



Finding out what your child needs



About this guide



This guide helps parents and carers who are worried that their child is:

- Behaving differently
- Finding some things hard to do



It can be hard to know what to do or how to help.

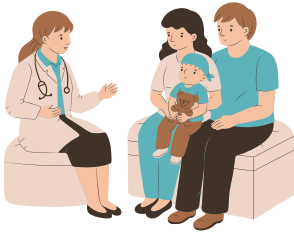


Here is how you can find help for your child.

First steps



Go to your doctor or Child Health Nurse.



Tell them your worries about your child.



Your doctor may give you a **referral**. A referral is a letter to another doctor or health worker who can help.

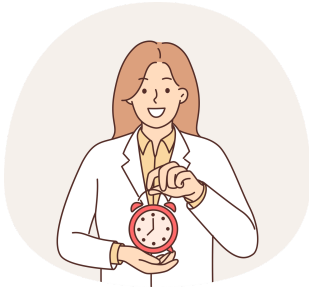


You might not get a referral. That is okay. You can still find help.

If you get a referral



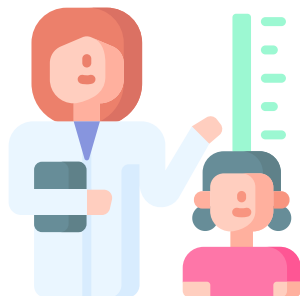
If you get a referral, you will have 2 choices. Choice 1 is free. Choice 2 costs money.



Choice 1 means your child will meet a doctor that works for the government. You may have to wait a long time for your turn.



Choice 2 means you pay to meet with a **private** doctor. Private means they don't work for the government. The wait to see them will be quicker.

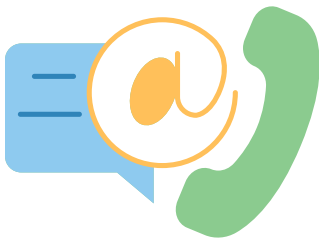


Both doctors can help. They will ask you about what your child needs.

If you do not get a referral



If you do not get a referral, you can ask for help by yourself. This is called **self-referring**.



Self-referring is when a parent or carer asks for help from groups like:

- Child and Development Services
- Uplyft (formerly Wanslea)
- Mission Australia
- APM



You do not need a letter from your doctor.



When you meet with someone they will ask you about what your child needs.

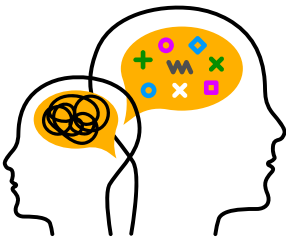
After seeing the doctor



It may take time for your doctor to find the answers.



Someone will call or email you when the answers are ready.



They may say your child has a disability. This means they found something different about how your child's body or brain works.



If your child has a disability you can ask the **NDIS** for help. The NDIS is a group that helps people with disability pay for what they need.



If the NDIS can't help, you can do 3 things.

1



Go back to your doctor. Ask what else you can do to help your child.

2



Ask your doctor what other groups or people can help.

3



Keep an eye on your child and meet with your doctor if you are still worried.

Want to know more?



www.kiind.com.au



Call Kiind (08) 6164 9806



Email hello@kiind.com.au