What is TASP and how do we support parents with intellectual disabilities?

Lindsay Brillhart, Ivanova Smith, and Chelsea Tighe
April 29, 2021
About TASP

The Association For Successful Parenting, TASP, is a nonprofit committed to enhancing the lives of parents living with cognitive difficulties and their families through education, advocacy, and support.

Join our mailing list:
www.achancetoparent.net

Like our FB page:
https://www.facebook.com/TheAssociationForSuccessfulParenting
Lindsay Brillhart
Mom, Self-Advocate, TASP Board Member, TASP Co-Secretary

• Share about your life and your journey as a parent.

• What is your role with TASP?

• How does TASP support parents?
Ivanova Smith
Mom, Self-Advocate, TASP Board Member

• Share about your life and your journey as a parent.

• What is your role with TASP?

• How does TASP support parents?
So how exactly does TASP support parents with cognitive difficulties?
Education and Training

• FREE Webinars for parents and professionals on a variety of topics
• Training for professionals
• Resources on our website for both parents and professionals
• Link parents and professionals to resources/supports in their area
• Membership for parents, individuals, self-advocates, and professionals – coming soon!
# Upcoming FREE Webinars

**TASP'S 2021 WEBINAR SERIES:**
**Designed to Share Information About Parenting with I/DD and Supporting Parents with I/DD.**

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TASP is a leading nonprofit committed to successfully supporting families when parents have a cognitive difficulty.

Find out more at www.achancetoparent.net
Monthly Newsletter and Monthly Parenting Tips

• Monthly newsletter with trainings, news, advocacy efforts, resources, and more.

• Monthly parenting tips: by parents, for parents, written by Lindsay and Ivanova, and shared monthly through email, social media, and on our website.
Parenting Tips
Advocating for Yourself
By Ivanova Smith
May 2021

Find Your Confidence
It takes self-confidence, and a feeling that you are deserving to advocate for yourself. If you are struggling with self-esteem that will make it harder to self-advocate. Give yourself those positive thoughts that you are worth it and you are not a burden!

Surround Yourself with Positive People
Surround yourself with people who will affirm your worth when you need it and can help advocate for you. It’s helpful when people tell you you deserve it and you have value. That helps you find your confidence and then you can speak up for yourself.

Share your Experiences
Share your experience with people and places so they know and understand accommodations. You may get a follow-up survey where you can share your experience so next time someone who needs an accommodation comes in they will understand.

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Parenting Tips
Finding Supports
By Lindsay Brillhart
April 2021

Are you Eligible for Support?
If you aren’t getting any support services find out if you could! Every state has a Developmental Disabilities Agency, and you can start by contacting them to apply. You can find a list of the disability agency in each state here: https://www.nasddds.org/state-agencies/. If you are eligible you may be able to get some support services.

Interview Providers
If you are able to get services, or are picking a new provider, come up with questions and interview them. You are in charge! We talked to a few different people and picked the best fit for our family, and because we have kids, having a support person that knows about kids was important and we asked questions about that. If you need help, ask a friend or relative to help you come up with questions.

Find Natural Supports
Put your needs out there so people can help! Not all support comes from an agency. Reach out to community members, churches (some have respite options), neighbors, community organizations, your child’s school, early intervention if your child is young, and family and friends if they are willing and able to help. This year I’m going to ask my neighbor to help me learn how to plant a garden because it’s something he’s good at and I want to learn.

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Advocacy

• Support local, state, and national legislation.

• Coordinate with efforts to introduce legislation.

• Work with existing groups to adapt materials and make them accessible.
EVERYONE DESERVES A CHANCE TO PARENT!
Questions?

How can we support you?

What can TASP do to support you as a parent, or as you decide to become a parent?
Thank you!

WWW.ACHANCETOPARENT.NET

Join our mailing list!

Questions?
Email us at info@achancetoparent.net