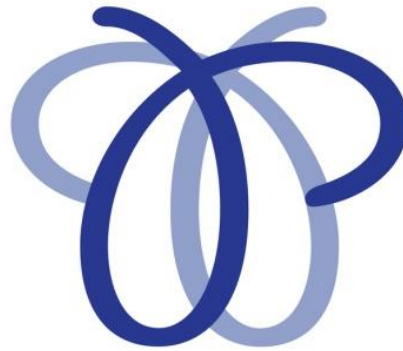


Welcome!!!!



Texas Parent to Parent

Care for the Care Giver

Who We Are

- Parents of children with disabilities, chronic illness and other special health care needs (including preemies)
- Small staff of full- and part-time employees and many volunteers (need MORE!)
- Many years of experience providing parent to parent support
- Statewide nonprofit (§501 (c)(3)) headquartered in Austin



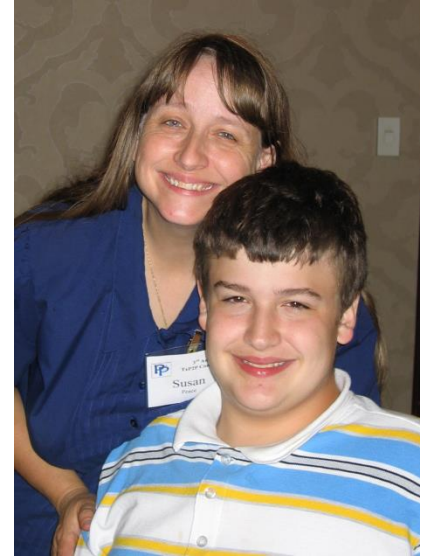
What We Do

- **Match parents** (if requested)
emotional support or information about resources, etc.
- **Provide trainings** (ex: advocacy, Medicaid waiver programs, self-determination, people first language, etc.)
- **Annual conferences** (Statewide and 3 regional)
- **Resource Directory**
- **Quarterly Newsletters**
- **List Serv for parents and family members** (regional areas and issue/disability specific)



Our Goals

- increase the confidence, emotional stability and skills of families
- provide a place where families can get answers to specific questions
- increase families' knowledge and access to resources



- decrease stress and isolation
- help families find or create resources for support
- provide technical support to families or parent groups



A caregiver is...

