



So, you have a **teen** with a disorder of the corpus callosum?

**Ten Top Tips for you.**

## **1 CARER SUPPORTS**

Contact support groups like AusDoCC to connect with other families. Look for resources that will support your teen's overall development. A diagnosis will not change your teen but it may explain some of their DCC characteristics. This may bring some relief.

## **2 ADVOCACY**

Take a friend or support person to important medical, school, therapy and agency meetings. It is always good to have another person with you as these can be very emotional. There are also professional advocacy services available if you need one.

## **3 SELF ADVOCACY**

Tell your teen about their DCC. Explain it to them in a way they will understand. Use resources. Let them know they are not alone and that there are other teens with DCC. Try to connect with them and above all, be honest with them.

## **4 EDUCATIONAL SUPPORT**

Your teen may need extra support at school. Don't be afraid to seek help through the school. Put together a personal resource/profile pack that will help the teacher to better understand your teen. You may need to do this at the beginning of every new school year. Don't overload them with information but include key reports from health professionals and any appropriate AusDoCC resources.

## **5 THERAPY**

If your teen needs school based intervention, most schools are happy to work with therapy providers. Therapists can provide strategies to help with social and emotional development that may be beneficial at this age. Have the therapists conduct regular meetings with you and the school. Register with the NDIA for financial assistance with NDIS funding. A neuropsychological test provides good insights to identify strengths and challenges to help teachers provide more tailored academic supports.

## **6 BUILDING CONFIDENCE**

Your teen may need help during their high school years. Anxiety and difficulty with social skills can become more obvious and challenging for teens with DCC. Sometimes they can be left behind their peers. Counselling may be helpful especially if it is a new diagnosis.

## **7 SOCIAL SUPPORT**

Support your teen to 'find their tribe.' A good friend or a group of friends who understand and like your teen for who they are, is invaluable. This may mean finding inclusive groups and activities outside the school setting. Give your teen as many opportunities as possible to do things which broaden their realm of experiences and achieve goals.

## **8 AIM HIGH**

Set the bar high. Teens with DCC might need to do things differently or take their time getting there but there is nothing more limiting than a limited imagination. Just go for it!

## **9 COMMUNICATION**

Talk to the people involved in your teen's life, often. Regular communication is beneficial for everyone. Before any appointments with teachers, therapists and medical professionals write down any concerns and questions you may have. During the meeting, write down the answers you are given. Ask for further explanations if needed.

## **10 ENJOY**

Take time to have fun - teens with DCC are still teens. Teens are amazing!