



**Ideas does  
information  
so you can  
do life.**

**Phone** 1800 029 904  
(toll-free)

**Text** 0458 296 602

**National Relay  
Service Speak  
and Listen** 1300 555 727

**TTY** 133 677

**Chat online** [ideas.org.au](http://ideas.org.au)



Speak and listen in your language. Phone 131 450 and get connected to IDEAS on 02 6947 3377 between 8am and 8pm.

**We are the go-to for disability information. We connect you with the information you need.**

**We know information powers better decisions, to make life easier.**

IDEAS is driven by people with disability, for people with disability. Our vision is a world where people with disability live full, independent lives of their own choosing. Our tool is information.

IDEAS is for people with disability, and your friends, families, carers and advocates.

Wherever you are, we'll do what it takes to get the right information to you.

When and how you need it. We do the hard work so you don't have to.

Because having the right information means you can get on with your life.

**Connect today.**

## So you can make the decisions, we will:

- ✓ Be here when you phone, text or email us
- ✓ Listen carefully and ask questions so we really understand
- ✓ Use our connections to find things out, check the facts, and organise the information for you
- ✓ Make sure the information we give you is clear and accessible

You can also search our website to find useful information. Everything we do is guided by people with disability. It's all free, and we won't try to sell you things.



My LAC recommended I change services but I didn't know who to go to so she recommended IDEAS. The lady was so helpful, I think I was on the phone for over an hour until we found someone who was right for my son.



I have been involved in support groups for people with disability in the Hunter Region for many years and also sought information from IDEAS to assist the group. I cannot thank IDEAS enough for the contribution they have made in my life and the lives of so many others in the disability community.

## How does it work?

- If you ring us there will be a real person at the other end to help you step through things
- We can receive and send text messages if that's better for you
- You can have a live chat, connecting through our website
- Face to face conversations when we are out and about
- You can subscribe to the e-newsletter which has the latest information
- We can send you other resources, flyers, fact sheets and more
- You can subscribe to our print newsletter free. It comes in audio too

