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**January 31, 2024**

**Topic:** [How Do We Support Families to Support Their Loved Ones?](#)

**Summary:** Individuals with I/DD require support throughout their lives. Families are often the main caregivers for them even after they reach adulthood. The service system relies on families to be caregivers because there are not enough resources to adequately serve everyone.

**What We Need:** Family caregivers have unique challenges and need to have access to services that provide the tools they need to be able to keep their family whole and sustain themselves until they are no longer able to care for the person or the person chooses to live independently. These include peer support when their child is newly diagnosed, accessible and affordable childcare that can service children with disabilities with appropriately trained staff, they need a break from caregiving, and they need help to be able to plan for when they can no longer care for their loved one.

**What you should watch for this session:**

[Invest in Parent to Parent](#)

[Paying Parents of Minor Children with Disabilities](#)

[Safety Support in the Family Home](#)

[Digital Transformation of DDA services](#)

[Adult Day Services](#)

**Questions:** Contact The Arc of Washington [cathy@arcwa.org](mailto:cathy@arcwa.org) 425-269-9915