

How much does it cost?

Family Planning NSW is a registered provider of the National Disability Insurance Scheme (NDIS). All sessions are included in a person's NDIS plan with no out-of-pocket expenses.

Family Planning NSW provides services under the following NDIS support areas:

- specialised assessment of skills, abilities and needs
- therapeutic supports

For more information about the NDIS and eligibility, contact the NDIS on 1800 800 110 or visit www.ndis.gov.au

If you do not have an NDIS plan, please contact Family Planning NSW to discuss other funding options.

For bookings and information contact
Family Planning NSW

Phone

(02) 4929 4485

Location

Face-to-face appointments available at our Hunter clinic
Telehealth appointments available for people within NSW

Email

disabilityintake@fpnsw.org.au

Website

www.fpnsw.org.au/disability



SEXUALITY AND DISABILITY SERVICE



About Family Planning NSW

Family Planning NSW is committed to supporting the rights of people with disability to live full and meaningful lives. We believe that people with disability have the same rights as everyone else to express their sexuality including intimate relationships.

Our clinics provide a safe place for people with disability to talk about intimate and sometimes challenging issues. We produce 'easy to read' resources to support people with disability to learn about their sexuality and relationships. We also provide training and support to parents, carers, and service providers around disability and sexuality topics.

Sexuality and Disability Service

Our Sexuality and Disability Service offers individual and group-based programs that are tailored to the needs of people with disability and those who support them.

Our staff are qualified allied health professionals with experience in working with people with disability.

Family Planning NSW provides specialist sexuality and relationship support for people with:

- intellectual disability
- autism spectrum disorder
- acquired brain injury

We support participants to develop sexuality and relationship skills across their lifespan. We use specialised assessments and a person-centred approach to support participants to engage with their community and live as autonomously as possible.

The Sexuality and Disability Service is now also available to clients across NSW via telehealth.

If you want to know more, please contact our team on (02) 4929 4485 or via disabilityintake@fpnsw.org.au.

Topics covered

- Puberty
- Self-esteem
- Social skills
- Managing menstruation
- Healthy relationships
- Public and private behaviours
- Sexual identity
- Cyber-safety
- Safe sex practices
- Personal hygiene
- Parenting
- Contraception options
- Pregnancy options
- Protective behaviours
- Sexual behaviours of concern
- Managing menopause

*Family Planning NSW
has been delivering targeted
services to people with disability
and those who support them
for over 35 years.*

