
- Advice to workers from Introduction to Intellectual Disability Training, WWILD [Introduction to Intellectual Disability](#) (scroll down to video, start watching at 0.15 minutes)
- Adjusted Counselling Practice when working with Women with Intellectual Disability, WWILD [Adjusted Counselling Practice](#)
- Refer; Who do we need to connect with?, WorkUP Queensland [Who do we need to Connect with for Support](#)
- How to hear me. Resource Kit for counsellors and other professionals working with people with intellectual disabilities, WWILD [WWILD: How to Hear Me](#)

## Case study - Tara

You've received a self-referral on the phone. You are a worker at a sexual violence service.

The client, Tara, says that she has been assaulted by her house mate in the house she lives in. Tara says she spoke to the disability support worker at the house two days ago immediately after the assault, and they said not to tell anyone until the worker spoke to their boss.

Tara said she feels sick in the stomach and is worried she might get into trouble with the support workers by talking to you.

1. *What are your initial concerns?*
2. *What do you suggest as the first steps working Tara?*



## Case study - Jade

You have been working at a DFV service with a woman, Jade, as her case manager for 12 months.

Jade calls you and tells you she needs to move. You explore why, and Jade says that she has started receiving mail for her ex-partner/perpetrator. Jade said that she also saw him in her driveway a few days ago. Jade has a current DVO against him.

Jade has two children aged 8 and 10 that she has part time care of (he is not their father).

Jade uses walking sticks some days, and has custom ramps, hand rails and a chair lift in her home. Your service also supports Jade with ongoing counselling. Jade wants to move as she does not feel safe.

Jade's home is managed by Department of Housing.

1. *What are the first things you would explore with Jade?*
2. *What are some ideas for support?*
3. *What other services could you engage to work collaboratively to support Jade?*



## Resources

<p><b>NDIS and Alternative Supports</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">NDIS Local Area Coordinators for QLD: Carer’s QLD</a></li> <li>• <a href="#">NDIS: Access Request Form</a></li> <li>• <a href="#">NDIS: Early Childhood Early Intervention – More Information</a></li> <li>• <a href="#">NDIS: How to request a review</a></li> <li>• <a href="#">NDIS: Possible support services for people who are not eligible</a></li> <li>• <a href="#">Over 65 Support Services: My Aged Care</a></li> <li>• <a href="#">Support for People Ineligible for NDIS in QLD (Under 65)</a></li> </ul>
<p><b>Resources for Workers</b></p>	<p>Information and support:</p> <ul style="list-style-type: none"> <li>• <a href="#">QLD Directory of Support Services for Victims of Crime</a></li> <li>• <a href="#">VAQ: Applying for Financial Assistance as a Victim of Crime</a></li> <li>• <a href="#">QLD Government: Support for People with Disabilities Experiencing Violence</a></li> </ul> <p>Professional development:</p> <ul style="list-style-type: none"> <li>• <a href="#">Work Up and NDS: Domestic and Family Violence Training for the Disability Workforce</a></li> <li>• <a href="#">WWILD Training</a></li> </ul> <p>Communication/counselling resources:</p> <ul style="list-style-type: none"> <li>• <a href="#">Bear Cards: Resources to Purchase for Workers/Counsellors</a></li> <li>• <a href="#">WWILD Resource: How To Hear Me Resource for Counsellors</a></li> <li>• <a href="#">WWILD Easy Read Resources</a></li> </ul>
<p><b>Resources for People with Disability</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Resources for Women and Girls with Disability</a></li> <li>• <a href="#">Friends with Dignity: Furniture and Financial Support for Survivors</a></li> <li>• <a href="#">Rize Up: Donations and Crisis Support for Survivors</a></li> <li>• <a href="#">Sunny App</a></li> <li>• <a href="#">The Bumpy Road, Support for parents with disability navigating Child Safety</a></li> <li>• <a href="#">SECCA, Supporting People with Disability with Relationships</a></li> <li>• <a href="#">QDN Digital Inclusión Project</a></li> </ul>
<p><b>Further Reading</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Whatever it Takes: ANROWS Poster and Report</a></li> <li>• <a href="#">Making the Invisible, Visible: Exploring the experiences of Frail, Homebound and Bedridden People Report</a></li> <li>• <a href="#">Women with Disabilities Australia Report: Stop the Violence Project: Report of the Proceedings and Outcomes of the National Symposium on Violence against Women and Girls with Disabilities (2013)</a></li> <li>• <a href="#">Energy impairment and disability inclusion:  https://chronicillnessinclusion.org.uk/wp-content/uploads/2021/04/energy-impairment-and-disability-inclusion.pdf</a></li> </ul>