

Connecting with LGBTIQA+ community



Are you an LGBTIQA+ person with intellectual disability?

Would you like to meet other LGBTIQA+ people with intellectual disability?

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 LGBTIQA+ community

You can talk to someone who knows that you are LGBTIQA+ 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 LGBTIQA+.

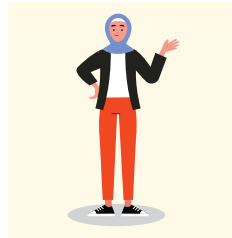
They might be:



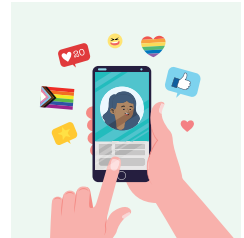
✓ a support organisation



✓ 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 LGBTIQA+ community?

”

“

Are there any LGBTIQA+ events I can go to?

”

“

Are there any accessible LGBTIQA+ groups I can join?

”

“

Can you help me contact this LGBTIQA+ group?

”

Finding community online

You can search online for information to connect with the LGBTQIA+ community. If you want to search for LGBTQIA+ 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 (incognito)



Other people can find out what you have looked at on the internet. They can do this by looking at the history log in your browser. You can stop people finding out what you have looked at by using a special setting in your internet browser. This is called the private setting. Sometimes it is called incognito window, private window, or private browsing.

Searching online for information

There are a lot of places online that you can search. 'Google' can help you find general information. 'Facebook', 'Discord', and 'Meetup' are some of the places that can help you to find events or groups of people.

You can search for:

(Your city) + LGBTQIA+



Disability + LGBTQIA+



Accessible + LGBTQIA+



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.

It is important to feel safe and positive when you are online.

There is a lot of information online. This can be good or bad information.

You want to make sure that the information is right for you, and helpful to you.

You might see information that is not right. You can not always believe everything you read.

Sometimes you will need to read a lot of information before you can make the right choice for you.

Talk to someone you trust if you are confused about your online experience or any information you read.

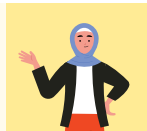
If you feel uncomfortable

If you go to a LGBTIQA+ 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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From our hearts, we acknowledge the First People of Australia, Aboriginal and Torres Strait Islander people.

We show our respects to Elders past, present and future and to Mums and Dads, Aunties, Uncles, cousins, nieces and nephews and family. Brotherboys and Sistergirls are part of the rainbow flag.

For all the self advocates who are people with intellectual disability: Nothing about us without us.



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