Some parents feel that they need to take full responsibility for their family and decide they will not take help from others. Others may have made this decision after attempts to seek out help have failed. You are a very valuable resource to your son/daughter with a disability however you cannot do this forever without support.

Parents of sons/daughters with disabilities need to reach out and find supports for themselves too. When a parent seeks out support for themselves this often results in direct or indirect benefits for their son/daughter. As you age it is even more critical to consider what supports you need. You may want to learn about additional supports that you may need in the future.

Getting Through Each Day

How do you manage the daily needs and challenges you and your son/daughter face?
What would make each day easier for you?
How often do you spend time with family and friends, by yourself? Or accompanied by your son/daughter?
What hobbies do you have? What new hobbies would you like to develop?
Balancing Family Needs vs. Agency Policies/Personnel

Have you explored agencies in your area that provide services in residential, respite and direct care? Some agencies are more flexible than others in how they provide their services.

Have you asked to speak with other families receiving services from an agency in your area?

Have you been able to work with an agency providing services that will listen and work with you to provide the services that you and/or your son/daughter need?

Services for Help at Home

Are you familiar with Respite Services for your son/daughter? Find out if the state or agencies currently have funding for respite services in your area.

Have you contacted the local Area Agency on Aging in your county to check on their services and eligibility for yourself as well as your son/daughter?

Would you benefit from a class or do you know a case worker that could help you learn more about legal and financial resources as well as programs such as Medicaid Waivers and other community support programs for your son/daughter? Check with your local Area Agency on Aging or senior center.

Seeking out other Families

Do you know other parents with adult sons or daughters with a disability? If so, do you talk frequently and share information?

Are you on any mailing lists or do you receive information from agencies working with adults with disabilities?

Do you attend a support group that is focused on adults with disabilities?

Do you attend conferences or workshops to meet other families and to gather information?

Resources

The Arc of Indiana
107 N. Pennsylvania St., Suite 800
Indianapolis, IN 46204
Phone: (317) 977-2375
Phone (Toll Free) (800) 382-9100
Fax: (317) 977-2385
Email: thearc@arcind.org
Web: www.arcind.org

Governor’s Council for People with Disabilities
Indiana Government Center South, Room E145
402 W. Washington Street
Indianapolis, IN 46204
Phone: (317) 232-7770
TT: (317)232-7771
Fax: (317) 233-3712
Email: GPCPD@gpcpd.org
Web: www.gpcpd.org

Indiana Institute on Disability and Community
2853 E. Tenth Street
Bloomington, IN 47408
Phone: (812) 855-6508
Indiana only: (800) 825-4733
Fax (812) 855-9630
Email: iidc@indiana.edu
Web: www.iidc.indiana.edu

Indiana Protection and Advocacy Services (IPAS)
4701 N. Keystone Ave., Suite 222
Indianapolis, IN 46205
TTY: (800) 838-1131
Web: www.in.gov/ipas/index.htm

Bureau of Developmental Disabilities Services (BDDS)
The Bureau of Developmental Disabilities Services (BDDS) is a part of the State of Indiana’s Division of Disability and Rehabilitative Services within the Family and Social Services Administration.

contact: for more information about BDDS and to find a BDDS office near you, please visit www.in.gov/fssa/files/BDDSDistrictOfficesmap20090618.pdf

IPMG (waiver Case Management Services)
8585 Broadway, Suite 860
Merrillville, IN 46410
Phone: (866) 672-4764
Fax (219) 738-9947
Web: www.gotoipmg.com