

Finding Other Parents Who Are In A Similar Situation

Many families with a child who has a disability find it very useful to join a parent group.

These families share special concerns and have a need for some specific information — about the needs of children with disabilities, about therapy, about medical facilities, and much more. By joining a parent support group, you can meet other families with similar needs.

Parent support groups can help you in several ways.

- **Share information:** Parents can find out about medical and community services that can help them meet the needs of their child. Groups often invite speakers to the meetings. Some groups have a newsletter to keep parents informed.

It is through groups of other parents that you can find out which local dentists are good for children who don't sit still and where to buy specialized clothes, toys, or equipment.

- **Share emotions:** There is a great benefit in learning that there are other families going through the same kinds of challenges that you are. Parents can laugh and cry with people who know the feeling of being a parent.
- **Share ideas:** Families share the strategies that keep them going day-to-day. Parents can encourage each other. The experience of others can help you to be realistic and create practical solutions that will work for you and your family.
- **Form a group of concerned parents:** As a group of parents, you can work together to address common concerns faced by your children. A parent group could work to form a child care program for their children. They could lobby for the state to provide "low cost" respite care to families. The group may identify an issue of concern to them and work towards a goal.

To find out about parent groups in your area:

- call one of the agencies listed here.
- talk with the social worker at the hospital.
- call the Delaware Parent Information Center of Delaware: (302) 366-0152 or TDD: (302) 366-0178



Where To Find Parent Support Groups

Local Organizations

Cerebral Palsy: United Cerebral Palsy of Delaware

Phone: (302) 764-2400

<http://www.ucpde.org>

Epilepsy: Epilepsy Foundation of Delaware

<http://www.epilepsyfoundation.org/delaware>

240 N. James, Suite 208

Newport, DE 19804

Phone: (302) 999-9313

Fax: (302) 999-9763

Email: efd@efde.org

In Kent and Sussex Counties:

(800) 422-3653

Head Injury: Brain Injury Association of Delaware, Inc. or BIAAD, Inc.

<http://www.biausa.org/Delaware/bia.htm>

Phone: (302) 378-3035

President: Eve Tolley

PO Box 95

Middletown, DE 19709-0095

UPS Package: #3 Tingle

Ocean View, DE 19970

Phone: (302) 537-5770

Fax: (302) 537-5770 (please call first)

Nationwide: (800) 411-0505

Email: dgtolley@cs.com

Mental Health: Mental Health Association in Delaware

Phone: (302) 656-8308

(800) 287-6423 (in DE)

Alliance for the mentally ill in Delaware: NAMI-DE or National Association for the Mentally Ill in Delaware

<http://www.namide.org/>

Phone: (302) 427-0787

Fax: (302) 427-2075

Mental Retardation: Association for Retarded
Citizens/DE
Phone: (302) 996-9400

Speech and Hearing: Delaware Speech and Hearing
Association
Phone: (302) 764-6652

Spina Bifida: Spina Bifida Association of Delaware
<http://www.angelfire.com/de/sbaofde/sbadhome.doc.html>
PO Box 807
Wilmington, DE 19899

Parent-To-Parent Groups: Parent Information
Center of Delaware, Inc.
Phone: (302) 366-0152
TDD: (302) 366-0178

Yellow Pages for Kids with Disabilities
<http://www.yellowpagesforkids.com/help/de.htm>

National Organizations

Blind: American Foundation for the Blind
<http://www.afb.org>
11 Penn Plaza, Suite 300
New York, NY 10001
Phone: (212) 502-7600
Fax: (212) 502-7777
AFB Information Center: (800) 232-5463
Email: afbinfo@afb.net

Down Syndrome: National Down Syndrome Congress
<http://www.ndsccenter.org/>
1370 Center Drive, Suite 102
Atlanta, GA 30338
Phone: (770) 604-9500
Toll free: (800) 232-NDSC
Email: info@ndsccenter.org
National Down Syndrome Society
<http://www.ndss.org/>
666 Broadway
New York, NY 10012
Phone: (212) 460-9330 or
(800) 221-4602

Fragile X: National Fragile X Foundation
<http://www.fragilex.org/home.htm>
PO Box 190488
San Francisco, CA 94199
Phone: (800) 688-8765
Fax: (925) 938-9315
Email: NATLFX@FragileX.org

Muscular Dystrophy: Muscular Dystrophy
Association - USA
<http://www.mdaua.org>
National Headquarters
3300 E. Sunrise Drive
Tucson, AZ 85718
Phone: (800) 572-1717

National Parent-to-Parent Support and Information
4118 East 1st Street
Blue Ridge, GA 30513
Phone: (800) 651-1151
TDD Available

Rett Syndrome: International Rett Syndrome
Association
<http://www.rettsyndrome.org/>
9121 Piscataway Road
Clinton, MD 20735
Phone: (301) 856-3334 or (800) 818-RETT
Fax: (301) 856-3336
Email: irsa@rettsyndrome.org

Severe Handicaps: The Association for Persons
with Severe Handicaps (TASH)
29 West Susquehanna Ave., Suite 210
Baltimore, MD 21204
Phone: (410) 828-8274
Fax: (410) 828-6706

Visit us at <http://ag.udel.edu/extension/fam/>

Prepared by Brooksie Pruden, Extension Assistant, and La'Shawn Waters, student in the Department of Individual and Family Studies, University of Delaware. This material is adapted from *Accessing Parent Groups* by Suzanne Riley, distributed by the national Information Center for Children and Youth with Disabilities, PO Box 1492, Washington, DC 20013-1492. This issue was initially prepared by Debbie Amsden for Cooperative Extension, University of Delaware. For more information, contact Pat Nelson, 105 Edward R. Wilson House, University of Delaware, Newark, DE 19717-1303. 5/2003

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