

FAMILY NEEDS SURVEY – Adapted from Carl Dunst

When a child is diagnosed with a disability, life can feel so overwhelming. Many people are available to help, but often parents are in such shock that they may not even know where to start. Having this simple checklist may help you to determine which areas you need additional assistance/information with.

NEED FOR INFORMATION (I need more...)

- general information about my child's condition or disability.
- information about how to teach, play with, or talk to my child.
- information about what services are available for my child now or in the future.
- information about how children with disabilities grow and develop.
- information about future options for my child.
- information about legal issues involving my child (e.g.: guardianship, estate planning)
- information on (circle all that apply): Education Laws, Language, Social Skills, Behavior, Schools, Inclusion, Advocacy, recreation Activity, Writing an IEP, Medication or Alternative Medication, Sensory Integration, Sexuality, Other

NEEDS FOR SUPPORT (I need...)

- to have someone in my family that I can talk to more about problems or better communication with my spouse
- to have more friends that I can talk to or another parent who has a child that is similar to mine.
- to have more opportunities to meet and talk with other parents who have children with similar issues.
- to have more time just to talk with my child's teacher/therapist.
- to meet more regularly with a counselor (psychologist, social worker, psychiatrist to talk about problems.)
- to talk to a religious person who might be able to help me cope with my child's diagnosis.
- reading material about other parents who have survived have a child similar to mine.

EXPLAINING YOUR CHILD'S DISABILITY TO OTHERS (I need...)

- help in how to explain my child's disability to siblings, classmates, family members, or community members.
- to know where I can sign my other children up for Sibling Workshop/Support Group.
- information to help my spouse understand and accept our child's disability.
- help in knowing how to respond when friends, neighbors, or strangers ask questions about my child's condition.

COMMUNITY SERVICES (I need...)

- help locating a doctor, specialist, or dentist who understands my child's needs and me.
- help locating babysitters or respite care providers who are willing and able to care for my child.
- help locating a day care center or preschool for my child.
- help finding community recreation for my child.

FINANCIAL NEEDS (I need...)

- help in paying for expenses such as food, housing, medical care, clothing, or transportation.
- help in getting special equipment for my child's needs.
- help in paying for therapy, day care, or other services my child needs.
- help paying for babysitting or respite care.
- help paying for toys that my child needs.