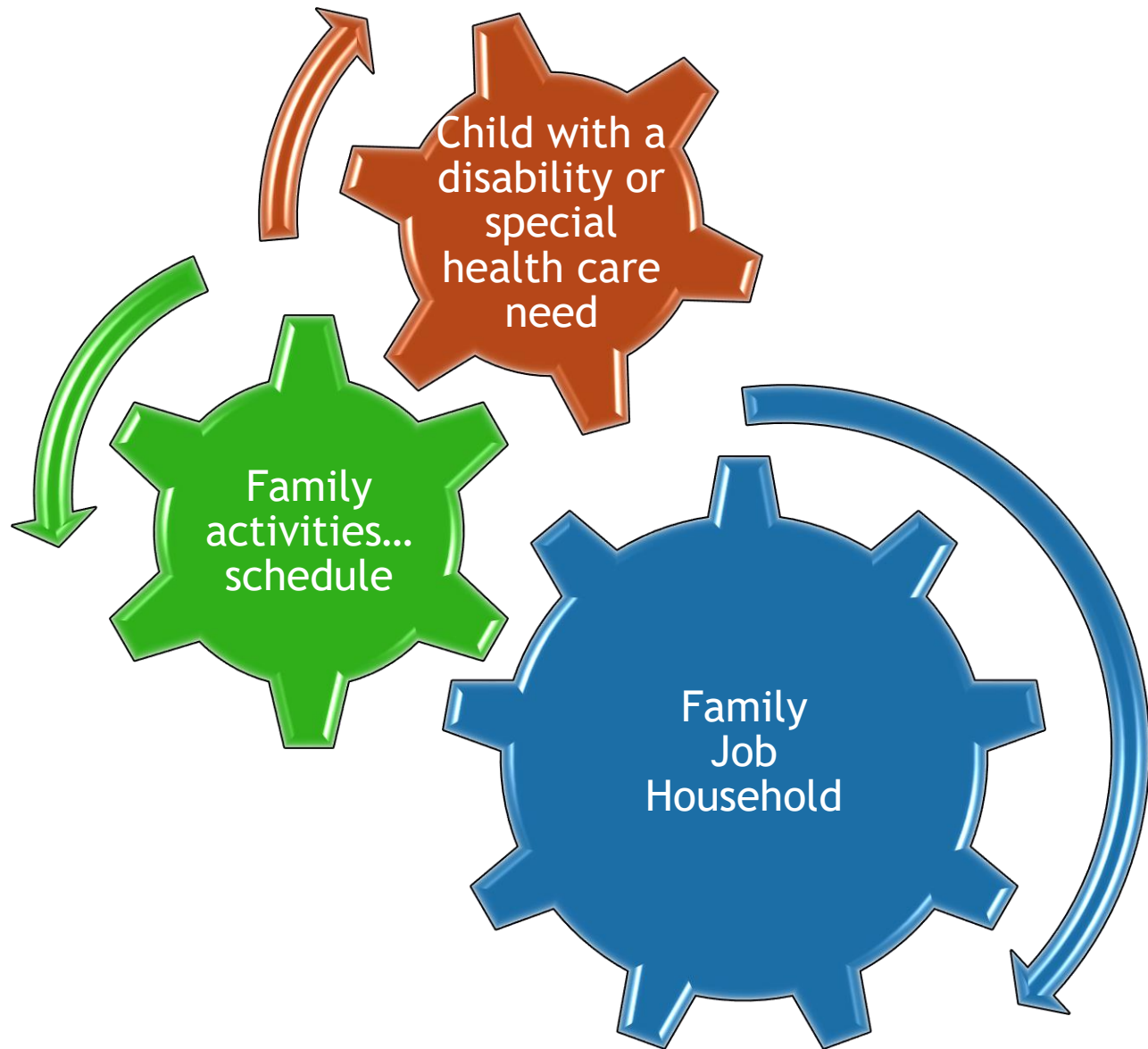
anyone who provides help to another person in need, such as a spouse/partner who is ill, a child with a disability, or a parent who is aging.

However, people who care for a family member often do not identify themselves as a “caregiver.”

Caring for yourself

one of the most important
one of the most often forgotten

things you can do as a caregiver.



Reducing personal stress...



Taking care of yourself



Signs of stress

- Bodily reactions: fatigue, physical aches and pains, loss of appetite, lack of sexual interest
- Sleep problems
- Sadness, resentment, depression
- Anger and irritability

Reprioritize

- Set realistic goals
- Focus on what you are able to provide
- Say “No”



Organize

- Break it down into manageable steps
- Make lists
- Establish routines



Accept Help



Be prepared with a list of how others can help and let the helper choose what they would like to do.



Preserve Self Essence



Fill your bucket...



- Take a break without feeling guilty
- Get connected to other parents
- Spend time with non-judgmental friends/family
- Set personal health goals
 - Check ups
 - Exercise goals

Bill of Rights of Parents Of Children with Disabilities

Parents are acutely aware of their responsibilities to provide for their offspring.

However, as parents of a child with a disability, we often get caught up in managing the details and forget that the rights we have are the same rights everyone else enjoys.

FREEDOM TO:

- Feel that you have done the best you can.
- Enjoy life as intensely as possible, even though you have a child with a disability
- Let your child with a disability have his/her own privacy.
- Have hostile thoughts occasionally without feeling guilty.
- Enjoy being alone at times.
- Have a vacation yearly without the children; couples have dates, celebrations, weekends away, time together to enhance your relationship.
- Say at times that you do not want to talk about your problems. Say, "I'm tired of talking about my child with a disability."
- Fib occasionally and say everything is fine. Do not feel compelled to tell the truth to everyone who asks.
- Tell your child if you do not like certain things she/he does, even though she/he has a disability.

