

Aging Parents with Adult Children with Disabilities Resource List

- **Bethesda Lutheran Communities** – www.BethesdaLC.org LCMS RSO Christian provider of residential services in 13 states for people with intellectual and developmental disabilities. Exciting new Cornerstone Village project.
- **ARC Center for Future Planning** - <https://futureplanning.thearc.org/> Abundant free resources to assist families to plan for the future.
- **The Future is Now** – <https://fsrtc.ahslabs.uic.edu/the-future-is-now/> The Future is Now is a curriculum developed by the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago. The program is designed to assist aging family caregivers and adults with developmental disabilities to plan for the future when aging caregivers die or are no longer able to provide care. It received the National Alliance for Caregiving 2008 innovative program award.
- **Special Needs Alliance** – <https://www.specialneedsalliance.org/> Special Needs Alliance is a national organization comprised of attorneys dedicated to the practice of disability and public benefits law. Individuals with disabilities, their families, and their advisors rely on the SNA to connect them with nearby attorneys who focus their practices in the disability law arena.
- **Family Support Research and Training Center** – <https://fsrtc.ahslabs.uic.edu/> The Family Support Research Training Center is a collaboration of researchers and organizations focused on synthesizing and generating knowledge about the needs and experiences of families who provide support to children and adults with disabilities across the life course.
- **Sibling Support Project** – <https://www.siblingsupport.org/> The Sibling Support Project is a national program dedicated to the lifelong and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns.
- **ABLE National Resource Center** – <https://www.ablenrc.org/> Founded and managed by the National Disability Institute, the Able National Resource Center's goal is to provide consistent, reliable information concerning the benefits of an ABLE account, a new and critically important tool in financial planning for families that include someone with an intellectual or developmental disability.
- **State Developmental Disabilities Councils** – <https://www.nacdd.org/councils/> National association of councils on developmental disabilities. Every state and territory has a group of parents, self-advocates and agency reps who form a council to advise the governor about policy and typically have a wealth of resources for families.