|  |  |
| --- | --- |
| **Supports for culturally and linguistically diverse people** | |
|  |  |
| A group of men posing for a photo  Description automatically generated | **Culturally and linguistically diverse** is used to describe the wide range of cultures, religions, and languages that people in Australia identify with.  Culturally and linguistically diverse is known as CALD for short. |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about CALD people go to  [https://www.idmhconnect.health/ culturally-and-linguistically/ER](https://www.idmhconnect.health/culturally-and-linguistically/ER) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for CALD people. |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.  Some words can be hard to understand. |
|  |  |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | You can ask someone to read this information with you. |
|  |  |

|  |  |
| --- | --- |
| A group of people shaking hands  Description automatically generated with medium confidence | The Multicultural Disability Advocacy Association provides advocacy services for people with disability from CALD communities. |
|  |  |
|  | **Advocacy** is having your voice heard so your rights and needs are met.  You can have needs in many areas of your life. |
|  |  |
|  | **Rights** are rules about how everybody should be treated fairly.  A right is something everyone has. |
|  |  |
| A group of people sitting at a table  Description automatically generated | The Multicultural Disability Advocacy Association also supports people with NDIS appeals and reviews.  An **appeal** is when you ask someone to have another meeting. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about the Multicultural Disability Advocacy Association go to  <http://mdaa.org.au/services/> |
|  |  |
| A picture containing text, clipart  Description automatically generated | The Ethnic Community Services Co-operative provides   * NDIS services and information |
|  |  |
| A group of people shaking hands  Description automatically generated with medium confidence | * Advocacy |
|  |  |
| A picture containing text, person, indoor  Description automatically generated | * Volunteer projects for people with disability   When you **volunteer** you give your time to help someone.  You do not get paid for your help. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | They also provide   * Support for people looking for work experience and paid work |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about the Ethnic Community Services Co-operative go to  <https://ecsc.org.au/> |
|  |  |
|  | Open Minds has support services for people from CALD communities with mental health problems.  A **mental health problem** is when your feelings start to worry you. |
|  |  |
| Two people sitting at a table  Description automatically generated with low confidence | For more information about Open Minds go to  [https://www.openminds.org.au/ services/supporting-culturally-and-linguistically-diverse-people-cald](https://www.openminds.org.au/services/supporting-culturally-and-linguistically-diverse-people-cald) |
| A picture containing person, person, indoor, people  Description automatically generated | Action on Disability within Ethnic Communities has services and information including   * Advocacy support |
|  |  |
| A tv on a dresser  Description automatically generated with low confidence | * Videos about the NDIS in different languages |
|  |  |
| A group of people sitting on chairs  Description automatically generated | * Social support groups   A **support group** is a small group of people you meet with to communicate about mental health. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Action on Disability within Ethnic Communities go to <https://adec.org.au/> |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | Kin provides advocacy support for people with disability from CALD communities.  For more information about Kin go to <https://kinadvocacy.org.au/> |
|  |  |
|  | The Federation of Ethnic Communities Councils of Australia has a program that supports people from CALD backgrounds to access the NDIS.  For more information about the program go to  <https://fecca.org.au/communityconnectors/> |
|  | **Translation and interpreter services** |
|  |  |
| Two people looking at a paper  Description automatically generated with low confidence | An **interpreter** is a person who changes words from your language to a language someone else understands. |
|  |  |
|  | Translating and Interpreting Service provide onsite and on phone interpreting.  To contact the service   * Call **131 450** * Go to [https://www.tisnational.gov.au/ Help-using-TIS-National-services/Contact-TIS-National](https://www.tisnational.gov.au/Help-using-TIS-National-services/Contact-TIS-National) |
|  |  |
| A picture containing person  Description automatically generated | NSW Health Care Interpreting Services have free and confidential interpreters.  These interpreters help you if you go to hospital for your care. |
|  |  |
| A picture containing text, sign, picture frame  Description automatically generated | **Confidentiality** means that information about you must not be shared with others unless you say that it is OK to share. |
|  |  |
|  | For more information about the NSW Health Care Interpreting Services go to  [https://www.health.nsw.gov.au/ multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx](https://www.health.nsw.gov.au/multicultural/Pages/Health-Care-Interpreting-and-Translating-Services.aspx) |
|  |  |
|  | Lifeline Australia provides crisis support in different languages.  You can ask to speak to someone in your language.  To contact Lifeline   * Call **13 11 14** * Go to <https://www.lifeline.org.au/> |
|  |  |
|  | **Translated information for people from CALD communities** |
|  |  |
| A picture containing diagram  Description automatically generated | Below is a list of websites with information in different languages.  The information from the websites below is not in Easy Read but can still be helpful.  If you want you can ask someone to support you to read them. |
|  |  |
|  | Embrace Multicultural Mental Health provides mental health information in different languages.  For more information go to <https://embracementalhealth.org.au/> |
|  |  |
| Text, whiteboard  Description automatically generated | Amparo Advocacy Inc has information on the rights of people with an NDIS plan.  To read the information go to <https://www.amparo.org.au/ndis-and-participants-rights/> |
|  |  |
|  | Your **NDIS plan** says what supports you need. |
|  |  |
|  | The Cerebral Palsy Alliance has some information translated into different languages.  To read the information go to  [https://cerebralpalsy.org.au/ resources-in-other-languages/](https://cerebralpalsy.org.au/resources-in-other-languages/) |
|  |  |
| Text  Description automatically generated | Centrelink information about the Disability Support Pension has been translated into different languages.  To read the information go to [https://www.servicesaustralia.gov.au/ disability-support-pension-translation](https://www.servicesaustralia.gov.au/disability-support-pension-translation) |
| A picture containing text  Description automatically generated | UnitingSA has factsheets to help people from CALD communities to use the NDIS.  To read the factsheets go to <https://unitingsa.com.au/community-services/ndis-disability-support/> |
|  |  |
| Text  Description automatically generated | The Transcultural Mental Health Centre has mental health information in different languages.  To read the information go to [https://www.dhi.health.nsw.gov.au/ transcultural-mental-health-centre-tmhc/resources/in-your-language](https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language) |
|  |  |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |
|  |  |

Text

Description automatically generated

|  |  |
| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read> |
| A person smiling for the camera  Description automatically generated with medium confidenceA picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |

