International Day of People with Disability

How to get involved

An Easy Read guide

How to use this guide

The Australian Government Department of Social Services (DSS) wrote this guide.

When you see the word 'we', it means DSS.

We wrote this guide in an easy to read way.

We use pictures to explain some ideas.

We wrote some important words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.

There is a list of these words on page 17.

This is an Easy Read summary of an information sheet.

This means it only includes the most important ideas.

You can find more information on our website.

www.idpwd.com.au

You can ask for help to read this guide.
A friend, family member or support person
may be able to help you.

What's in this guide?
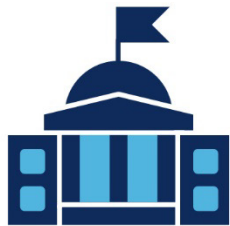
Taking part in IDPwD

International Day of People with Disability (IDPwD) is a day to understand and respect people with disability.

It happens on 3 December each year.

In Australia different groups and people celebrate IDPwD.

This includes:

- governments

- the community

- schools

- organisations and businesses.

There are many ways you can help make the community **inclusive**.

When the community is inclusive, everyone:

- can take part

- feels like they belong.

And people treat everyone the same way.

Having your own IDPwD event

You can help make the community inclusive by planning your own event with:

- your school

- the place where you work
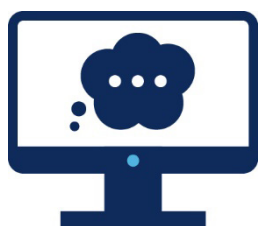
- groups in your community.

It can help remove **barriers** for people with disability.

A barrier is something that stops you from doing something you:

- need to do

- want to do.

You can visit our website to find help with planning your event.

www.idpwd.com.au/events/event-planning-kits

You can also add your event to our calendar.

www.idpwd.com.au/events/event-registrations

Taking part in an IDPwD event

You can connect with your community by taking part in an IDPwD event close to you.

This includes events with:

- people with disability

- their families and carers.

You can find events close to you on our website.

www.idpwd.com.au/events/calendar

How you can be more inclusive

IDPwD is a good time to think about being more inclusive.

For example, thinking about how to make the place you work inclusive for everyone.

It's also a good time to create a **disability action plan**.

A disability action plan helps organisations be more inclusive and **accessible**.

When the community is accessible, it is easy to:

- find and use services

- move around.

IDPwD is also a good time to support organisations who support people with disability.

You can talk about what being inclusive means to you with your community.

This includes:

- your school

- the place where you work

- family and friends.

You can visit our website to learn more about how your community can be more inclusive.

www.idpwd.com.au/resources/inclusionresources

Learning about other people's stories

Everyone has a different **lived experience** of disability.

If you have lived experience of disability, you:

- have a disability

- know what life can be like for people with disability

- can tell your story to help others.

When we learn more about these experiences, it can help us think about what we know and believe.

You can find stories from people with disability on our website.

www.idpwd.com.au/stories

Sharing your own story

If you are a person with lived experience, you can share your story with the community.
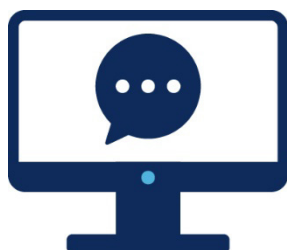
This includes sharing:

- what you have achieved

- challenges you have faced.

You can also support others to share stories on how to be more inclusive.

For example:

- organisations

- the place where you work

- groups in your community.

You can share a story on our website.

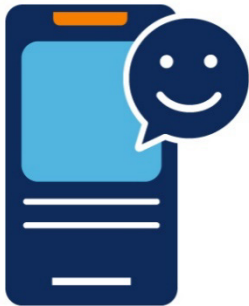**www.idpwd.com.au/share-your-story**

Helping to spread the word

Social media is a great way for you to share information about IDPwD.

This includes:

- Facebook
- Instagram
- Twitter.

You can share messages about being inclusive on your social media.

You can find examples of messages to post on our website.

www.idpwd.com.au/resources/social-media

More information

You can find out more about IDPwD on our website.

www.idpwd.com.au

You can email us.

idpwd@dss.gov.au

You can call us.
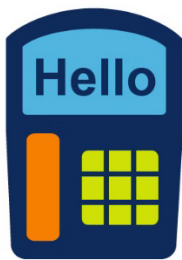
1800 440 385

Monday
–
Friday

9 am – 5 pm

You can call us:

- Monday to Friday

- 9 am to 5 pm.

You can call the National Relay Service if you:

- are deaf or hard of hearing
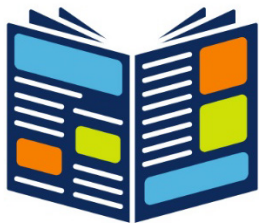
- find it hard to speak using the phone.

Teletypewriter (TTY)

1800 555 677

Speak and listen

1800 555 727

You can also follow us on social media for:
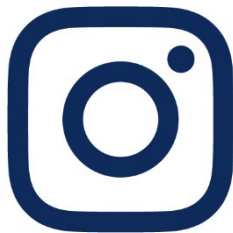
- news

- stories

- updates.

You can follow us on Facebook.

www.facebook.com/idpwd

You can follow us on Twitter.

@idpwd

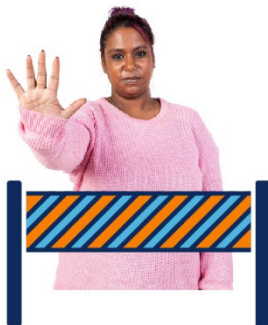You can follow us on Instagram.

@idpwd_au

Word list

This list explains what the **bold** words mean.

Accessible

When the community is accessible, it is easy to:

- find and use services

- move around.

Barrier

A barrier is something that stops you from doing something you:

- need to do

- want to do.

Disability action plan

A disability action plan helps organisations be more inclusive and accessible.

Inclusive

When something is inclusive, everyone:

- can take part

- feels like they belong.

And people treat everyone the same way.

Lived experience

If you have lived experience of disability, you:

- have a disability

- know what life can be like for people with disability

- can tell your story to help others.

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