Family Resource Program – Coffee Hour

VFTH

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More than a year ago a Family Resource Program was started at the Suzanne Vitale Clinical Education Complex to offer support for caregivers.

Activities are already providing much needed resources as Amy Bingham explains in this week’s View from the Hill.

A little coffee and a lot of conversation.

Any help you can get if you have an autistic child, you don’t always know what to do.”

Donna Odom is looking for support as she helps care for her 19 year-old autistic grandson.

“You feel like you should have the answers but you don’t so therefore you ---with these meetings we can get together and help one another.”

Coffee Hour is one of many ways the Family Resource Program offers information to caregivers like Odom.

“It was basically a time set aside for them to really relax, de-stress, to share some areas they were stressed out, sit back and be able to think of nobody but themselves.”

Stress management and relaxation exercises are just some of the many topics offered.

“They’re able to choose their own trainings so the trainings we set aside in these coffee hours are set up based on what they voted for.”

Many of these caregivers have been bringing loved ones to the CEC for years, but the Family Resource Program is about helping them.

“We have other programs that have done immaculate jobs of taking care of the children and family members with special needs but Family Resource is designed to support the families and make sure their needs are met as well.”

It can be as simple as sharing challenges with others who truly understand.

“I feel like there’s a definite sense of camaraderie and the more I come the easier it is to feel that with people”

“it’s ok to not know what to do and know you’re not the only one going through something.”

And it’s that sense of community that makes the Family Resource Program so beneficial.

“We don’t give up, we just try a different method and every time I come I find a different method to deal with it.”

With this week’s View from the Hill, I’m Amy Bingham.

A lot more support for caregivers will be offered at the 2016 Special Needs Summit on Friday, October 14th at the Knicely Conference Center. There’s still time to register. For details log onto wku.edu forward slash summit.

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