



# How to support LGBTIQA+ people with disabilities

We want the people who support us and people in the community to treat us well and respect our human rights and our choices.

## This means:

- **Listening** to what we say and being open to conversations about expressing our gender or sexuality.
- **Supporting** us to explore who we want to be and advocate for/with us, if needed.
- **Assisting** us to learn about attraction, identity, our bodies, same-sex relationships and LGBTIQA+ communities.
- **Creating** or linking us into Safe Spaces where we can talk openly and meet other LGBTIQA+ people.
- **Researching** and linking us to LGBTIQA+ services, groups and events where we can celebrate, connect, and feel part of our community.

## Getting help

Sometimes we may need support to be a self-advocate or to make a complaint if we are being discriminated against.

There are many organisations and resources out there to either help people learn about LGBTIQA+ issues or for queer people with disability to access if they desire. These include:

### **Intersex Peer Support Australia**

Australian intersex peer support, information and advocacy group

[www.isupport.org.au](http://www.isupport.org.au)

### **Melbourne Bisexual Network**

Support and advocacy group for bi+ people

[www.melbournebisexualnetwork.com](http://www.melbournebisexualnetwork.com)

### **Switchboard**

Support and referral service for LGBTIQA+ Victorians

[www.switchboard.org.au](http://www.switchboard.org.au)

### **Transgender Victoria**

Advocacy and support for trans and gender diverse people

[www.transgendervictoria.com](http://www.transgendervictoria.com)

**LGBTIQA+** = Lesbian, Gay, Bisexual, Transgender, Intersex, Queer and Asexual.

**Allies** = People who support and/or advocate for LGBTIQA+ people.

# Queer people with disabilities - Our stories, our hopes and how to support us



**Mitch**

Hey. My name is Mitch.

I live in Gippsland. Being gay in a rural area wasn't always super easy. People's reactions to my sexuality were mixed. But my family has been fantastic. Getting into Melbourne and the queer community, but especially the drag community, has been amazing. I went to one of Melbourne's homes of drag, the Greyhound, with a some friends. I thought, I could do this; I want to get into this! 1 1/2 years and 23 shows later, I'm hooked!!

Right now my partner and I are really into RuPaul's Drag Race. It's great to see more representation. It's great to see some Melbourne girls on screen.

I just really want queer people with a disability to know that it's ok to be yourself. Don't let anyone else tell you who you need to be. A project around LGBTIQ+ people with a disability in a disability organisation shows me that our sexualities and gender identities matter. We matter. And people care about that part of who we are.

Hi! My name's Cameron.

I am 35 years old. My pronouns are he and him. I belong to a self-advocacy group for LGBTIQ+ people with an intellectual disability called Rainbow Rights and Advocacy.

Some people with intellectual disability are treated like they don't have a sexuality and can't make sexual choices.

Some people can be over-protective and not let the person speak for themselves and make their own judgements and decisions. What I have learnt is that I have the right to be a proud gay man. I want the people and community who support me to treat me fairly. I need people who support me to be confident, even when other people may not like them supporting me.



**Cameron**

For information, advice and referrals regarding supporting LGBTIQ+ Yooralla customers, please contact the **Yooralla Customer Rights and Empowerment (CRE) team 03 9666 4500 or CRE@yooralla.com.au**

**Tip – A great resource for people with disability and staff is [Our Rainbow Lives](#) by [Inclusion DesignLab](#) and [Rainbow Health Victoria](#)**



Designed by LGBTIQ+ staff, customers and allies at

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