

Sharing our Stories



Scan here to find out more via our website

with The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability

This toolkit is here to help you make your own submission. If you would like support or have any questions along the way, our peer-workers at VMAC are here to help.

You may want to share your experiences with disability services and providers. Have you experienced violence, abuse, neglect or exploitation in any form? How can people with disability be better protected and empowered in Australia today? What does your ideal Australia look like for people with disability?

There are no right or wrong answers.



What is this Royal Commission?

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (DRC) is looking at issues affecting people with disability in Australia. By hearing people's experiences, the DRC will learn what must be done in society to better support and protect people with disability. Each submission will raise awareness and help ensure none of us are treated like this again.



Making a submission



How can I share my story?

You can share your story in any language or format: writing, audio, video, images, artwork, poetry, music, or a combination of all of these. You can submit multiple documents and attachments. If any of these formats are inaccessible for you, our peer-support workers can help you with writing things down, recording audio, recording videos, and editing documents.



Who are we?

The Victorian Mental Illness Awareness Council (VMIAC) is the peak Victorian organisation for people with lived-experience of mental-health challenges or emotional distress. Our DRC facilitators at VMIAC are here to help support you in sharing your story to the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (DRC). We have lived-experience of mental-health challenges and work as peers alongside you to share your story in whatever way feels best for you.

For more information including FAQs, support service contact information and further details on submission support please visit our website or contact one of our facilitators via the QR code.



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How can I get involved?

Anybody can make a submission, not just people with a disability. You can also make a submission as a carer, organisation, or in a group with other people.

There are many different ways that harm can happen. Racism, sexism, ageism, homophobia, transphobia, and ableism (and more) can all interact to create harms that cannot fit into one type of discrimination. The discrimination felt by Aboriginal and Torres Strait Islander people with disability, LGBTQIA+ people with disability, women with disability, and culturally and linguistically diverse people with disability, creates significantly larger forms of harm.

Mental-health challenges are often left out of conversations about disability, yet people with psychosocial-disability face multiple forms of stigma and discrimination. We acknowledge that while it is important our voices are included in this Royal Commission, not everyone will agree with or wish to use the term 'disability' or 'psychosocial disability'.

You can talk about small or big issues, positive or negative experiences, ideas or experiences. The DRC is also wanting to hear things that work well, and ideas for change.

Ways to share your story:

Email to:

DRCenquiries@royalcommission.gov.au

Call the DRC to verbally tell your story:

1800 517 199

Send via post:

to GPO Box 1422, Brisbane QLD 4001

Fill in this form on the DRC website:

shareyourstorysubmission.disability.royalcommission.gov.au

Request a face-to-face appointment with the DRC:

privatesessionrequest.disability.royalcommission.gov.au/ so you can share your story in-person.

The Royal Commission will contact you to confirm they have received your submission and send you a letter of acknowledgment. Submissions are open until September 2023. The final report will then be made public.