



A.D.V.O.C.A.T.E. AS A CAREGIVER

A

— ACCESS THE SYSTEM

FAMILIARIZE YOURSELF WITH AVAILABLE SERVICES AND RESOURCES. UNDERSTANDING WHAT SUPPORT EXISTS IS THE FIRST STEP IN SECURING IT FOR YOUR CHILD.

D

— DETERMINE APPROPRIATE SERVICES

IDENTIFY THE INTERVENTIONS, THERAPIES, AND PROGRAMS BEST SUITED TO MEET YOUR CHILD'S INDIVIDUAL NEEDS. CONSIDER BOTH CURRENT REQUIREMENTS AND LONG-TERM GOALS.

V

— VOICE YOUR PERSPECTIVE

AS A CAREGIVER, YOUR INSIGHTS ARE INVALUABLE. YOU KNOW YOUR CHILD BEST. SHARE YOUR OBSERVATIONS AND ADVOCATE FIRMLY AND RESPECTFULLY FOR WHAT YOU BELIEVE WILL SERVE THEM MOST EFFECTIVELY.

O

— ORGANIZE DOCUMENTATION

MAINTAIN A WELL-ORGANIZED RECORD OF ASSESSMENTS, SERVICE PLANS, MEDICAL REPORTS, AND COMMUNICATION LOGS. THESE DOCUMENTS ARE ESSENTIAL TOOLS IN ACCESSING AND COORDINATING CARE.

C

— CREATE A CONTACT PLAN

DEVELOP A PRIORITIZED LIST OF PROFESSIONALS AND SUPPORT PERSONS TO CONTACT IN EMERGENCIES OR FOR ONGOING CONCERNS. KNOWING WHO TO REACH AND WHEN CAN PREVENT UNNECESSARY DELAYS IN CARE.

T

— TAKE A TEAM-BASED APPROACH

EFFECTIVE CAREGIVING INVOLVES COLLABORATION. BUILD A COMPREHENSIVE SUPPORT TEAM THAT MAY INCLUDE PHYSICIANS, THERAPISTS, CASEWORKERS, EDUCATORS, AND COMMUNITY MEMBERS.

E

— EVALUATE AND ADJUST

ROUTINELY ASSESS THE EFFECTIVENESS OF SERVICES AND STRATEGIES. MAINTAIN A JOURNAL TO TRACK PATTERNS, OUTCOMES, AND AREAS NEEDING CHANGE. CELEBRATE PROGRESS, AND BE PREPARED TO ADAPT WHEN NEEDED

