# Resources and further information to accompany episode 5: Relationships

In this episode, Tess and Polly explore the subject of relationships: how can you cultivate and nurture healthy relationships and how can you identify and deal with unhealthy ones? And what are the particular challenges if you are blind or have low vision in building and maintaining positive relationships with partners, parents, children, siblings, friends and carers?

[You can catch up or listen again to the podcast here.](https://varadio.podbean.com/e/nothings-off-limits-healthy-and-unhealthy-relationships-ep5/)

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

**If you are concerned about your personal safety either inside or outside the home, contact the police on 000, or contact 1800 RESPECT on 1800 737 732. You can also contact one of the organisations listed on the White Ribbon website at** [**www.whiteribbon.org.au/Find-Help/Help-Lines**](https://www.whiteribbon.org.au/Find-Help/Help-Lines)

## Resources mentioned in the podcast

Our guest Natalie Wade is Founder and Principal Lawyer at Equality Lawyers. Equality Lawyers website: <https://www.equalitylawyers.com.au/>

Natalie mentioned the NDIS Quality and Safeguards Commission. This is an independent agency established to improve the quality and safety of NDIS supports and services.

They regulate NDIS providers, provide national consistency, promote safety and quality services, resolve problems and identify areas for improvement. You can find out more here: <https://www.ndiscommission.gov.au/>

## Other resources

### Videos/Webinars and Podcasts

The Sugar Doctor Podcast’s episode on transitioning from partner to carer: [www.thesugardoctor.com.au/partner-to-carer/](https://www.thesugardoctor.com.au/partner-to-carer/)

Vision Australia’s ‘Check in and Chat’ webinar on keeping your cool in close situations: [www.visionaustralia.org/checkinandchat/webinars#13](https://www.visionaustralia.org/checkinandchat/webinars#13)

### Apps and Websites

Information about your rights and how to get help from the Australian Federation of Disability Organisers: <https://www.afdo.org.au/staying-safe/>

White Ribbon’s list of helplines: [www.whiteribbon.org.au/Find-Help/Help-Lines](http://www.whiteribbon.org.au/Find-Help/Help-Lines)

1800RESPECT’s guide to Healthy Relationships: [www.1800respect.org.au/healthy-relationships](http://www.1800respect.org.au/healthy-relationships)

It’s Time To Talk’s webpage on building healthy relationships: [www.itstimetotalk.net.au/learn-about-building-a-healthier-relationship](https://www.itstimetotalk.net.au/learn-about-building-a-healthier-relationship)

### Further Reading

A carer’s perspective on the Macular Degeneration Website: [www. maculardegeneration.net/caregiver/help-visually-impaired](https://maculardegeneration.net/caregiver/help-visually-impaired)

Headspace’s blog exploring why relationships are important: [www.headspace.org.au/blog/why-are-relationships-important/](http://www.headspace.org.au/blog/why-are-relationships-important/)

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

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