

CONNECTICUT COMMUNITY OF PRACTICE FOR SUPPORTING FAMILIES

MISSION

To discover, design and deliver effective supports for families who have a family member with a disability.

FOUR YEAR VISION OF SUCCESS

360 degrees of support. Families feel surrounded by support. This can't be done by just shifting the buckets of money! It must be done by engaging with communities.

FAMILIES FEEL BETTER ABOUT THEIR LIVES BECAUSE THEY HAVE ACCESS TO:

- **MENTORING** to increase their Personal Power. Each individual in the family feels greater confidence in their individual role (parent, sibling, grandparent, self-advocate, etc.).
- **FAMILY GROUPS** to increase their Family's Power. Families feel more powerful because they are able to support one another through groups and community connections.
- **COMMUNITY COLLABORATION** to increase their Civic Power. Most family issues (health, safety, social, home, school, employment, etc.) are addressed in common ways in their communities just like any other citizen –unique needs are met as needed for only as long as needed.

VALUES

- **COMMUNITY:** Our job is to help people with disabilities be part of the larger world, not just the disability world. Community needs to be a central feature of all that we do.
- **LIFESPAN:** All of our work needs to be built upon a lifespan approach. We cannot do our work in isolated stages. Each lifespan stage is built upon what has occurred in a previous stage. We need to work together across all ages.
- **STRENGTHS AND COMMONALITIES:** A focus on scarcity of resources or on fears produces short term solutions to the challenges we face. The discovery and building upon commonalities, strengths and “what works” will lead us to better, more sustainable solutions for the long term.
- **INNOVATION:** Innovation is good. Sustainable innovation is better. Scalable innovation is best. We need to make sure proposed innovations will work for many, not just a targeted few.
- **TEAMS:** It takes a team to create solutions to the barriers we face in designing more effective supports for families. We need architects to help use and/or design creative support models. We need contractors who can help us transform the design models into everyday practices. We need workers who can make sure the contractors ideas are implemented properly so that the design is a well-made structure. Families and individuals also need to modify and adapt what we do in ways that meet their individual needs. We need you.

A COLLABORATION BETWEEN



CT Council on
Developmental Disabilities
ct.gov/ctcdd



Connecticut Department of
Developmental Services
ct.gov/dds

GET INVOLVED WITH THE COMMUNITY OF PRACTICE

CONTACT

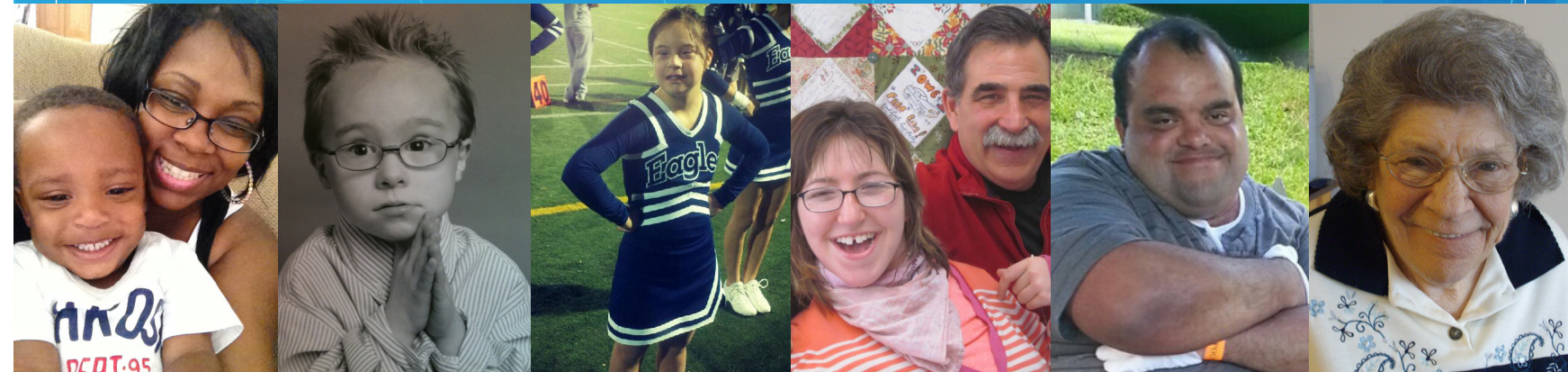
Robin Wood,
CT Department of
Developmental Services
866-737-0330
Robin.Wood@ct.gov

Molly Cole,
CT Council on
Developmental Disabilities
800-653-1134
molly.cole@ct.gov

LEARN ABOUT THE NATIONAL CoP

VISIT

supportstofamilies.org



STRATEGIES TO SUPPORT REAL LIVES

RESOURCES & SERVICES ALONG THE LIFESPAN

HOME LIFE

2-1-1 CHILD CARE

Statewide child care resource and referral service staffed by early childhood specialist who connect families to licensed child care providers.
211 or 800-505-1000

CT LIFESPAN RESPITE COALITION

Provides information for family caregivers seeking affordable, available respite (or “short breaks”) care.
ctrespite.org | 877-737-1966

