



Autism Conversation June 2017

Caring for the Caregiver

As a parent of a child with developmental disabilities, I spent the majority of my waking hours learning, educating, informing, and advocating. Oh yes, I am also feeding, bathing, relating, and transporting. And then I hear well-meaning family, friends, and professionals say “but you have to take care of yourself.” How do I possibly have time for that TOO? This session will be a facilitated dialogue about how that might be both possible and successful.

When: Thursday, June 8 from 6-8pm

Where: Mercy Health 1701 Mercy Health Place, Cincinnati, Ohio 45237

M. Kay Brown, M.Ed. LISW-S

Kay is the parent of two adult children. Jason had cerebral palsy and severe intellectual disabilities and lived at home until his death at age 42. She is a retired social worker, working in the area of mental health, child welfare, criminal justice and developmental disabilities. She has wide experience, personally and professionally, in navigating these complex systems.

Goal(s) of presentation: At the conclusion of this session, participants will:

1. Consider the importance of staying healthy and positive
2. Discuss successful ways to take care of themselves
3. Learn 2-3 resources to make it happen

Please RSVP to Carole at cwillenborg@autismcincy.org

Autism Conversations are meant to increase knowledge and stimulate dialogue on topics of interest. Speakers will discuss the identified topic from 6:00-7:30pm, and from 7:30-8:00pm, attendees and professionals will be encouraged to network and speakers will be available to answer questions.

If you have questions about Autism Conversations, please contact Margi McCarthy at mmccarthy@autismcincy.org or call 513-561-2300