



# \* If I knew then what I know now

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- \* Get to know your rights as a parent
- \* Get to know the system
- \* Get to know who the decision makers are

\* ...speak up sooner

- \* Don't leave it to the 'Professionals' to make sure your child is ready for adulthood.
- \* You are an expert too.



\* ...be less trusting

- \* Think and plan for what their life will look like after they leave school.



\* ... look at the bigger picture

- \* There is so much to learn
- \* Attend workshops
- \* Rinse and repeat until it sticks
- \* Don't be afraid to ask for services



\* If I knew then to...  
...pay more attention to  
the adult services

- \* Your family will run easier because of the support system you



\* ... make connections and get  
involved in the community

- \* There are things that you can do to get them ready for employment.



\* ...think about employment

- \* It is important to acknowledge the siblings feelings about hospital visits, behavioral episodes, and the purpose of the programs.



\* ... talk to the other kids about disability and what it means to the family

- \* Be realistic, but don't let them off the hook, especially around responsibilities, chores, and contributions to family life



**\* ...know that they will exceed your expectations**

- \* Create a binder so that you can go back and find information when filling out forms or answering questions



**\* ... keep a detailed book of paperwork and contacts**

- \* Find balance early
- \* Don't get overwhelmed
- \* There are support groups for parents going through what you are going through
- \* Look at the silver lining



\* ... take a break and breathe



\* Thank you for listening