



## FAMILY SUPPORT PROGRAM



The Family Support Program in St. Charles is funded by the Developmental Disabilities Resource Board. The program is designed to support families that include children or adults with developmental disabilities.

## WHO IS F.A.C.T.?

F.A.C.T., a non-profit family organization has provided services to families that include a person with disabilities since 1988. F.A.C.T.'s Family Support Partners, who are parents of children with disabilities, provide guidance to families using a peer mentoring approach. They focus on helping parents navigate systems, understand their child's diagnosis, and access community resources. F.A.C.T. believes that parents or guardians should have equal input when working within systems and that the family voice should always be considered and heard.

## WHAT IS A FAMILY SUPPORT PARTNER?

The Family Support Partner's role is unique, as they too are parents that have a child with a developmental disability, who have successfully navigated multiple systems in support of their own children. In turn, the Family Support Partner offers a shoulder to lean on to families who are currently going through the same or similar challenges. They support families in a number of ways including attending school meetings and team meetings, helping the family to locate resources, assisting in setting goals and then developing plans to achieve them. Family Support Partners collaborate with other community agencies to ensure the family is receiving the support they need.

## HOW WILL THIS PROGRAM BENEFIT MY FAMILY?

Often times families that have children with disabilities feel confused by the service provider system, disconnected from friends because their children are different, unsure about what a diagnosis means in terms of how it might affect a child, and unaware of what services might be available in the community. We want to support these families to minimize the stress that comes from having a child with a disability by guiding them on how to access services, recognize natural supports, and find information. By supporting families we hope they become self-determined, knowledgeable and gain the skills needed to address any challenges that may arise.

**Creating hope, growth, and opportunities for people with disabilities & their families.**

### PROGRAM GOALS:

- ◆ All members of the family will be self-determined and will advocate for their needs.
- ◆ All people with disabilities and their families will be accepted by, and have the same opportunities as members of their community.
- ◆ The physical and mental health needs of all family members will be met.
- ◆ Home life for all family members will be calm, safe, and stable.

### PARTICIPATION GUIDELINES:

- ◆ Must be a resident of St. Charles County
- ◆ Family member must have a documented developmental disability.
- ◆ Family member must be eligible for St. Louis Regional Center services. F.A.C.T. will assist eligible families through the Regional Center process.
- ◆ There is no fee for these services.



**Call Now For Assistance: (636) 949-2425**

F.A.C.T.'s mission is to mentor & empower families through advocacy and training to improve the quality of life & opportunities for children and adults with disabilities.

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