CT DEPARTMENT OF SOCIAL SERVICES

Provides help with health care coverage, child care, child support enforcement, independent living services, energy assistance, food and nutrition aid, and more.
ct.gov/dss

CT ENERGY ASSISTANCE PROGRAM

Federally funded assistance.
800-842-1132 or 211

HOUSING EDUCATION RESOURCE CENTER (HERC)

Provides housing counseling, information, education, and resources to tenants, landlords, homeowners, agencies and others.
herc-inc.org | 860-296-4372

NEAT MARKETPLACE

Provides information on personal and home accommodations which can help increase independence.
neatmarketplace.org | 866-526-4492

U.S. DEPT OF HOUSING & URBAN DEVELOPMENT (HUD)

Administers rental subsidies, provides funds for home modification, low-income housing, and home ownership and implements the Fair Housing Act
hud.gov | 860-240-4800

FINANCE & BENEFITS

BENEFITS COUNSELORS

Benefits counseling services for those working or considering employment.
ct.gov/brs | 800-773-4636

MEDICAID

Provides coverage for a comprehensive array of health services and medical needs. Applications can be made through any Department of Social Services office.
connect.ct.gov/access

CENTER FOR MEDICARE ADVOCACY

Provides education, advocacy and legal assistance to help older people and people with disabilities obtain necessary health care.
medicareadvocacy.org | 800-262-4414

U.S. SOCIAL SECURITY ADMINISTRATION

Administers all Social Security programs:

- Supplemental Security Income (SSI)
 - Social Security Disability Insurance (SSDI)
- Ticket to Work, designed for people who receive SSDI or SSI benefits but want to go to work.

socialsecurity.gov | 800-772-1213

PLAN of CT, Inc.

Trusts options to safeguard current and future assets.
planofct.org | 860-523-4951

ADVOCACY & SELF-DETERMINATION

CT YOUTH LEADERSHIP PROJECT

Empowers youth with disabilities to realize their leadership potential.
ctylp.org | 860-918-2762

KIDS AS SELF ADVOCATES (KASA)

National, grassroots project created by youth with disabilities for youth.
fvkasa.org | 334-230-5441

PEOPLE FIRST OF CT

Statewide self-advocacy organization for people with intellectual and developmental disabilities.
peoplefirstct.org | 860-578-2905

SELF-ADVOCATES BECOMING EMPOWERED (SABE USA)

National self-advocacy organization that works for the full inclusion of people with developmental disabilities in the community throughout the 50 states and the world.
sabeusa.org

PARTNERS IN POLICY MAKING

Leadership training program for self-advocates and parents of individuals with disabilities available online and in person.
partnersinpolicymaking.com

AGENCY SERVICES & SUPPORTS

BOARD OF EDUCATION FOR THE BLIND (BESB)

Provides comprehensive low vision services, specialized education services, life skills training, case management, and vocational services to people of all ages who are legally blind and to children who are visually impaired.
ct.gov/besb | 800-842-4510

COMMISSION ON THE DEAF & HEARING IMPAIRED

Provides information and support to individuals and families as well as community education.
cdhi.ct.gov | 860 231-8756
860-231-7623 (TTY)

CT BIRTH TO THREE SYSTEM

Offers statewide early intervention system for infants and toddlers with disabilities and significant developmental delays.
birth23.org | 866-888-4188

CT AGING SERVICES

Ensures that Connecticut’s elders have access to the supportive services necessary to live with dignity, security, and independence
ct.gov/agingservices | 866-218-6631

CT DEPT OF CHILDREN AND FAMILIES

Administers programs of importance to children and their families, including adoption, foster care, child abuse and is responsible for children. **ct.gov/dcf**

CT DEPT OF DEVELOPMENTAL SERVICES

Responsible for the planning, development and administration of complete, comprehensive and integrated statewide services for persons with intellectual disabilities.
ct.gov/dds | 866-737-0330

CT DEPT OF EDUCATION

Ensures equal opportunity and excellence in education for all Connecticut students.
www.state.ct.us/sde

CT DEPT OF MENTAL HEALTH & ADDICTION SERVICES

Promotes and administers comprehensive, recovery-oriented mental health treatment and substance abuse prevention and treatment services.
ct.gov/DMHAS | 800-446-7348

CT DEPT OF PUBLIC HEALTH

State department focused on disease and prevention, environmental health, and statistics and research to help people stay healthy.
ct.gov/dph | 800-828-9769

CT DEPT OF REHABILITATION SERVICES

Provides services to support individuals with disabilities to work competitively and live independently.
ct.gov/dors | 800-842-1508

CT DEPT OF SOCIAL SERVICES

Provides a broad range of services to the elderly, people with disabilities, families, and individuals who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living.
ct.gov/dss | 888-214-5437

CT DEPT OF TRANSPORTATION

Oversees aviation, highway operations, public transportation, and the planning, development, and administration of transportation.
ct.gov/dot | 860-594-2000

EDUCATION & EMPLOYMENT

ADULT EDUCATION

Free classes in every school district in basic skills instruction; many offer additional classes of interest at a low cost.
www.state.ct.us/sde

