

INFORMATION SHEET

Co-Design team

**This information sheet tells you what the
co-design team is about**

**It will help you work out if you want to be in the
co-design team**



What is this project?



- Family Planning NSW has a new project to help children with intellectual disability and autism through puberty
- Puberty is what happens when children's bodies grow into adult bodies. Everybody will go through puberty
- We will make a website and a workshop to teach parents and carers how to help their child with puberty
- This project is funded by the National Disability Insurance Agency

How can I be involved?



- You can be involved by joining the co-design team
- Co-design means that adults with intellectual disability and autism will work with Family Planning NSW to make decisions about the project

Is this a job?



- Yes
- You will be a casual staff member of Family Planning NSW
- You will be paid

What does the job involve?



- The job involves talking about things to do with puberty
- There are lots of different things you can work on like:
 - Giving your opinion and helping us make decisions about the best way to do things
 - Making a website or workshop
 - Being in a video
- You can decide what you would like to work on
- There will be meetings that you will need to attend
- The first meeting will be in February or March 2020. It will be 3-4 hours long including a meal. Meetings after this will be shorter
- Meetings will be more often early in the project, then less often later on. The project will go until November 2021
- The co-design team will decide together when the meetings are
- Meetings will be in Ashfield, NSW. This might change later on
- There will be up to 10 people in the team

Why should I join?



- You will be doing an important job
- It will help us to make sure the website and the workshop are helpful
- It will help parents and carers to support children with intellectual disability and autism better

Do I have to join in?



- No. It is your choice to decide if you want to be in our co-design team
- If you do not want to be in our co-design team that is OK. You can still come to Family Planning NSW and use any of our services.
- If you want to be paid to work in our co-design team you will need to give your consent
- This means saying yes
- You will need to sign a consent form

Who are we looking for?

- We are hoping to hear from people from lots of different backgrounds
- To be involved you will need to be:



- Over the age of 18
- Able to travel to Ashfield, NSW
- Comfortable talking about puberty and sexual health

What will we talk about?

- There are lots of things we will talk about like:



- What you think about some fact sheets and workshops
- What would you have liked to know about puberty?
- What do you think parents should know about puberty and disability?
- What are the best ways to ask other people with intellectual disability or autism about what they think?
- What are the best ways to support people with intellectual disability or autism to tell their stories?

What will happen to the stuff we talk about?



- It will be used to create the website and the workshop
- Family Planning NSW will write a report
- Your details will be kept private
- We will not use your name in the report
- The information you share in the co-design team will be de-identified. This means no one will know it comes from you.
- We will keep your information safe. We will keep it for 5 years. After 5 years we will delete your information.
- If you tell us that you or someone else is at risk of being hurt, we will not keep this information private. We must report it.

How do I join the co-design team?



- You will need to tell us if you want to be part of the co-design team
- Being in the co-design team is a job. You will be paid to be in the team.



- You can do this by contacting Erin Donnelly:
 - email: Disability@fpnsw.org.au
Phone: (02) 8752 4312



- You will need to tell us:
 1. Your name and contact details
 2. Why you would like to be involved in the team (dot points are ok)
- You will need to tell us by Sunday 8 March 2020

What if I have questions?



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