



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome

Is It Okay to Take a Break?

**Presented by Stephanie Morris,
Family and Parent Advocate**

Tuesday, August 4, 2020



@IDDCouncil



/IDDCouncil



Intellectual and
Developmental
Disabilities Council
of Tarrant County

PURPOSE

To transform the region into an inclusive community where individuals with intellectual and developmental disabilities (IDD) thrive.

MISSION

To bring stakeholders together to create an environment for the development of an efficient and accessible system of support for people with intellectual and developmental disabilities.



Intellectual and
Developmental
Disabilities Council
of Tarrant County

Membership Driven

Premier Partners:



Centered in Care
Powered by Pride



Organizational Partners and many individual memberships





Intellectual and
Developmental
Disabilities Council
of Tarrant County

Welcome New Members!

- Tamesha Sowell
- Cook Children's Medical Center
- Your Name Belongs Here!
[Membership Form](#)

FACILITATOR

STEPHANIE MORRIS IS THE PARENT & FAMILY ADVOCATE FOR DISABILITY SERVICES, MHMR OF TARRANT COUNTY. SHE IS A PARENT OF A YOUNG ADULT MAN, WITH AUTISM. BEING A SPECIAL NEED PARENT, GIVES STEPHANIE THE ABILITY TO RELATE AND UNDERSTAND THE CHALLENGES IN WHICH FAMILY'S FACE. SHE BELIEVES HER RESPONSIBILITY IS TO COME ALONG BESIDE FAMILIES AND TO PROVIDE THEM WITH EMPATHY AND SUPPORT.

STEPHANIE RECEIVED HER EDUCATION FROM ARLINGTON BAPTIST UNIVERSITY. SHE IS A MOTHER AND A GRANDMOTHER. SHE HAS BEEN MARRIED TO HER VETERAN HUSBAND GREGORY, FOR OVER 20 YEARS. STEPHANIE RESIDES IN HER FAVORITE CITY, FORT WORTH, TEXAS.



**“IS IT OKAY TO
TAKE A BREAK?”**

By Stephanie
Morris



LET'S DEFINE WHAT DOES IT MEAN "TO TAKE A BREAK?"



Blogger Carolina King of *Mama Instincts* defines taking a break as:



"Taking a break doesn't mean you don't like your kids, or that you can't stand them. Taking a break just means you need some time to recharge your own energy bucket, so you have more energy and love to give to your kids and those close to you."



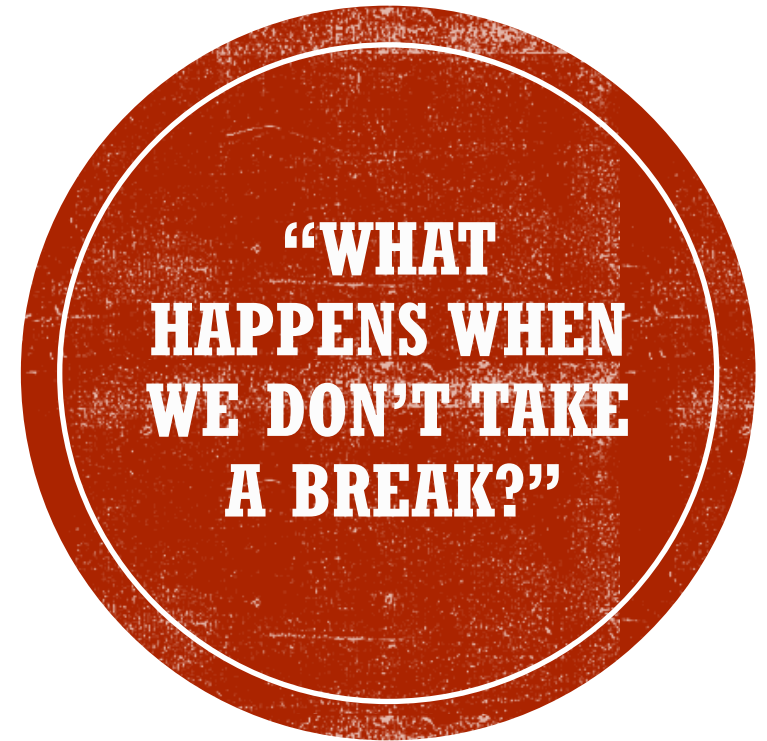
"Taking a break means you get a few hours to yourself to do whatever you want ."

(<https://mamainstincts.com/?s=Taking+a+break>)



As “Special Needs” parent’s we continue to push beyond our limits. When we are not willing to stop and take a needed break, the results we begin to see are:

