

# RESOURCE GUIDE FOR

## *Parents of Children with Disabilities*



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Raising children with disabilities can be difficult especially if you are unfamiliar with some of the help that is available to you.

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Easterseals MORC wants to help make the process a little easier by creating a guide with a few resources for you and your child.

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1. Informational Resources: Learn about some of the services available for your child.

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2. Financial Resources: Learn about systems in place that offer financial support.

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3. Parent Support: Learn about services and supports available for your mental health and well-being.

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# INFORMATIONAL RESOURCES

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**Tracking Your Child’s Development: “Learn the Sign’s: Act Early”:** Offered by the CDC. If you are in the early stages of your child’s development, this site can help you to determine if there are concerns you should address.

<https://www.cdc.gov/ncbddd/actearly/index.html>



**Early Intervention Guide:** Informational piece explaining what early intervention means and where you can find services.

<https://www.cdc.gov/ncbddd/actearly/index.html>



**Key Definitions:** A comprehensive list of verbiage commonly used in regard to disabilities.

[https://www.parentcenterhub.org/wp-content/uploads/repo\\_items/brief-fape-reference-list.pdf](https://www.parentcenterhub.org/wp-content/uploads/repo_items/brief-fape-reference-list.pdf)



# FINANCIAL RESOURCES

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**Supplemental Security Income:** For low-income families with a disability, blindness or over 65 years of age. Visit <https://www.ssa.gov/ssi> to check your eligibility.

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**“The Good We Do Now” webinar:** An hour-long webinar with tips and tricks for financial planning presented by Easterseals MORC. <https://youtu.be/d3GH86BQ0XA?si=dWMyGIRKDKRUIT3r>

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**Earned Income Tax Credit:** If you are an individual who has worked and earned income under \$63,398 and your investment income is below \$11,000, you may be eligible for extra assistance. Visit <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit/who-qualifies-for-the-earned-income-tax-credit-eitc> for eligibility to check your eligibility.

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**“Taking Charge of Your Future” video series:** Tips and tricks on how to increase your financial capabilities. <https://childcareta.acf.hhs.gov/family-economic-mobility-taking-charge-your-future>

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# PARENT EDUCATION & SUPPORT

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**Parent Centers:** Parent centers provide training and information to help parents effectively participate in their children's development. Find one near you at <https://www.parentcenterhub.org/the-parent-center-network/>



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**211.org:** Offers a variety of support services for caregivers, including online communities, respite plans and a hotline with service professionals available to assist you. Visit <https://www.211.org/get-help/caregiver-resources>



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**Parent to Parent USA:** A network of parents supporting one another. You are able to locate support groups near you, read stories of other parents and attend events. Visit <https://www.p2pusa.org/>



# REFERENCES

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<https://childcare.gov/consumer-education/services-for-children-with-disabilities#:~:text=Parent%20education%20and%20support%20services%20are%20available%20to,Resource%20Centers%20%28CPR%20Cs%29%20across%20the%20states%20and%20territories.>



[https://www.aarp.org/caregiving/211-help.html?cmp=KNC-DSO-CAREGIVING-Caregiving-211-MI-Nonbrand-51194-Bing-211-MI-Caregiving-Phrase-Phrase-NonBrand&gclid=73ae496ee7491cf5ca9a2fd4854ef288&gclsrc=3p.ds&msclkid=73ae496ee7491cf5ca9a2fd4854ef288&utm\\_source=bing&utm\\_medium=cpc&utm\\_campaign=Caregiving-211-MI-Nonbrand&utm\\_term=caregiving&utm\\_content=MI-Caregiving-Phrase](https://www.aarp.org/caregiving/211-help.html?cmp=KNC-DSO-CAREGIVING-Caregiving-211-MI-Nonbrand-51194-Bing-211-MI-Caregiving-Phrase-Phrase-NonBrand&gclid=73ae496ee7491cf5ca9a2fd4854ef288&gclsrc=3p.ds&msclkid=73ae496ee7491cf5ca9a2fd4854ef288&utm_source=bing&utm_medium=cpc&utm_campaign=Caregiving-211-MI-Nonbrand&utm_term=caregiving&utm_content=MI-Caregiving-Phrase)



<https://childcareta.acf.hhs.gov/family-economic-mobility-taking-charge-your-future>

<https://www.cdc.gov/ncbddd/actearly/parents/states.html>

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# REFERENCES

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[https://www.parentcenterhub.org/wp-content/uploads/repo\\_items/brief-fape-reference-list.pdf](https://www.parentcenterhub.org/wp-content/uploads/repo_items/brief-fape-reference-list.pdf)

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<https://www.parentcenterhub.org/fapebrief-ref-list-sped/>

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<https://www.ssa.gov/ssi>

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<https://www.parentcenterhub.org/>

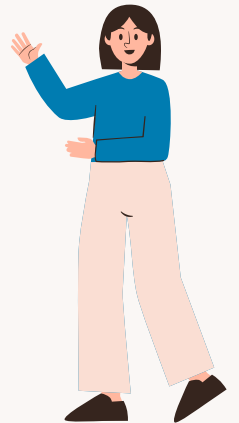
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<https://www.211.org/get-help/caregiver-resources>

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<https://ncchildcare.ncdhhs.gov/Parent/Special-Needs/Special-Needs-Resources>

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EASTERSEALS MORC HAS  
MANY FREE  
DOWNLOADABLE  
RESOURCES LIKE THIS ONE  
AVAILABLE FOR THE  
COMMUNITY.



TO ACCESS MORE FREE  
RESOURCES OR LEARN MORE  
ABOUT US, PLEASE VISIT  
[WWW.EASTERSEALSMORC.ORG](http://WWW.EASTERSEALSMORC.ORG)