

Things “To Do” in 2018 for My Loved One with a Disability

Resources for Parents and Siblings

- Build a circle of support
- Undertake estate and financial planning
- Write a will and Letter of Intent
- Understand legal authority, supported decision making, and guardianship
- Establish a Special Needs Trust
- Explore ABLE accounts
- Identify qualified providers and build relationships
- Create record keeping system
- Ensure health insurance
- Attend workshops and find support groups
- Sign up for the St. Louis Arc newsletter and keep contact information handy
- Find the elected officials making policies that affect my family
- Learn about proposed legislation that could change the lives of people with disabilities
- Contact my legislators to let them know my priorities
- Learn how to use Charting the LifeCourse resources

Birth - Childhood

- Seek information about your child’s delay(s) or diagnoses
- Find needed specialists
- Develop a system for organizing important information for your child
- Connect with other families
- Build a circle of support
- Identify support providers
- Find an early intervention program
- Know my rights under IDEA
- Understand the Special Education process
- Advocate for my child and work for inclusion
- Develop a “get to know me” profile for your child for educators and service providers
- Learn about differences by grade levels
- Understand how to create an use an IEP to support your child’s development
- Identify play, recreational, and social opportunities your child will enjoy
- Build social skills and support friendships
- Give responsibilities to build independence and confidence
- Continually identify and encourage your child’s gifts, talents, and strengths
- Identify long-term supporters for your child and yourselves

- Prepare for transition out of school

Transition - Adulthood

- Create a vision for the future
- Learn about school and local transition services
- Identify post-secondary resources and options for higher education
- Determine employment alternatives
- Identify creative employment options
- Write a resume, search for jobs, apply and interview
- Explore job search and training resources
- Work with job coaches and find long-term job supports
- Learn and develop self-advocacy skills
- Identify transportation options
- Manage benefits while working
- Identify recreational and social opportunities
- Develop a housing plan
- Learn about housing programs and providers
- Experience one or more nights away from family
- Increase independence in personal care, household management, and money management
- Continue to build friendships and consider roommate options
- Clarify roles and relationships with circle of supporters
- Understand eligibility for benefit programs (SSI, SSDI, and Medicaid)

Aging

- Build future support networks
- Assess financial resources
- Make durable plans for housing and services
- Maintain quality of life
- Build a circle of support
- Explore benefits and estate planning
- Learn important information for Older Parents of Adult Children with Disabilities
- Provide information for Future Caregivers
- Identify recreational and social opportunities
- Advocate for necessary services/funding

Contact the St. Louis Arc about all of the above