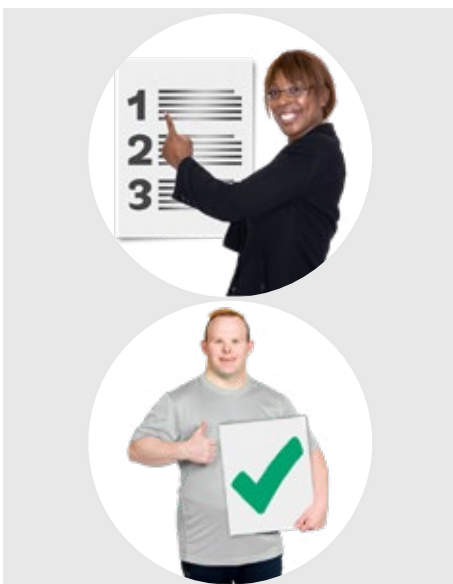


Getting ready for the DRC report



The **Disability Royal Commission** looks into the big problems for people with disability.

We will say **DRC** for short.



The DRC now writes a report about

- What they found out
- What should happen to make things better for people with disability.



What the DRC think should happen might not be what you or PWDA think should happen.



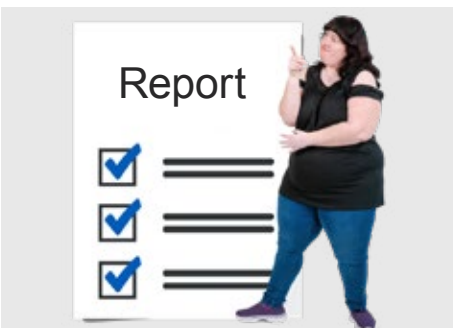
Many people and the media will talk about the report when it comes out.



The things they talk about might upset you and other people.



It is good to support and look after each other.



We will tell you about some things you can do to get ready for when the report comes out.

Get support



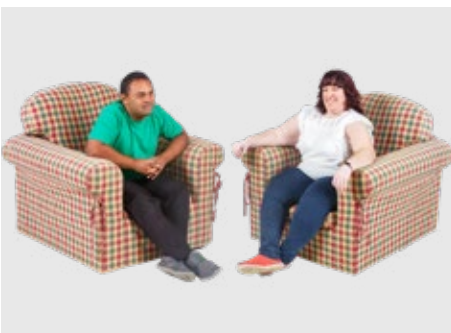
You can tell your family and friends about the report coming out.



You can let them know that it might be a hard time for you.



You can tell them how they can best support you.

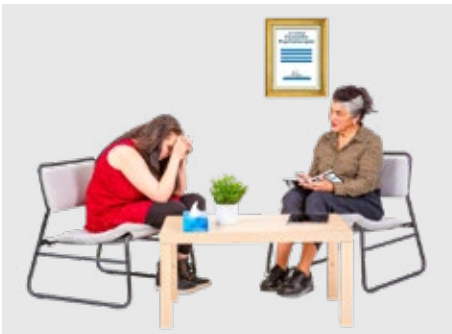


You can ask them to check in with you if you do not seem to be ok.

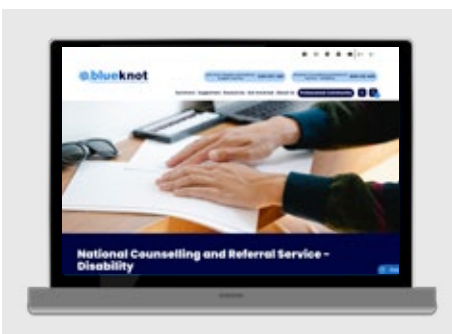
Free counselling



Anyone who had anything to do with the DRC can get free **counselling**.



Counselling means you talk to someone who had training to listen about how you feel.



