

Change occurs only when individuals take personal responsibility and do things differently.

Ways to Take the Wheel at the start

- ✓ Ask/explain about the steps ahead and what to expect along the way.
- ✓ Ask/tell about including other agencies involved with your child and family and getting relevant information from them (such as an IEP).
- ✓ Ask for/offer referrals for services to meet your child's needs.
- ✓ Ask for/give explanations of all options and ask for the support your family would need to make things work for your child.
- ✓ Request/offer services that teach your child how to adapt successfully in their schools and communities.

Ways to Take the Wheel as things move along

- ✓ Find out/tell about all opportunities to participate in planning and advocate for your child's and your family's services and supports.
- ✓ Talk/connect with professionals to learn the evidence about the kinds of treatments, services, and supports that can help achieve your goals.
- ✓ Seek/offer opportunities to develop new skills to build (or rebuild) and sustain good relationships with your child.
- ✓ Insist on making/provide discharge, and aftercare plans for reintegration into the community at the outset of out-of-home care.
- ✓ Ask/offer for help to find the right services and providers and funding to pay for them.

Ways to Take the Wheel sustaining gains

- ✓ Request/provide services that support your child's gains and will help insure they continue to adapt successfully in their schools and communities.
- ✓ Ask/offer for supports that can help your family cope with the stress at home - including support for siblings.
- ✓ Seek/offer services that promote wellness and resilience.
- ✓ Insist on/provide services that build on your child's and family's strengths and counterbalance risk factors.

**Ways to Take the Wheel
at a Judicial Proceeding**

- ✓ Find/provide a family advocate attached to the court or other knowledgeable and trustworthy person who can help you learn what you need to know and prepare for court.
- ✓ Ask/provide for a description of the courtroom and the court proceedings before hand - including any security measures you are likely to encounter.
- ✓ Get/offer help to prepare any statements you wish to make during the proceeding.
- ✓ Request/provide transportation, child care, and qualified, professional translators (if necessary) so you can fully participate in the hearing.