

What the new government in NSW means for people with intellectual disability



On Saturday 25 March NSW voters elected a new Labor government.



Before the election we asked NSW politicians what they would do for people with intellectual disability.



You can read what they said at the link.

Link: [Our election asks in Easy Read](#)



We will keep talking to the new government about how they can make NSW more inclusive.

Making my own decisions

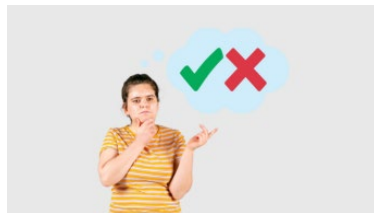


There is a new supported decision making resource on the My Rights Matter Hub.

Link: [Supported Decision Making Framework](#)



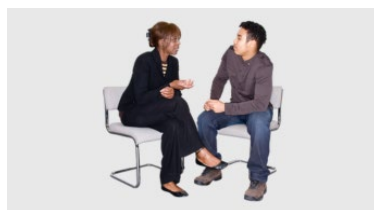
It says these things are important for supported decision making.



- Everyone has the right to make decisions



- Everyone has the right to take risks



- Everyone has the right to support

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- Everyone should respect what a person decides



People with disability should be at the centre of their own decisions.



For more information on Supported Decision Making visit My Rights Matter hub.

Link: [My Rights Matter hub](#)

Wellbeing is important



When our wellbeing is good we feel well in our mind and body.

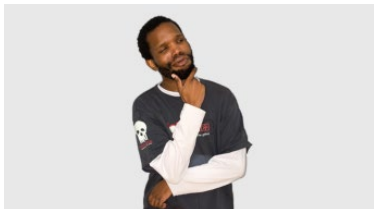
This helps us have a good life.



We made an info guide to help you understand



- what wellbeing means



- how to check your own wellbeing



- how to decide to make your wellbeing better



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- things you can do to help your wellbeing



The Wellbeing is Important guide is on the [My Rights Matter hub](#).

Link: [Wellbeing is Important](#)

Supported decision making peer mentor group



Do you want to know more about making decisions?

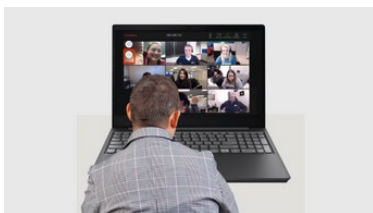


Do you want to talk about decisions with **peers** with disability?

Peers are people who have some of the same experiences as you.



Join the supported decision making peer mentor group.



We meet online.



We meet once a month. Our next group is on 5 April from 10am to 11am.



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Sign up for the supported decision making peer mentor group at the link.

Link: [Supported decision making peer mentor group](#)

Join Learn 2 Lead

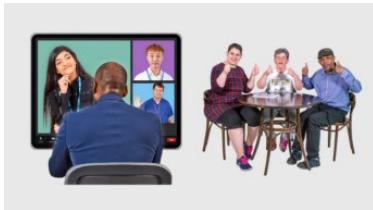


Learn 2 Lead is a great group to make friends and grow with each other.



Learn 2 Lead meets once a month to

- share ideas
- learn about leadership
- learn about working together



You do not need to be in Sydney to join.

You can come to meetings online and in person.



You need to be a CID member to join.

You can become a member at the link.

It is free to be a member if you are a person with intellectual disability.

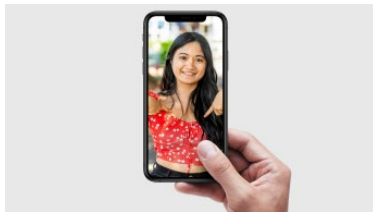
Link: [Become a CID member](#)



If you want to know more contact CID

- email info@cid.org.au
- call 1800 424 065

Kindred - The Good Life



Kindred is looking for people with disability to share their stories on social media.



You can see some of the stories they have already shared at the link.

Link: [Kindred – The Good Life](#)



If you would like to share your story email Leila.

Link: [Email Leila](#)

Contraception study



UNSW is working on a project about contraception.

Contraception stops you from getting pregnant when you have sex.



They are looking for a group of people to help with their study.



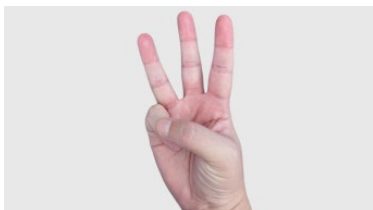
You can help if

- You are a woman with intellectual disability
- You have used contraception before.



You will get a gift card for each meeting

- \$75 for a 1 hour meeting
- \$100 for a 1 and a half hour meeting.



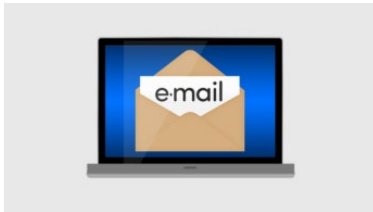
You will meet with UNSW 3 times.

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You can meet together with other people in the group.

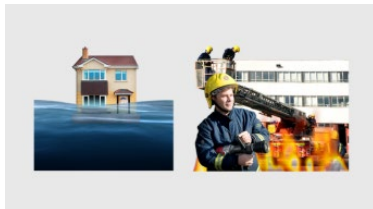
Or you can meet with UNSW by yourself.



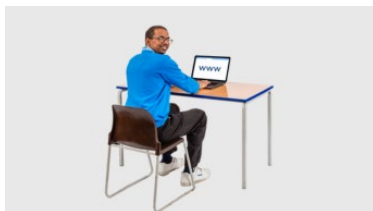
If you would like to be part of the study contact Yunhe. Email yunhe.huang@unsw.edu.au or call [9348 0076](tel:93480076).

Link: [Contraception Study info](#)

Natural disaster interview



Carers NSW wants to talk to people with disability about getting ready for natural disasters.



Fill out the survey at the link if you want to do an interview.

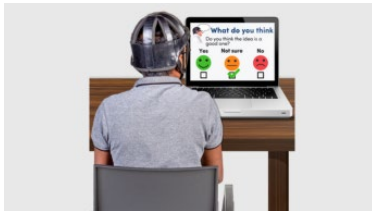
Link: [Natural disaster interview](#)

Wheelchairs and air travel



Spinal Cord Injuries Australia wants to hear from people who use a wheelchair.

They want to know about their experiences traveling by air.



Fill out the air travel survey at the link.

Link: [Wheelchairs and air travel survey](#)