



## Reasons to Build a Network

Linda Jones, TxP2P Texas Network Connections

In our last issue, we introduced Texas Network Connections, a service provided by TxP2P that provides trained facilitators to help parents and people with disabilities establish a personal support network. A network is a group of committed individuals who meet 2-4 times a year to be the intentional community of caring that supports a person with a disability as they live and age in their community.

So what does it take to start a personal network? Basically, it takes a decision to get started. Here are 10 reasons why you should:

1. Establishing a fully functional network takes time (2+ years) and the sooner you get started, the better.
2. Having a network gives others an opportunity to enjoy the benefits of knowing your child.
3. You can never tell when you might really need the support of a network and there is no sense in waiting for a crisis.
4. Starting a network will assist you in visioning a positive future for your child.
5. Having a network lets others clearly know what you want for your child.
6. Having a network brings peace of mind to families.
7. Having a network will expand your child's circle of friends and is an antidote to isolation.
8. Social ties are necessary for good health.
9. There is a do-it-yourself manual on the TxP2P website, and staff are available to help you.
10. Starting a network is one more thing you can check off your to do list!

In summary - just do it!!

If you are interested in exploring more information about networks, please refer to our section on the P2P website <http://www.txp2p.org/parents/TexasNetworkConnections.html> and/or call Linda Jones, our consultant who works on networks, at 512-659-8682.

## Texas Parent to Parent

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