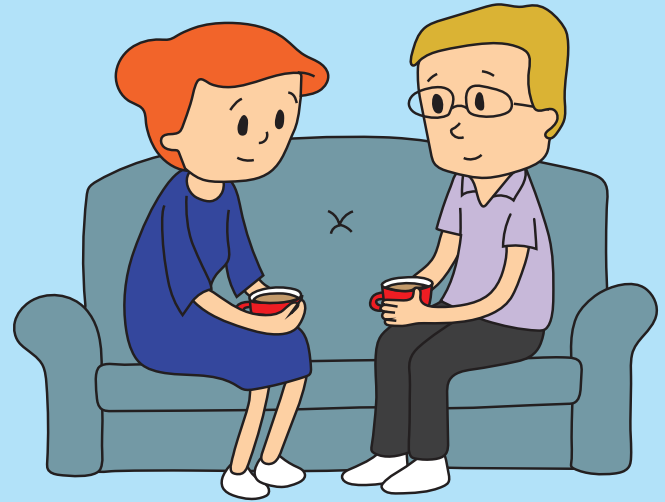


Aspect Autism Advisor Program

Self-Care and Family Support

Some tips that parents have found helpful:

- Be organised - use a file or filing case to keep all your child's reports and documents together.
- Write to-do lists.
- Use a diary, and schedule in time for yourself as well as your child's appointments.
- Keep copies of your child's diagnosis report - professionals will ask you for this.
- Focus on solutions rather than challenges.
- Access information from evidenced based sources and websites.
- Make notes on progress.



Tips for Self-Care

- Take some time for yourself
- Eat well and nourish yourself with a healthy diet
- Share your emotions with others
- Try to get enough rest and sleep
- Only take on what you feel you can manage - it's ok to say no
- Identify the people in your support network
- Accept help from family, friends or the community if you think it will help
- Some people find that physical activity helps

Support

- Talk to your GP about a referral to a psychologist or counsellor if you feel you need to an expert
- Support groups - can be a great source of comfort as well as information, and you can meet other parents who are experiencing similar difficulties, which may help to provide a sense of community.
- Playgroups - provides a less formal style of support. There are autism-specific playgroups where parents can chat, share and exchange ideas.
- Consider your own family and friends for support

- Parent forums - a way to get support from other parents.
- Ability Links NSW - supports people with disability, their families and carers to connect with their local community.

Other support services

- **Life Line:** 13 11 14
- **Carers NSW:** 1800 242 636
- **Commonwealth Carer Respite Centres:** 1800 059 059
- **NSW Early Intervention Childhood Intervention Info Line:** 1300 656 865
- **Mental Healthcare Plan:** Contact your local GP for more information

