



nfu

**We are here for you!**

# Become a member!

- Do you or a member of your family have a child who is different from other children the same age?
- Would you like to meet and talk to someone about the joys and sorrows you experience with your child?
- If you join the Norwegian Association for Persons with Developmental Disabilities (NFU), you will meet other families in the same situation.



**There are various forms of advice and support available for parents with children who need a lot of help. As a member of NFU, you will have the opportunity to learn more about this. We at NFU can answer questions about your rights. Read more about all the things we can help you with.**







## We help each other

***'My child is not like other children. It would be nice to be able to talk to someone in the same situation.'***

You can meet other people in the same situation via NFU. The organisation provides an arena where siblings of children with developmental disabilities can meet each other. We have county and local branches all over the country. Our branches organise courses, seminars and social gatherings. The courses are for parents and siblings as well as for our developmentally disabled members.



## Advice and help

NFU informs parents about what kind of help the families of children with developmental disabilities are entitled to. These are some of our frequently asked questions:

***'I am tired. What kind of help can I get?'***

The parents of children who need a lot of help can be entitled to different forms of support. For example, you can get someone to look after your child, either in your home or elsewhere. This is called relief care.



# Kindergarten and school

***'Can my child go to kindergarten, and what help can he or she get?'***

All children can go to kindergarten. The municipality has a duty to ensure that children with developmental disabilities receive extra help and support.

***'Can my child go to school, and what help can he or she get?'***

All children have a right and a duty to attend school. All pupils who need extra help with learning are entitled to receive such help. This is called special needs education. The special needs education must be adapted to enable the child to understand and learn.



**NFU wants children with developmental disabilities to receive the best possible care and education in kindergartens and schools.**



## Work

### ***'Is there work for people with developmental disabilities?'***

There are different employment opportunities for persons with developmental abilities. Many of them are both willing and able to work. The Norwegian Labour and Welfare Administration (NAV) can provide information about job opportunities. NAV provides a range of support schemes to enable people to cope with a job.

**NFU wants people with disabilities to have jobs that they enjoy.**

# Own home and leisure

***'Can young people with disabilities live by themselves after they have turned 18?'***

Many people with disabilities both can and want to live by themselves. They are entitled to receive help in their own home, regardless of where they live. NFU can provide information about the available help and support options. NFU believes that all people should be able to live where and with whom they choose, whether they rent or own their own home.

***'What opportunities does my child have for participating in different leisure activities?'***

There are many leisure activities that children and young people with disabilities can participate in. NFU's local and county branches can provide information about which activities are available in your local area. Children and young people with disabilities can be granted a personal support contact to be with them in their leisure time.

**NFU wants everyone to have equal opportunities to choose between different leisure activities.**

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***Would you like to know more?***

NFU can help you to find out how to apply for the help you need for your child – for example from the municipality or NAV.



## Become a member!

- You will get a lot for the money you spend on your NFU membership fee.
- You will have access to free advice about health and care services, kindergarten, school, work, leisure and housing.
- Members receive the magazine Samfunn for alle.



# Become a member!

NFU's annual membership fees are as follows:

- Individual membership NOK 495
- Family member with the same address NOK 250
- Children under the age of 18 NOK 70

*Please note: Children under the age of 18 cannot be independent members. They must live at the same address as a family member who is an NFU member.*

Norsk Forbund for  
Utviklingshemmede

Svarsending 1225

0090 Oslo

Adressaten betaler  
for sending i Norge



Distribueres av  
Posten Norge

Name:

Address:

Postal code and district:

Mobile phone number:

Date of birth:

E-mail:

Name of individual member with the same address:

*(for children under the age of 18 and those holding a family membership)*

Signature:



# Please contact us if you want to know more:

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