

OVERVIEW OF T×P2P SUPPORTING PARENT VOLUNTEER TRAINING



INTRODUCTION:

- Who is Texas Parent to Parent?
- Understand our common *experience* and recognize our similarities even though our children have different disabilities, illnesses, and syndromes
- Parent Sharing: What brought you here today?

RESPONSIBILITIES OF SUPPORTING PARENT VOLUNTEER:

- Learn what will be expected of you as a volunteer
- What a Supporting Parent does
- What is "People First" language?

FAMILY STAGES AND STRESSES:

- Gain insight into what a family may be experiencing
- Learn to identify stresses within a family
- Recognize answers to questions that may come up

LISTENING & COMMUNICATION SKILLS:

- Learn techniques to use when talking to a new family
- Understand what a Parent Match might look like

COMMUNITY RESOURCES:

- Identify available resources for families
- Discuss importance of signing up for Medicaid waiver programs

CARE FOR THE CAREGIVER:

- What are your rights?
- Learn ways to take care of yourself and help others do the same

