

HOW WE HELP FAMILIES WITH
DISABLED CHILDREN & YOUNG
PEOPLE (0-25) 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

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

We can guide you on your child's journey to adulthood. For resources and information visit: [contact.org.uk/talking-about-tomorrow](https://www.contact.org.uk/talking-about-tomorrow)



EDUCATION & LEARNING

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



PRACTICAL HELP

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://www.fledglings.org.uk)



MONEY & FINANCIAL HELP

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



BY YOUR SIDE

Our Parent Adviser is here to provide support to families in or attending hospital to make sure they have the right information they need – all without an appointment.



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 is to think of your child. But it's important to think about yourself too. We can help you find services to help you in your caring role. We can also connect you with other parents and link you with support groups in your area.



PLAY, LEISURE & HOLIDAYS

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.



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

The Melting Pot
15 Calton Road
Edinburgh
EH8 8DL



07458 046 071



scotland.office@contact.org.uk



facebook.com/contactinscotland



contact.org.uk

FREEPHONE HELPLINE

0808 808 3555

Access to interpreters
helpline@contact.org.uk

Open 9.30am–5pm Monday to Friday



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 [contact.org.uk/helpful-guide](https://www.contact.org.uk/helpful-guide)



HELP FAMILIES LIKE YOURS

To donate to Contact Scotland and make a difference to families today visit [contact.org.uk/donate](https://www.contact.org.uk/donate)