CT PARENT ADVOCACY CENTER

Offers educational information and support to families of children and young adults from birth to 26 with any disability or chronic illness.
cpacinc.org | 800-445-2722

CT Works

Career Centers offering free employment services for those interested in finding a job, building job skills, or starting a new career.
www.ctdol.state.ct.us

SPECIAL EDUCATION RESOURCE CENTER (SERC)

Provides education research and best practices to educators, service providers, and families throughout the state.
ctserc.org | 860-632-1485

SOCIAL SUPPORTS

BEST BUDDIES

An organization that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.
bestbuddiesct.org | 866-282-8339

CT DEPT OF ENERGY & ENVIRONMENTAL PROTECTION

Information about outdoor recreation.
ct.gov/deep | 860-424-3000

CT PARKS AND RECREATION ASSOCIATION

Non-profit organization dedicated to the promotion, development and improvement of recreation activities for all citizens in CT.
crpa.com

SPECIAL OLYMPICS UNIFIED SPORTS

Supports people with disabilities develop and improve sport-specific skills as well as prepare themselves for participation in community sports programs.
soct.org | 800-443-6105

YMCA

Organization committed to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.
ymca.net/find-your-y | 800-872-9622

CT YOUTH SERVICES ASSOCIATION (CYSA)

Leads, strengthens and supports a unified network of Youth Service Bureaus dedicated to promoting the well-being of Connecticut’s children, youth, and families.
ctyouthservices.org

HEALTHY LIVING

CHILDREN'S HEALTH INSURANCE HEALTH PLANS

Find no-cost or low-cost health coverage for eligible children.
insurekidsnow.gov/state/connecticut/

CT MEDICAL HOME INITIATIVE

Promotes family-centered, community-based, culturally competent coordinated care for children with, or at risk for disabilities. **ct.gov/dph/medicalhome**

EMERGENCY MOBILE PSYCHIATRIC SERVICES FOR YOUTH (EMPS)

Rapid crisis response service for children and youth from birth to age 18 requiring no out-of pocket costs.
ct.gov/dcf | 211

OFFICE OF THE HEALTH CARE ADVOCATE

Focuses on assisting consumers to make informed decisions when selecting a health plan; assisting consumers in resolving problems with their health plans, and; identifying and advocating on issues, trends and problems that may require executive, regulatory or legislative intervention.
ct.gov/oha | 866-466-4446

VNA HEALTHCARE OF CT

Not-for-profit, Medicare-certified home care agency with a full complement of skilled care and independent living services.
vnahealthcare.org | 800-466-3227

SUPPORTS TO FAMILIES

211 INFOLINE

Connecticut’s free information and referral service operates 24 hours a day, every day of the year. TDD access is available.
infoline.org | 211

AFRICAN CARIBBEAN AMERICAN PARENTS OF CHILDREN WITH DISABILITIES (AFCAMP)

Network of families in Hartford interested in helping other parents find the supports they need to become their child’s best advocate.
860-297-4358 | 860-548-9959

ARC CONNECTICUT

Advocacy organization committed to protecting the rights of people with intellectual and developmental disabilities.
thearcct.org | 860-246-6400

CT AUTISM SPECTRUM RESOURCE CENTER

Helps those on the autism spectrum through support, recreation and education work toward the goal of leading full and productive lives.

CT-ASRC.ORG | 203-265-7717

CT DOWN SYNDROME CONGRESS

Organization dedicated to helping create a world where people with Down syndrome are included in all aspects of life, are empowered to meet their needs and are recognized for their contributions.
ctdownsyndrome.org | 888-486-8537

CT FAMILY SUPPORT NETWORK

Statewide network of families who have children with disabilities and special health care needs. We are parents who are interested in helping other families find the supports they need to become their child’s best advocate.
ctfsn.org | 877-376-2329

CT STATE INDEPENDENT LIVING COUNCIL

Promotes choice, equal access, opportunity, and full inclusion of people with disabilities in the economic, political, social, cultural, and educational

mainstream of American Society.
ctsilc.org | 860-523-0126

FAVOR

Statewide family advocacy organization serving families, children and youth dealing with a broad spectrum of behavioral and mental health needs, by providing policy and family advocacy.
favor-ct.org | 860-563-3232

LEGAL ASSISTANCE RESOURCE CENTER OF CT

Provides legal services for individuals with low-incomes, including people with disabilities and seniors.
larcc.org | 860-278-5688

OFFICE OF THE CHILD ADVOCATE

Independent state agency established to protect the civil, legal, and special rights of all children in CT.
ct.gov/oca | 800-994-0939

OFFICE OF PROTECTION & ADVOCACY

P&A is an independent state agency created to safeguard and advance the civil and human rights of people with disabilities in Connecticut.
ct.gov/opapd | 800-842-7303

PADRES ABRIENDO PUERTAS (PARENTS OPENING DOORS)

Latino family organization in Hartford.
860-297-4391

PATH (PARENT TO PARENT FAMILY VOICES)

Statewide network of families providing informational and emotional support to others who have a child with developmental or health related needs.
pathct.org | 203-234-9554

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