APRIL 2023 | VOLUME 4

PLAINFIELD SPECIAL EDUCATION PARENT ADVISORY COMMITTEE

Supporting Families Together



MEDICAID WAIVER INFORMATION WITH THE ARC OF INDIANA

Thursday, April 13th at 6:00pm - Zoom

Join us to learn more about Indiana's Medicaid Waiver program including types of Medicaid Waivers, services available, and how to apply from Mike Dunn, Family Advocate with the Arc of Indiana.

To attend the meeting, register at https://us06web.zoom.us/meeting/register/tZwsd-GtpzkrHternFV61DLGdeEoxcfKmJkh

RESOURCE SPOTLIGHT!

TSA Cares

TSA Cares is a helpline that provides travelers with disabilities, medical conditions and other special circumstances additional assistance during the security screening process.

Call 72 hours prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.
Passenger Support Specialists

Travelers requiring special accommodations or concerned about the security screening process at the airport may ask a TSA officer or supervisor for a passenger support specialist who can provide on-the-spot assistance.

Learn more at https://www.tsa.gov/contact-center/form/cares

ORGANIZATIONS THAT HELP

Arc of Indiana

The Arc of Indiana is committed to all people with intellectual and developmental disabilities realizing their goals of living, learning, working and fully participating in the community.
https://www.arcind.org

Down Syndrome Indiana

DSI is a one-stop-shop for information and resources on Down syndrome. The programs it offers are intended to promote the inclusion of individuals with Down syndrome in their greater community.
https://dsindiana.org

HANDS in Autism

HANDS in Autism® has emerged as a state-wide training and resource center making a significant impact in the lives of individuals with autism spectrum disorder (ASD) and other special needs as well as their families and caregivers.
https://handsinautism.iupui.edu

Indiana Disability Finder

Explore the directory of services, programs and helpful articles for the disability community.
https://www.indianadisabilityresourcefinder.org

Indiana Family to Family

Indiana Family to Family provides information, training, and one-on-one support to Indiana families of children and youth with additional health and education needs, and the professionals who serve them.
https://www.inf2f.org

The Indiana Governor's Council for People with Disabilities

The Indiana Governor's Council for People with Disabilities (GCPD) seeks to improve the lives of people with intellectual and developmental disabilities in Indiana by strategically funding grants, influencing public policy, and training people with disabilities and their family members to more effectively communicate and advocate for themselves and their communities. GCPD works to ensure that people with disabilities can live independent and productive lives in the community with the supports and services that they need to maximize their potential.
https://www.in.gov/gcpd

Indiana Resource Center for Autism

As Indiana's statewide center on autism spectrum disorders, IRCA is committed to supporting all involved in their efforts on behalf of individuals across the autism spectrum.
https://www.iidc.indiana.edu

IN*SOURCE

The mission of IN*SOURCE is to provide parents, families, individuals and service providers in the state of Indiana the information and training necessary to help assure effective educational programs and appropriate services for individuals with disabilities.
https://insource.org

Sometimes the parents need therapy too...

Alea Garcia Cid

As a society, we seem to underestimate the fact that marriage can be a challenging endeavor, even under the best circumstances. When you add a child with special needs into the mix, the additional stress can cause even more difficulties than typical marriages experience. The divorce rate for special needs couples is up to an astounding 90%, yet not much is done about it because of stigma. People seem afraid to talk about it, and I think that needs to change.

My husband gets credit for setting up our initial appointment and dragging me into couples therapy, and I am so glad he did. Therapy gives us a safe space to talk about our feelings and concerns, and to work through the challenges we face as a couple. Our therapist helps us to communicate more effectively, and to understand each other's perspectives. We learn how to support each other and work as a team, even when things are tough.

And we are not alone. Research shows that couples therapy can be incredibly effective in reducing the risk of divorce, with one study finding that couples who received therapy were 70% less likely to divorce than those who did not.

Another benefit of couples therapy Is that it can help parents manage the stress and challenges that come with raising a child with special needs. Our therapist teaches us coping skills, and helps us understand the importance of taking care of ourselves, both individually and as a couple. This allows us to be better parents and advocates for our child.

Of course therapy is not a quick or magic fix. It takes time and effort, and it can get quite messy. However, I do think it is worth the trouble and inconvenience; for some couples, therapy may be their only chance.

Parenting a special needs child can be incredibly challenging, but it does not have to be the end of your relationship. With the right support and tools, you can strengthen your relationship, and come out stronger on the other side. Good luck!

