THE DISABILITY DIALOGUE

Open Dialogue event summary

Parenting with an intellectual disability

Event on Wednesday 28 October 2026



About this document



This document is an Easy Read summary of an event.

The event was held by the **Disability Dialogue**.

The Disability Dialogue is a group led by people with disability.



The Disability Dialogue brings people together to talk about the things that are important for people with disability.

THE DISABILITY DIALOGUE

The Disability Dialogue runs events and projects where people can ask questions and say what they think.

Table of Contents

About this document..... 2

About the event 4

What happened at the event..... 6

Parents shared their stories 9

Self-advocacy..... 11

Peer support..... 12

Research about parents with an intellectual disability. .. 13

The end of the event..... 15

Our next event 16

Word list..... 17

About the event



The Disability Dialogue had an event on Wednesday 28 October 2026.

The event was an **Open Dialogue**.

An Open Dialogue is an online talk about an important topic.



The event was about parents with an intellectual disability.

The event was also about the support parents and families need.



The event was the first Open Dialogue with hosts who have an intellectual disability.

Sonia and Romeo were the hosts of the event.

Sonia is an **Inclusion Advisor** at Inclusion Australia.



An Inclusion Advisor is a person who gives advice about including people with disability.

Sonia is also on the Disability Dialogue **Steering Committee**.

A Steering Committee is a group of people who help guide the work.

Romeo is a parent of 4 children.



Romeo is a **peer worker** with Positive Powerful Parents.

A peer worker is a person who supports others who have had the same experiences.



You can watch the recording of the event here.

https://www.youtube.com/watch?v=5xmSAOpduTM

What happened at the event

Sonia and Romeo shared answers from a survey.



64 people filled in the survey before the event.

In the survey people said 3 things were important.



The first thing is services that are not **accessible**.

Accessible means people can get to and use something.

The second thing is negative **attitudes** from other people.

An attitude is how someone thinks and feels about something.

The third thing is changes to the **National Disability Insurance Scheme**.

The National Disability Insurance Scheme gives some people with disability help to get the supports and services they need.

We say NDIS for short.



People said they want groups and services to do 3 things.

- Understand what parents need
- Give support early
- Help parents learn to speak up for themselves

Sonia told us about the **National Advocacy Collective**.



The National Advocacy Collective is a group that supports the **rights** of parents with an intellectual disability.

Rights are things everyone is allowed to have and do.



Sonia shared a message called Support Before Report.

The message means supporting parents before reporting them to **child safety services**.

Child safety services are services that make sure children are safe.

Sonia and Romeo talked about changes to the NDIS.

Sonia and Romeo were worried about how the changes might affect parents with an intellectual disability.

Parents shared their stories



Parents spoke and shared their stories.

Parents said they need support to do these things.

- Visit their children
- Go to meetings with child safety services
- Look after their family



Crystal spoke first.

Crystal is a parent of 3 boys.

Crystal has dealt with child safety services and other services.

Crystal shared what a parent called Rhee said.

Rhee said parents need workers who do these things.



- Are respectful
- Listen
- See what parents are good at
- Take time to understand what parents need

The event had a video of other parents telling their stories.



The parents want people to have support to raise their children at home.

The parents said they need these things.

- Information that is easy to understand
- Help with everyday things
- Support to make decisions



The event had a 10 minute break.

Self-advocacy



After the break Sonia talked about **self advocacy**.

Self advocacy means speaking up for yourself and your family.

Parents in a video and Crystal also talked about self advocacy.



Parents and Crystal said self advocacy also means these things.

- Asking questions
- Knowing your rights

Rights are things everyone is allowed to have and do.

Peer support



Sonia talked about **peer support**.

Peer support means a group of people helping each other.

Parents in a video talked about **Friendship groups**.

Friendship groups is 1 type of peer support.



Parents said friendship groups are important.

Friendship groups help parents to do these things.

- Feel less alone
- Share advice
- Learn things without feeling judged

Research about parents with an intellectual disability.



Susan Collings does **research** at Western Sydney University.

Research is when people study something to find out more about it.

Susan talked about research.

Susan looked at 500 pieces of research about parents with an intellectual disability.



Susan said most of the research was about problems and **barriers**.

A barrier is something that stops people from doing things.

Susan said there was not much research about these things.



- The strengths of parents
- The experiences of children
- Families from different backgrounds



Susan said parents should help decide things in research.

- What questions researchers ask
- How research is done

Crystal talked about working as a **co-researcher**.



A co-researcher is a person who does research together with researchers.

Crystal helps to do these things.

- Plan the research
- Look at the information the researchers collect
- Asking people questions

Crystal said **lived experience** is important for research.



Lived experience means knowing about something because it has happened to you.

Researchers with lived experience help parents feel safe to share their stories.

The end of the event



Sonia and Romeo ended the event with an important message.

Parents with an intellectual disability deserve respect and support to raise their children.

Our next event



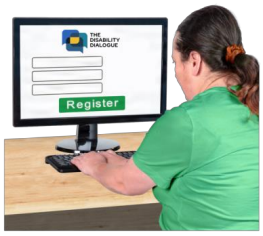
Everyone was invited to the next Open Dialogue event.



The next Open Dialogue is on 25 November 2026.



The next event is about what the Disability Dialogue has learned this year.



You can register for the next event here.

https://events.humanitix.com/what-we-learnt-in-2026



You can email us if you have any questions.

info@disabilitydialogue.com.au

Word list

accessible	Accessible means people can get to and use something.
attitude	An attitude is how someone thinks and feels about something.
barrier	A barrier is something that stops people from doing things.
child safety services	Child safety services are services that make sure children are safe. Child protection is another name for child safety services.
co-researcher	A co-researcher is a person who does research together with researchers.
Inclusion Advisor	An Inclusion Advisor is a person who gives advice about including people with disability.
intellectual disability	An intellectual disability means a person can find it harder to learn some things.
lived experience	Lived experience means knowing about something because it has happened to you.

National Advocacy Collective	The National Advocacy Collective is a group that supports the rights of parents with an intellectual disability.
National Disability Insurance Scheme	The National Disability Insurance Scheme gives some people with disability help to get the supports and services they need.
Open Dialogue	An Open Dialogue is an online talk about an important topic.
peer support	Peer support means a group of people helping each other.
peer worker	A peer worker is a person who supports others who have had the same experiences.
research	Research is when people study something to find out more about it.
rights	Rights are things everyone is allowed to have and do.
self-advocacy	Self-advocacy means speaking up for yourself and your family.