



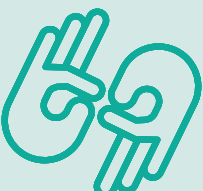
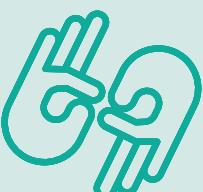
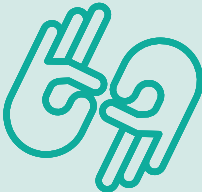
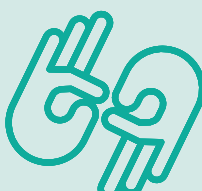
DISABILITIES

UMSU

DISABILITIES

PRESENTS

**The Pocket
Survival Guide for
Disabled Students**



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Who are we?

The UMSU Disabilities Department is a safe and inclusive community that provides a space for students living with or experiencing disability (including mental health conditions). We aim to help students empower themselves via the Disabilities Lounge, weekly collectives, workshops, community events, and more!

The Disabilities Department also endeavours to use education to eliminate stigma surrounding disability within the University.

Find us on Social Media



 umsu.unimelb.edu.au/disabilities/

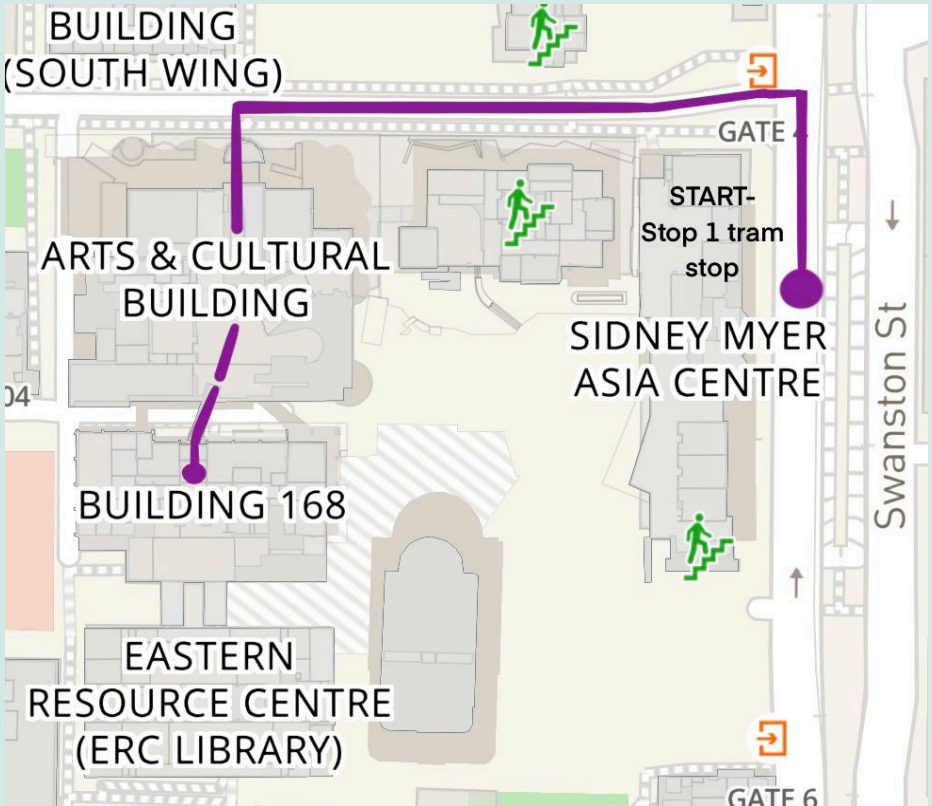
 [@umsudisabilities](https://www.instagram.com/umsudisabilities)

 **UMSU Disabilities Department**

 disabilities@union.unimelb.edu.au

Where are we?

