

Spirituality



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You have the right to explore and choose your spirituality and beliefs.

[Click here](#) for more information about spirituality.

If you want a service which will support you to engage in spiritual learning and activities you could ask the following questions.



Can you give me examples of how you have supported people to explore their spiritual beliefs and sustain their spiritual practices?



What experience do you have with assisting spiritual groups to include people with complex support needs?



How would you assist me to find the right person to support my spiritual journey?

One of the predictors of higher quality of life ratings for both young people with disability and their families, is the strength of their religious faith.

Involvement in a faith community may have provided youth with opportunities to worship, fellowship, and serve alongside others in ways that led to new relationships and social supports.

Biggs, EE and Carter, EW , Quality of Life for Transition-Age Youth with Autism or Intellectual Disability,

J Autism Dev Disord (2016) 46:190–204