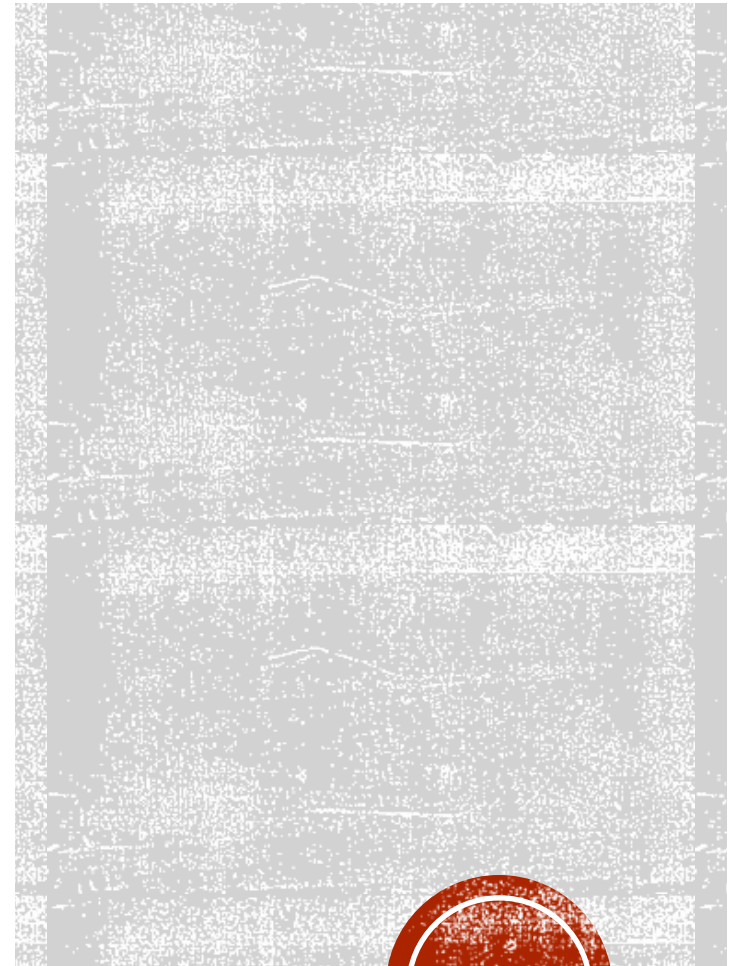
- Fatigue
- Lack of Patience
- Stress
- Health Problems
- Abuse



SOMETHING TO THINK ABOUT:

**“WHAT HAPPENS TO YOUR CHILD
WHEN YOU CAN NO LONGER
PROVIDE CARE DUE TO BURNOUT?”**

LET’S TALK ABOUT THAT....





**WHY DO WE NOT
TAKE A BREAK?**

There are several reason why Special Need parents don't take a break. Let's look at few of those reasons why. They are:

- We Sabotage Ourselves – Who Me?
- We Have Trust Issues
- We Have False Belief's

Let's take a moment to look at these more in detail.

HOW DO I SABOTAGE MYSELF?...

In most cases we all have those friends who are always wanting to help. Some of us have those friends who are always asking, “What can I do to help you?” “Would you like me to watch the kids?”

Our response:

- “No I am fine.”
- “No, I got it.”
- “Feeling somewhat ill today but I will be okay.”
- “I don’t want to interrupt your day.”

Question: What other ways do we self-sabotage ourselves out of taking a break?





Be willing to give your friend or family member's, a chance.



Be willing to provide proper training to your friends and family members.



Take a break within 10 - 15 minutes away from your home.



Take smaller break times if this is new to you. Instead of an hour, take 30 minutes to begin with.



Use your video technology!



Question: What else can we do differently to allow others to help?

WHAT CAN I DO DIFFERENTLY?



WHAT ABOUT TRUST ISSUES?

- As parent's we will always have some concern of trusting others, when it comes to our children that's understandable.
- As parent's we must remember one bad experience, is "one" bad experience.

Question: What can we do to begin to have a level of trust with others?





**WHAT CAN I DO
DIFFERENTLY?**

- Run background checks.
- Request references.
- Talk to other families.
- Talk with your child's teacher and paraprofessional.
- Be willing to try an "A Special Needs Parent" night out.
- Utilize your Respite services.

Question: What else can we do to begin to have a level of trust towards others?

WHAT ABOUT FALSE BELIEFS?

As parent's we tend to believe:

- “No one else can take care of my child better than me.”
- “Things will only go wrong if I allow someone else to watch my child.”
- “I am the only one who understands my child.”

Question: What can we do to change having false beliefs?



Decide to think differently. Only you can change your mindset.

Talk to other parents who can understand what you are going through.

Find a support group either online or in your city.

Be willing to seek professional help when needed.

Question: What else can we do to change our false beliefs?

WHAT CAN I DO DIFFERENTLY?



YOU NEED TO TAKE A BREAK!

Let	Let's Talk, Parent To Parent
Be	Be willing to acknowledge getting a break is not just about me but it's also for the benefit of my child.
Give	Give yourself permission to take a well needed break and do not allow yourself to feel guilty.
Be	Be willing to begin somewhere.
Get	An accountability partner. Someone who is willing to ask, "When is the last time you have taken a well needed break?"



RESOURCES:

MOMS BEST FRIEND

MBF & BI Respite Care Partnership

<https://www.momsbestfriend.com/dallas/mbf-bi-respite-care-partnership/>

Rays of Light

<https://www.raysoflightdallas.org/>

Take Time Texas

<https://apps.hhs.texas.gov/taketimetexas/child-caregiving.html>

National Respite Network

<https://archrespite.org/consumer-information#how%20to%20choose>

Navigate Texas

<https://www.navigatelifetexas.org/en/family-support/respice-care-for-children-with-disabilities>





Intellectual and
Developmental
Disabilities Council
of Tarrant County

Thank you!

Rita Stevenson

Executive Director

Rita@IDDCouncil.org

817.569.4852



/IDDCouncil



@IDDCouncil

www.IDDCouncil.org