

HOW WE CAN HELP  
FAMILIES WITH DISABLED  
CHILDREN IN SCOTLAND



contact



We are Contact, the charity for families with disabled children. We understand that life with a disabled child brings unique challenges, and we exist to help families feel valued, supported, confident and informed.



### DIAGNOSIS & MEDICAL INFORMATION

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We can help you when getting a diagnosis for your child, provide guidance to reliable medical information and link you to a support group.



### FROM TEENAGE YEARS TO ADULT LIFE

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We can guide you on your child's journey to adulthood. For resources and information visit: [talkingabouttomorrow.org.uk](https://talkingabouttomorrow.org.uk)



### EDUCATION & LEARNING

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We can provide information to help you access support for your child at nursery, school, or college.



### PRACTICAL HELP

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Information about aids, equipment, adaptations, and services to support you and your child. To find practical products for your child visit our shop: [fledglings.org.uk](https://fledglings.org.uk)



### MONEY & FINANCIAL HELP

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We can provide advice about benefits, for you and your child, and information on other sources of financial help.



### PLAY, LEISURE & HOLIDAYS

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We can help you find information about local schemes and places to have fun, and tell you how to get help finding and paying for holidays.



## WORK & CHILDCARE

We can help you find out about suitable child care, and provide advice on in-work benefits.



## YOU AS A PARENT CARER

As a parent, it's natural that your first instinct will be to think about your child. But it's important to think about yourself too – we can help you find services to help you in your caring role.



## CONNECTING WITH OTHER PARENTS

We can provide ways of connecting you with other parents and link you with support groups in your area.



## COMMON CONCERNS THROUGH THE YEARS

We can provide information for you and your child from the early years into adult life with concerns around behaviour, sleep, feeding and communication.

*Turn the page to find out how to get in touch with us.*

*“The work Contact does is wonderful. They helped us get on our feet and enjoy being a family.”*

**Parent carer**





GET IN  
CONTACT

CONTACT SCOTLAND  
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Edinburgh  
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www.facebook.com/  
contactinscotland



www.contact.org.uk/scotland

FREEPHONE HELPLINE

**0808 808 3555**

Access to interpreters  
helpline@contact.org.uk  
www.contact.org.uk

Open 9.30am–5pm Monday to Friday

**Text CSC044 £10 (or your preferred amount) to 70070 to donate to Contact Scotland and make a difference today.**



## HELPFUL GUIDE

*Our Helpful Guide for families with disabled children is packed with essential information and will point you to more in-depth help and advice. Order yours today by visiting [www.contact.org.uk/helpful-guide](http://www.contact.org.uk/helpful-guide)*



## HELP FOR PROFESSIONALS

We help professionals work successfully with families with disabled children by providing training and consultancy. Find out more at [www.contact.org.uk/professionals](http://www.contact.org.uk/professionals)