

LGBTIQA+ community

A vibrant, stylized illustration of a diverse group of people representing the LGBTIQA+ community. The group includes individuals of various ages, ethnicities, and abilities. Some are holding a large rainbow flag, while others are holding smaller flags or symbols like a heart with a rainbow flag. One person is in a wheelchair, and another is using a cane. The background is a simple, light blue and white gradient.

Do you want to meet other LGBTIQ+ people?

We all like to meet other people who are like us.

It is also good to know what events and social groups are **accessible** to people with intellectual disability.

Here are some ways to connect with the LGBTIQ+ community

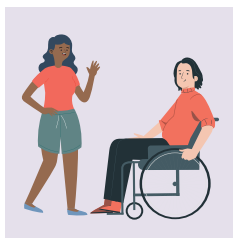
You can talk to someone who knows that you are LGBTIQ+ and who you feel comfortable talking to. They could be a support worker, a family member, or a friend.

They are someone who supports you being LGBTIQ+.

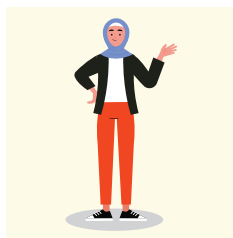
They might be:



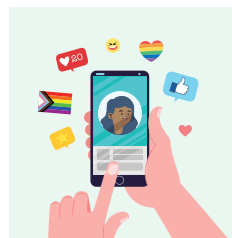
✓ a support organisation



✓ friends and family that you **trust**



✓ a support worker that you trust



✓ your friends on **social media**

You can ask them:

“

How can I connect with the LGBTIQ+ community?

”

“

Are there any LGBTIQ+ events I can go to?

”

“

Are there any accessible LGBTIQ+ groups I can join?

”

“

Can you help me contact this LGBTIQ+ group?

”

Finding community online

You can search online for information to connect with the LGBTIQ+ community. If you want to search for LGBTIQ+ information privately, you can:

✓ Ask a person you trust to use their computer or phone



✓ Use your own phone



✓ Go to the Library



✓ Use private browsing



Searching online for information

You can search for:

(Your city) + LGBTIQ+



Disability + LGBTIQ+



Accessible + LGBTIQ+



Queer + accessible



Queer + disability



Your identity (non-binary, transgender, lesbian, queer, gay, bisexual, intersex, asexual) + (your city)



Look at our other advice on how to have a good experience online too.

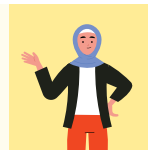
If you feel uncomfortable

If you go to a LGBTIQ+ place that is not accessible, or that makes you feel uncomfortable, you can:

- ✓ Go next time with someone you trust



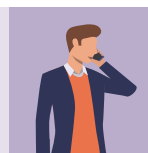
- ✓ Talk to the person who told you about the group



- ✓ Ask another person you trust



- ✓ Talk to the person who runs the group about your accessibility needs



Definitions for words can be found at rainbowinclusion.org.au/words

This document was made by a team of co-designers with disability. It is part of a project called *Information for Inclusion*. The project is run by Deakin University, Inclusion Designlab, and Thorne Harbour Health. It was paid for by an NDIA ILC Grant.

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Point your phone's camera at this QR code to be taken to the Rainbow Inclusion website

We acknowledge the Traditional Owners of the unceded lands on which this resource was created. We pay our respects to their elders past, present and emerging.