

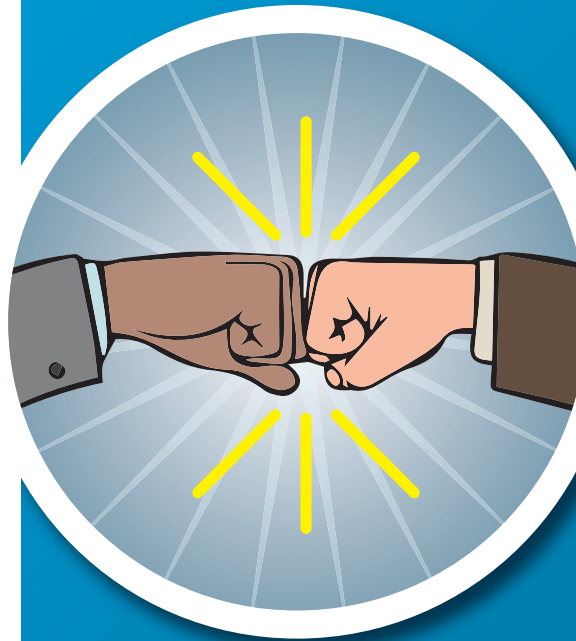
WHAT SHOULD WE DO WHILE WE WAIT?

(Building social networks)

You may need to wait for a period of time before support or services become available. While you are waiting, there are many things you can do to connect your family member to others. It may be very helpful for you to access other supports generally available in your community.

WHAT TO EXPECT:

- Connections or friendships with people who live nearby, or who know your family, create networks that can last a lifetime and can contribute to your family's overall well being.
- Staying in contact with friends from High School is important, so making arrangements to see each other routinely can lead to other opportunities.
- Community agencies are often looking for volunteers.
- Contact your local YMCA, community center or Family Resource Center for opportunities.
- Most counties have a parent support group – ask your ISC for their contact information, or call one of the many advocacy agencies in Illinois.
- The local employment office may have suggestions or opportunities to find hourly or part time work.
- You might want to contact the local Office of Vocational Rehabilitation to see if employment services are available.
- It might be several months or years until services begin – so you have time to set up connections and begin establishing friendships now.



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WHO COULD BE INVOLVED?

- Your family, your family member's friends, neighbors, and neighborhood groups
- Your church, synagogue, mosque, or other spiritual or faith-based groups
- Local community organizations like the YMCA, community centers, recreation centers, community colleges, family resource centers
- Employers or potential employers
- One of the Family Advocacy agencies in Illinois (ask your ISC for their information)
- Clubs and organizations that need volunteers for large events, such as Kiwanis, Lions, Rotary, and other community organizations that hold fund raising or awareness raising events.
- Special Olympics in your area is open to everyone and is a way to see people routinely.

FOR MORE INFORMATION:

Call 211 (United Way)

Contact your local Independent Service Coordination Agency:

Partners in Policy Making:

<http://cpfamilynetwork.org/mission/>

Special Olympics: <http://www.soill.org/>

Family Resource Center on Disabilities:

<https://frcd.org>

Family to Family

<http://familyvoicesillinois.org/>

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