

Our PDA Kids is both a crisis service and an ongoing information, advocacy, support and therapeutic service for families.



I see you; I hear you; I acknowledge your lived experience without judgement.

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## CONTACT ME

...via my website at

<https://www.ourpdakids.com.au/>

[contact/](#)

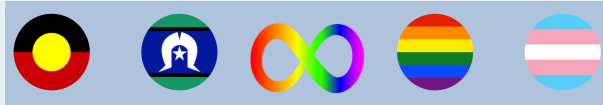
0416 297 492

Funding from the NDIS can be used if you are self-managed or plan-managed. For up to date pricing, please visit <https://www.ourpdakids.com.au/services/>

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Our PDA Kids acknowledges the traditional owners of the land that I work on, the Kaurna people, whose land was never ceded. Always was, always will be, Aboriginal land.

Our PDA Kids welcomes all people, irrespective of culture, faith, sexual orientation and gender identity.



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## OUR PDA KIDS

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Our PDA Kids is aimed at capacity building, through information, support and practical strategies for children with PDA, and their parents, families and schools, to thrive.



Our PDA Kids is an inclusive practice providing at-home, in-person support for parents and children across Adelaide, and tele-health services nationally.

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## ABOUT ME



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My name is Sarah Lovett, and I am a qualified Social Worker. My passion is supporting families raising children with PDA to thrive, underpinned by trauma informed practice. My knowledge and skills through professional practice are coupled with my lived experience of parenting a son with PDA.

I understand the confusing looks you get when trying to explain PDA to other parents, teachers, and health professionals. I understand what it is like to not be believed. I understand the difficulties in navigating the education system. I have experienced the ongoing advocacy required to ensure my child's voice and needs are heard.

My focus is to educate parents/carers on PDA, listen to your experiences with your child, and work together to assist you in advocating for their needs.

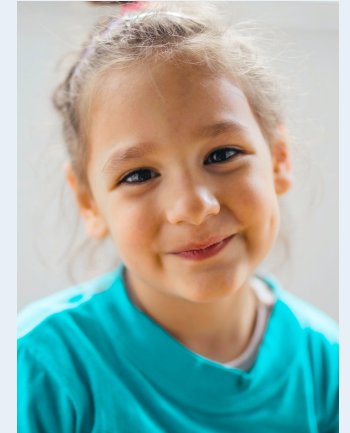
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## WHAT IS PDA?

Pathological Demand Avoidance (PDA), otherwise known as Extreme Demand Avoidance (EDA), is a profile within the autism spectrum.

It is the avoidance of everyday tasks and demands, by feelings of lack of control around choice. These demands can be all encompassing and cumulative. PDA, like autism, presents differently in different people.

It is characterised by extreme anxiety in an overwhelmed nervous system that creates an accumulation of micro traumas for the individual.



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## SERVICES

Nurturing empowerment among parents and self-determination within their children.

Supporting families and individuals through information and advocacy.

Promoting acceptance, inclusion, and authenticity of self.

I am acutely aware that we are all at different stages of our PDA journey. I will support you and your family at whatever stage you find yourself:

- Understanding PDA
- PDA burnout
- Navigating the education system / home schooling
- What does choice and control look like in a child?
- The sibling relationship
- The importance of trust and safety
- Advocating for my child's needs and accommodations