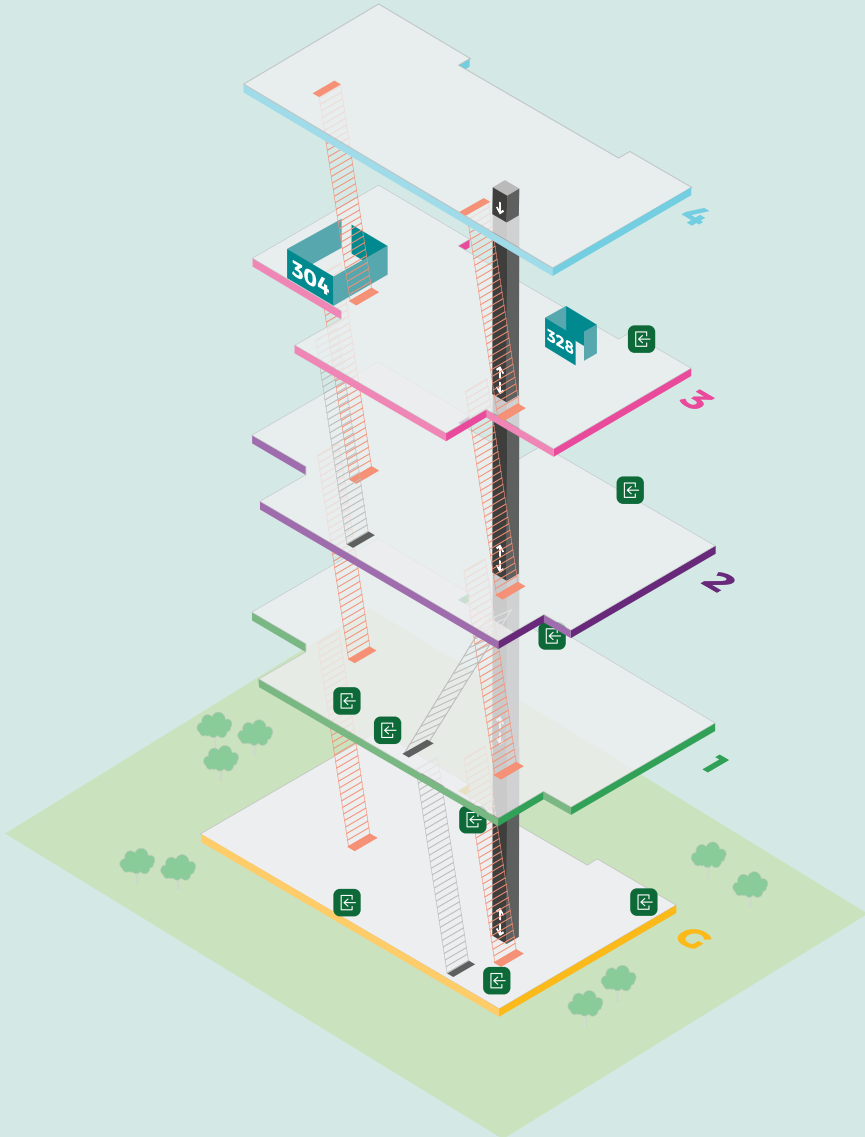
Lost? Visit our website for a video on how to find us!



The Disabilities Lounge & Disabilities Office
Level 3 — Building 168, Parkville Campus

Where are we?

**The Disabilities Lounge (room 304)
and the Disabilities Office (room 328)**



Is this department for you?

Disabilities are conditions that consistently impact an individual's ability to complete tasks and activities, and interact with the world around them.

This encompasses a broad spectrum of conditions and experiences (many of which are invisible) that include but are not limited to:

- ✔ Physical disabilities
- ✔ Neurodivergence (such as ADHD or Autism Spectrum Disorders)
- ✔ Chronic and undiagnosed disabilities (such as Long COVID or Endometriosis)
- ✔ Psychiatric disabilities (such as Depression, Anxiety disorders, Schizophrenia, OCD)
- ✔ Sensory disabilities (such as vision impairment or deafness)
- ✔ Temporary disabilities (for no matter how long you are one of us, you will always be welcome)

The Disabilities Department is here to support all students with disabilities, allies, and carers of disabled people. We welcome anyone who will find community with us and hope to foster pride, awareness, and care on and beyond campus.

Tips

- ✔ If you're feeling overwhelmed, we suggest applying for a reduced study load. Note that you still count as a full-time student when undertaking 3 subjects a semester, so concession benefits will most likely be unaffected.
- ✔ Try picking up a subject in the winter or summer term to maintain a schedule, or complete your degree over a longer time period — but be careful doing both as it can give you a very full year!
- ✔ Reach out to your subject coordinators, tutors, and other relevant faculty members. They may be able to accommodate your needs or help guide you in the right direction.
- ✔ While Student Equity and Disability Support (SEDS) assesses and grants special consideration, the outcome of your applications are decided by faculty. It can be helpful to be aware of this while advocating for your rights.
- ✔ Prioritise your health and wellbeing, everything else can wait.

Mental health

More than 2 in 5 people aged 16-85 years will experience mental illness in their lifetime, and 1 in 5 people experienced a mental disorder with a duration of at least 12 months in the last census year.

In the Disabilities Department, we understand how disabling mental illness can be, particularly in a university environment where barriers and stigma are still prevalent. This is why we welcome anyone experiencing mental ill-health as part of our community, ensuring they know that they are far from alone in their position.

We encourage you to join us in making sure no one is without a support system here, as a safe community can make all the difference. You are loved, you are important, and we would love to have you by our side.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

Friendline: 1800 424 287

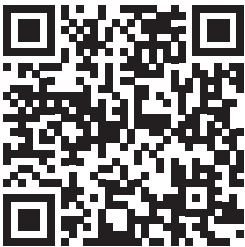
Counselling & Psychological Services (CAPS)

CAPS provides free, confidential, short-term professional counselling to currently enrolled students and staff.

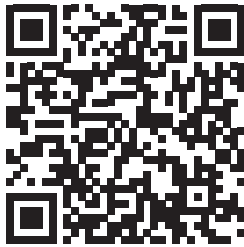
Learn more about them by scanning the QR codes below.

