



Australian Government

Department of Health, Disability and Ageing

Attitudes about disability in 4 First Nations Communities

Summary Report





Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

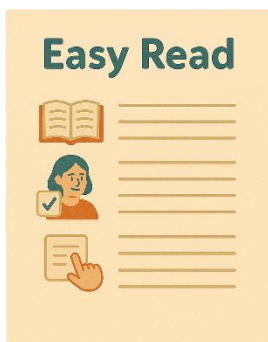
Bold

Not bold

We have some words in **bold**.

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



We can answer any questions by email.

Email us ADSDDataReporting@health.gov.au



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.

They are called **First Nations** people in this report.



They were the **first people** to live on and use the

- Land
- Waters.

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What we did



Australian National University did **research** for DHDA.

They are called **ANU** for short.

Research means

- Finding out what people think about things
- Using the information to **help others**.



The research was about how First Nations people think about disability.



The research was done with First Nations people from 4 communities.



The communities came from

- Regional areas
- Remote areas.



The communities were in

- New South Wales

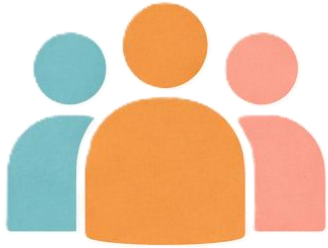


- Queensland.



The research was done with a small number of people who are

- People with disability



- People **without** disability



- Carers



- People who work for **Aboriginal
Community Controlled Organisations**

We call it **ACCO** for short.

Community controlled means run by First Nations people and their communities.

What we heard



Some communities

- Have lots of support



- Are **inclusive**

Inclusive is when everyone

- Can **take part**
- Feels like they **belong**.



- Have good **attitudes** about disability

Attitudes are what people

- Think
- Feel
- Believe.



- Have bad attitudes about disability.



People said disabilities you can see are more **accepted**.

Accepted means being okay with someone.

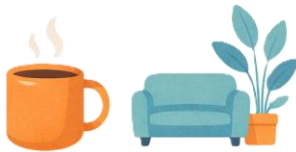
It means to respect them for who they are.

Past laws



Some of this information might make you feel

- Upset
- Worried.



You can take a break if you need to.



You can ask someone you trust for support.



First Nations people are affected by

- **Colonisation**

Colonisation is when people take over land and control it.



- **The Stolen Generation**

This is when First Nations children were taken from their families by governments.



- **Laws** from the past.

Laws are **rules** for how we live.



These experiences have caused lots of pain for First Nations people.

The pain can also be passed down in families.

This means can affect everyone in a family.

This is sometimes called **intergenerational trauma**.



This can mean First Nations people do **not** trust government services.



People said they felt uncomfortable asking for help when services do **not**

- Feel safe



- Feel respectful



- Understand **trauma**

Trauma is when something happens that makes a person feel

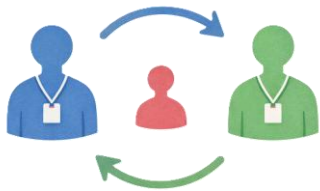
- Upset
- Scared
- Unsafe.

First Nations Children



First Nations children with disability in the **child protection** system can have changes to

- Carers



- **Case workers**

Case workers help make sure children are safe.



Child protection is for children who are

- In danger
- **Not** looked after properly.



Lots of changes to caseworkers and carers can make it hard to

- Get the support they need



- Be connected to their culture.



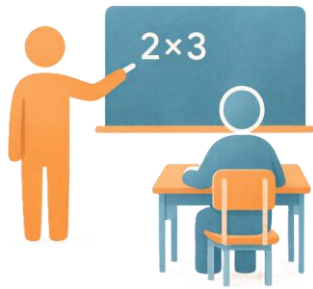
People who work in schools do **not** have enough

- Training



- **Cultural awareness**

This is knowing and respecting different cultures.



This can be for

- Teachers
- People who support teachers.



Sometimes children with disability are

- Left out



- **Not supported in mainstream classrooms.**

These are classrooms most children can go to.

Getting support



Lots of people said it was hard to get disability services that



- Are **culturally responsive**

Culturally responsive means respecting peoples

- Rights
- Cultures
- Traditions.

This helps people feel safe to be themselves.

It can also be called culturally safe.



- Are **reliable**

This means you can trust them to turn up when they say they are going to.



- Work well for them.



There are **not** enough **specialists** in

- Regional areas



- Remote areas.





Specialists are doctors with extra skills in 1 area of health.

Like a **paediatrician**.

This is a doctor for children.

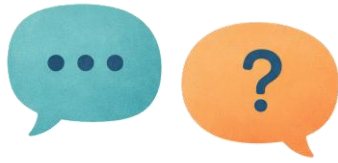


It is hard for families when supports and services

- Are a long way from them



- Cost a lot of money.



It is hard for families when services and hospitals do **not** have

- Clear communication



- Information that is easy to understand.



Carers do **not** get much **respite**.

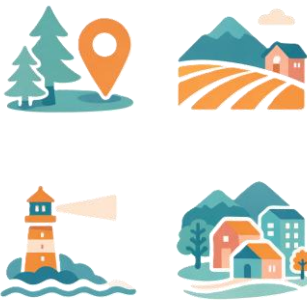
Respite is a short break to rest.

Some carers get **no** respite.



People said it was important to be

- Connected to their local Aboriginal health and community services.



These services are **not** able to support everything people need in

- Regional areas



- Remote areas.

Connection to culture



It is important for First Nations people to be connected to culture.



It is important for

- **Wellbeing**

Wellbeing means that you are

- Happy
- Healthy.



- Being included.



Not being able to use NDIS **funding** to go to **Sorry Business** is a big problem.

Funding is money from the government to take part in the NDIS.



Sorry Business is a time people come together for special ceremonies when someone dies.



People from these communities think the NDIS is

- Too strict
- **Not** respectful of cultural needs.



Prison



In prison First Nations people with disability do **not** always get

- **Therapy**

Therapy is something to help you

- Feel better
- Grow stronger.

There are lots of different types of therapy.



- **Support.**



They do **not** get enough services when they leave prison for their

- **Health**



- Disability.



Feeling **judged** will stop them from asking for help.

Feeling judged is feeling like people think you are doing something wrong.

Recommendations



The research came up with **recommendations**.

Recommendations are ideas to do things better.



1. Have culturally responsive services



This includes

- Cultural training



- Help for services to support First Nations people with disability and their families.



2. Have



- Better health and disability services in

- Regional areas



- Remote areas.



- More paediatricians.



This will make it easier to get services.



3. Have better **coordination** between **systems** like

- Child protection



- Health



- Education



- Disability.



Coordination means making lots of different things all work together.



Systems should work together to support people with disability.



4. Use NDIS funding for cultural activities.



This could include

- Travelling to Country



- Going to Sorry Business



- Joining cultural healing activities.



5. Make sure First Nations people with disability in prison get the support they need.



- There should be ways to connect people with support before they leave prison like



- Community supports
- NDIS.



Aboriginal organisations should

- Always be part of this work
- Sometimes lead the work.

Who to talk to if you are upset



Some of the things in this Easy Read might make you feel

- Upset
- Worried.



There are people you can talk to

Like **13YARN**

You can visit their website

www.13yarn.org.au/

You can call them on

13 92 76



The Disability Gateway website also has lots of different people you can talk to for help.

www.disabilitygateway.gov.au/safety-help

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June 2026.