

## Supports for culturally and linguistically diverse people



**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.



For more information about CALD people go to

**<https://www.idmhconnect.health/culturally-and-linguistically/ER>**



Below are services and supports for CALD people.



There is a lot of information.

Some words can be hard to understand.



You can ask someone to read this information with you.



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.



The Multicultural Disability Advocacy Association also supports people with NDIS appeals and reviews.

An **appeal** is when you ask someone to have another meeting.



For more information about the Multicultural Disability Advocacy Association go to

<http://mdaa.org.au/services/>



The Ethnic Community Services Co-operative provides

- NDIS services and information



- Advocacy

- Volunteer projects for people with disability

When you **volunteer** you give your time to help someone.

You do not get paid for your help.





They also provide

- Support for people looking for work experience and paid work



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.



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)



Action on Disability within Ethnic Communities has services and information including

- Advocacy support



- Videos about the NDIS in different languages



- 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.



For more information about Action on Disability within Ethnic Communities go to <https://adec.org.au/>



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



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>**



NSW Health Care Interpreting Services have free and confidential interpreters.

These interpreters help you if you go to hospital for your care.





**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>**



Lifeline Australia provides crisis support in different languages.

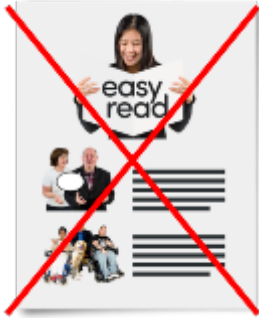
You can ask to speak to someone in your language.

To contact Lifeline

- Call **13 11 14**
- Go to **<https://www.lifeline.org.au/>**

## Translated information for people from CALD communities

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/>**



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/)**



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)**



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/>



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>



There are some tricky words in this Easy Read sheet.

For more information about these words go to <https://www.idmhconnect.health/word-list>



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Also known as 3DN.

For more information about who wrote this Easy Read go to <https://idmhconnect.health/who-wrote-easy-read>



The Council for Intellectual Disability reviewed this Easy Read sheet.



The information in this Easy Read sheet is from the <https://idmhconnect.health/> website

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)



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No changes can be made without asking the people who wrote this sheet.