You can also contact them during business hours and can arrange for a counsellor to provide a brief triage phone call:

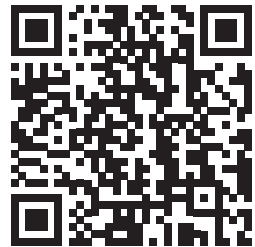
+61 3 8344 6927 (Monday to Friday, 9am-5pm)



**Find out more
about CAPS**



**Make a student
appointment**



**Find a mental
health or learning
enhancement
workshop**

Register for ongoing support

If you have an ongoing circumstance that will impact your studies or assessment for more than six weeks, such as a disability or mental health condition, you can register for an **Academic Adjustment Plan (AAP)**.

Visit this page to register



An AAP:

- ✓ Explains the impacts of your circumstance
- ✓ Outlines adjustments that will best assist you with your studies to meet the course requirements
- ✓ Is support for negotiating your adjustments with academic staff in your subjects

Adjustment examples include:

- ✓ Extensions to assessments
- ✓ Assistive technology
- ✓ Alternative exam arrangements

Know the deadlines:

- ✓ Semester 1 2023 exams: 14 April 2023
- ✓ Semester 1 2023 supplementary exams: 23 June 2023

You will need to:

- ✔ Review your eligibility
- ✔ Obtain required supporting documentation (for disabilities, a Health Professional Report or supporting letter from a health practitioner)
- ✔ Register online
- ✔ Know your rights: you are not obligated to disclose specifics of your condition to the Uni if you don't need to or want to

Once you have submitted your application online:

- ✔ You will receive a submission acknowledgement email and
- ✔ An email to book an appointment to create your Academic Adjustment Plan
- ✔ Then, attend the appointment to discuss your adjustment needs

We recommend emailing your AAP to your subject coordinators and tutors at the commencement of the semester to ensure your adjustments are met. Don't be afraid to chat with them to put a face to your name.

Special consideration

You may be eligible for Special Consideration if your ability to undertake an assessment is affected by illness, bereavement, or trauma that is expected to last less than six weeks.

Potential eligible circumstances

- ✔ Illness of short duration
- ✔ Exacerbation of an ongoing circumstance or illness
- ✔ Hardship or trauma
- ✔ Can be additional for students who have registered for ongoing support

Possible adjustments

- ✔ A deferral, extension or resubmission of assessment
- ✔ An approval of alternative arrangements for assessment
- ✔ An option to redo one or more assessment tasks
- ✔ Authorisation for late withdrawal from a subject

Before applying for special consideration consider applying for extension through your subject on LMS.

Visit this page to register:

You will need to:

- ✔ Review your eligibility
- ✔ Obtain required supporting documentation (see examples through URL)
- ✔ Submit your application within four business days after the examination or assessment due date
- ✔ Apply online



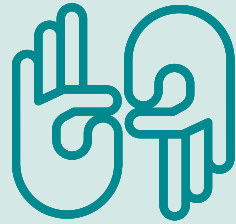
Once you have applied:

- ✔ Regularly check your student email
- ✔ Most advisements will come within five business day of the application
- ✔ Outcomes on the applications for final assessment will be received within five business days of the release of the final subject results
- ✔ You may seek a review if your application has been deemed ineligible

Our iconography

Our logo and colours

The UMSU Disabilities Department logo is adapted from the Auslan sign for 'interpreter.' Our colours are teal and yellow, but you might also see us draped in UMSU's well known purple.



Our mascot

Introducing Owlfie!
Owls are typical symbols of wisdom, knowledge, and understanding — the enemies of stigma. You may also spot our logo in his feathers.



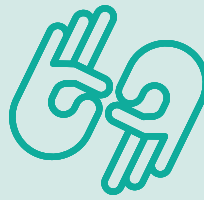
Our flag

The Disability Pride flag we use was designed by Ann Magill, a disabled creator. Although our disabilities are often sources of adversity, they are also integral to our identity, and hence we uphold solidarity and pride for what we have overcome.

The black background represents our mourning for fellow disabled people who have suffered from sources of ableism in society. The parallel stripes represent solidarity, with each colour representing a different one of the diverse domains of disability.



Scan the QR code on the back page for more details.



Disabilities Publication

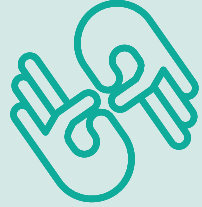
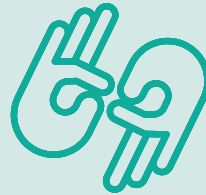
This year we are pioneering the Disabilities Department's first independent publication to champion the voices of students with disabilities.



If you are interested in becoming an editor or submitting your work — whether news, non-fiction, visual, or written creative pieces — email us here:

✉ [**disabilities@union.unimelb.edu.au**](mailto:disabilities@union.unimelb.edu.au)

To view this booklet in an accessible online format, please scan this QR code:



If you need assistance with an issue that requires escalation (either within the University or within UNSU), please contact us and copy in the below emails:

✉ [**president@union.unimelb.edu.au**](mailto:president@union.unimelb.edu.au)

✉ [**secretary@union.unimelb.edu.au**](mailto:secretary@union.unimelb.edu.au)

