

# Vision for Health and Happiness

## CHECKLIST

**DID YOU KNOW?** According to research, being in a crisis or in a situation where your minimum needs are barely met, affects significantly your ability to plan for the future? In order to have a vision for a **HEALTHY** and **HAPPY** future, all families need:

### **HIGH QUALITY SERVICES**

Equal distribution of wealth and better allocation of money in society leads to more accessible services. When the pathway to high quality care is made smoother for families, it is cost-effective, sustainable and frees up time and energy for families to plan their futures far ahead.



### **GOOD COMMUNICATION**

Good and clear communication between families and professionals increases ability to plan, follow through next steps and knowledge of one's rights. Whenever your child's unique situation is being discussed, remember to make notes, ask for copies of meeting plans and request a date for a follow-up.



### **RESOURCES**

Navigating through a service system in crisis can be complex and time-consuming. You don't have to survive on your own. Don't hesitate to call a hotline or membership services in your insurance company. These people are trained to listen and answer your questions!



### **SUPPORT**

Finding your allies, peers and your "tribe" is often a life changing experience for people who go through crisis. Many non-profits and social services offer support groups for families and parents. Reach out to the nearest group in your area and learn that *you are not alone in this*.



### **RECOGNITION**

Has anyone told you today that you are doing a great job? Because **YOU ARE**. Taking care of a loved one equals to having multiple jobs at the same time. Pat yourself on the shoulder for making through the day and do the same for your fellow parent!



**ALL APPLY!**