

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
- Behaviour support

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

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(02) 4929 4485

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Email
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Website
www.fpnsw.org.au/disability



Hunter region

STANDARD ENGLISH



About Family Planning NSW

Family Planning NSW is committed to recognising and 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 sexuality support needs of people with disability and those who support them.

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

- Intellectual disability
- Autism Spectrum Disorder
- Acquired brain injury

Participants of the service are supported to develop skills across the lifespan in the area of sexuality and relationships. We use specialised assessments and a person-centred approach to support participants to engage more in their community and live as autonomously as possible.

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

Topics covered include:

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