

What to do while waiting for a diagnosis

Seeking a diagnosis often takes time but there are things that you can do in the interim to help you stay strong, connected and supported.

Kiind members report the following as being helpful.

- 1 **Speak with a Kiind Peer Navigator** who can answer your questions, provide you with guidance and information as well as connect you with other families in similar circumstances. It's free to book a [Pathway Planning session](#) with us!
- 2 **Continue to work with your GP** and allied health professionals as your child's symptoms evolve. Seek a second opinion if you feel it's necessary.
- 3 **Ask about Medicare rebates.** Ask your GP about accessing therapy services such as a speech therapist, occupational therapist, physiotherapist or psychologist using Medicare rebates.
- 4 **Connect with others.** Join an online or face-to-face peer support group related to your child's symptoms. Peer support groups can provide an invaluable, judgement-free place for parents and carers to connect with one another, share knowledge, insights, ask questions and seek advice.

A good place to start is [Kiind Families Facebook Network](#). Also, [ConnectGroups](#) lists over 700 self-help and support groups for a wide range of conditions.
- 5 **Join an early childhood playgroup.** If your child is pre-school age, there are many playgroups across the state to support parents of children who are showing signs of developmental delay, disability, behavioural difficulties and more. Playgroups provide an excellent opportunity to connect with other parents, develop friendships and helpful networks. Check out [Playgroup WA's Play Connect+ program](#), [Tiny Sparks](#), [Autism Association of WA](#) or contact Kiind for more options.
- 6 **Join a toy library.** Toys help children to develop skills and there are more than 70 toy libraries across WA which operate in the same way as a traditional book lending library. To find a toy library near you, simply google 'toy library' and your suburb.
- 7 **Enrol in parent workshops** and information sessions aligned to the needs of your child. Many are free or low-cost and provide guidance and support across a wide range of areas. [Carer Gateway](#), and [Autism Association of WA](#) provide a good starting point or speak with one of Kiind's Peer Navigators for more options.
- 8 **Access opportunities in the community.** A good starting point is to sign up to Kiind's weekly [What's on activity and event guide](#), filled with free or low-cost programs, workshops, events and activities for the whole family.

You can also check out the events calendar of your local Council, library, church or leisure centre to find out what's on each month such as story time, music, dance and craft activities.
- 9 **Seek support.** If you are experiencing feelings of stress, grief, depression or isolation, understand that you are not alone. Speak to your GP, a counsellor or check out 'Counselling and mental health' in the [Useful organisations](#) section of the Kiind website.
- 10 **Start a record-keeping journey** including notes about observed behaviours, symptoms, abilities, ways of communicating, reaction to treatment or medication(s) and issues that you'd like to discuss with your child's doctor the next time you meet. Take a look at Kiind's [First Steps](#) booklet for more information about what to keep and record.

Need help to navigate the world of disability?

Speak with one of our knowledgeable Peer Navigators for practical guidance, information and support.

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