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CAC Corner: the Importance of Building a Personal Support Group

Center for Persons With Disabilities

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CAC CORNER: THE IMPORTANCE OF BUILDING A PERSONAL SUPPORT GROUP

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This is the first of a series of monthly blogs that will be written by members of the CPD Consumer Advisory Council. CAC members will feature blogs on issues and information that impact the lives of people with disabilities and their families. Your comments are welcomed.

This month's blog is written by CAC member Matthew Bone, a family advocate.

The importance of building a personal support resource group for families and individuals with disabilities and the role the CPD can play in this, or, You are not alone

When our daughter was born, we knew right away she had health issues. We learned very quickly that the amount of work required to care for a child with health concerns was significantly greater than for a child without health issues. The doctors did not know what the real issue was, only that she was not expected to live. Now nearly 22 years later, she is in her final year of college, and doing great. She still has the same condition; we just learned how to deal with it.

The other thing we learned was; you need a support group! A support group is made up of people and organizations that you can call and ask to help. This may be as simple as coming over to talk, or other people with similar conditions. It really helps if you can talk to someone who has been there, and done that!

Look for groups that specialize in the area of concern for your child. With the Internet, it is getting much easier to find information and people who are willing to talk. Recently I found out about the CPD and would recommend looking into what it can offer you. It can be a valuable member of your support group.

Build your support group, and most importantly use it. It will make your life and the lives of everyone around you better.

The thing I encourage people to remember is you are not alone, there are people who are willing to help, but you need to let them know you are willing to let them help you.