FREEDOM TO:

- To not praise your child gratuitously because you have been told to offer much praise.
- Freedom to devote as much time as you want to the cause of disabilities, and then get away for a while, and return if you want.
- Tell teachers and other professionals what you really feel about the job they are doing; demand they respect your opinions.
- Tell people about your child's progress and achievements with a real sense of pride.
- Have your own hobbies and interests. Spend a little extra money on yourself even though you feel you cannot afford it.

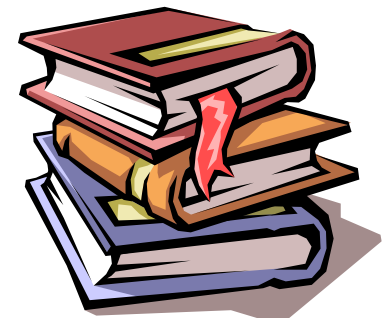
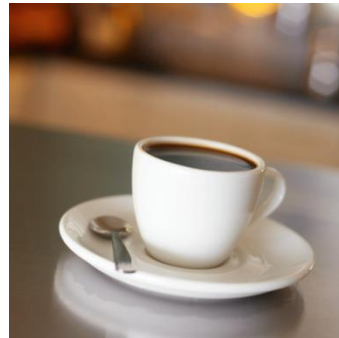


WARNING:

**Parents who do not enjoy all of these freedoms are in trouble.
Martyred parents are seldom appreciated by anybody, even their children.**

Choose today to do it for
yourself.
Just five minutes to start
and the future looks brighter
already!





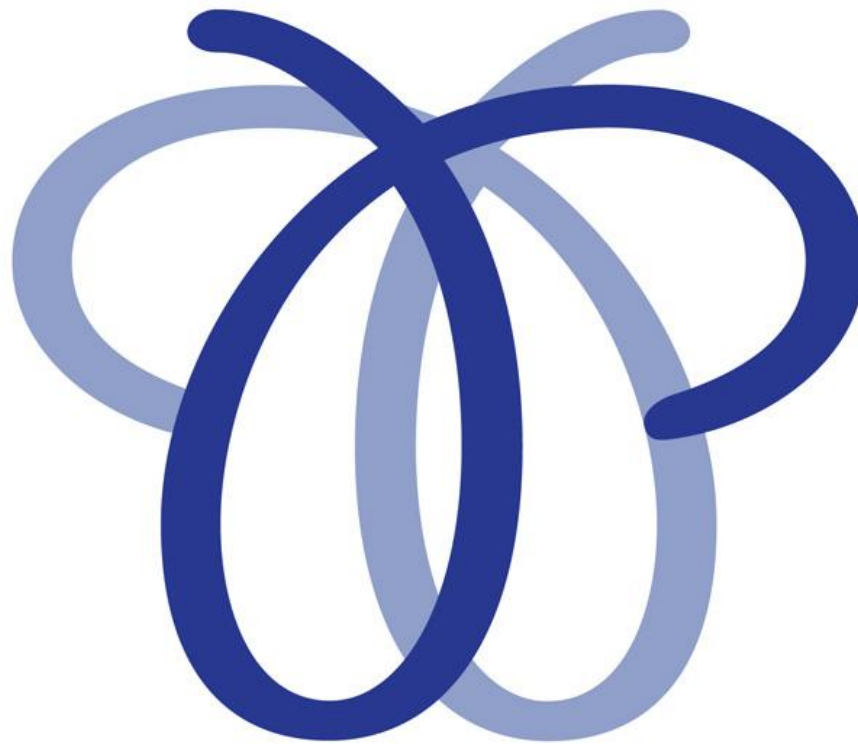
Different Disabilities, Similar Paths



Our children may have different disabilities but we often travel very similar paths.

감사합니다 Natick
Grazie Danke Ευχαριστίες Dalu
Thank You Köszönöm
Спасибо Dank Tack
谢谢 Merci Gracias
Seé
ありがとう

Obrigado



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