For more information about the free counselling go to

www.blueknot.org.au/national-counselling-referral-service-disability

Get together with people with disability



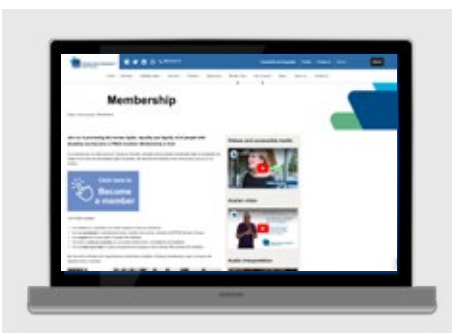
You can get together with other people with disability.



This is a great way to support each other.



You could become part of a disability organisation or peer group.

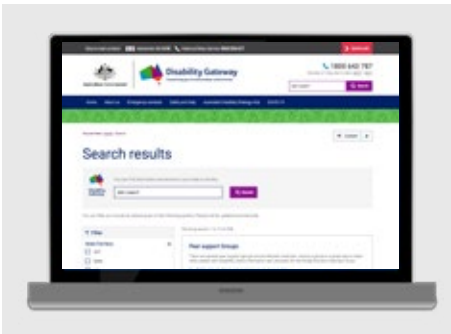


To become a member of PWDA go to
www.pwd.org.au/get-involved/membership



To read about joining other disability organisations go to

www.dpoa.org.au/about



To find out how you can join a peer group near you go to

[www.disabilitygateway.gov.au/
advanced-search?keys=peer+support](http://www.disabilitygateway.gov.au/advanced-search?keys=peer+support)

Get information



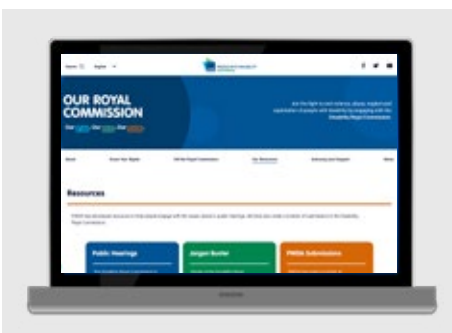
You can get lots of information about the issues that might be in the report.



If we understand something well it helps us deal with it better.



We have lots of information about the DRC and the issues on our website.



Go to

[www.ourroyalcommission.com.au/
our-resources](http://www.ourroyalcommission.com.au/our-resources)

Have allies



It is good to have **allies** that can help make changes for people with disability happen.



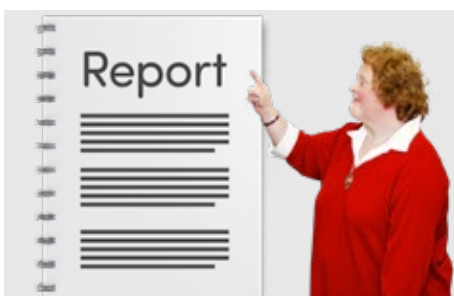
Allies are people that support us.



The report will talk about things that need to change for people with disability.



You can ask the member of parliament where you live to be your ally.

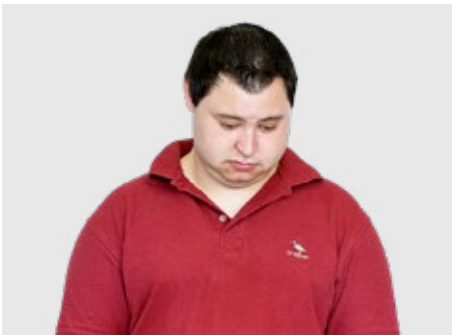


You can ask them to support the changes for people with disability from the report.

Know what is too much



You should think about what is too much for you.



That means think about what might be in the report that makes you very sad and upset.



You might only want to talk about these things with people you trust.



You can come up with things to say if you do not want to talk about something.



You can stop words from showing in your social media.



To do this you can block or mute words.



This stops them from sending you information about it.

Support from PWDA



PWDA has free **advocacy services** that you can use.



Our **advocacy services** support you to speak up about your rights.



To find out more go to

www.pwd.org.au/get-help

Council for Intellectual Disability made this information Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.