

Home Guidance team for families with children with disabilities (0–18 years old)

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Visiting address:
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1255 Oslo



Free parental guidance for families with children with disabilities, such as autism, ADHD and intellectual disability.

What we can offer:

- In-home guidance
- Supportive counselling
- Practical advice for how to handle difficult situations with your child
- Help establishing good routines
- Support for communication aids, such as picture exchange communication systems (PECS) and sign-supported speech
- Coordination with other services



About the service

Parents of children with disabilities often face unique challenges. Common parenting advice is not always enough. Their children can need additional care and support in order to develop new skills.

The Home Guidance team includes professionals with expertise in various diagnoses, such as autism, ADHD and intellectual disability.

Among other things, we focus on positive interactions, coping skills and motivation for both the children and their parents. We also offer supportive services to family members.

Low-threshold service

We are a low-threshold service. This means our services are free, and parents or anyone else involved with the family can contact us if the family would prefer that.

It is not a requirement that the child has been formally diagnosed.

Our services are flexible and available Monday–Friday from 07:00 to 20:00.

Tailored to the family's needs

We tailor the services to the needs of each family. We can, for example, provide specific advice and approaches to make everyday life easier for both parents and children.

The guidance can take place in your home or at our offices – whatever works best for you.

We can help coordinate with other services.

Our services are confidential, and the family has to consent on a separate consent form in order for us to interact and coordinate with other services.

We have interpreters available if you need them.

Have any questions?
Contact us for an informal chat.