



GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES

VOLUME 13/ISSUE 4 October 2019

October Project GRANDDD Support Groups

Fulton County Daytime Session

Third Tuesday of Every Month from 10am to 12:00pm

Please Note Location Change

**Martin Luther King Jr. Recreation Center
110 Hilliard St SE, Atlanta, GA 30312**



This month: **Tuesday, October 15th, 2019- 10 AM**

Topic: **Caring for the Caregiver & Respite**

We will discuss tips to stay healthy while raising a relative and have two speakers from respite organizations explain what respite is and how to apply

DeKalb County Daytime Session

Second Thursday of Every Month from 10:30am to 12:30pm

Covington Branch of DeKalb Public Library
3500 Covington Hwy, Decatur, GA 30032



This month: **Thursday, October 10th, 2019- 10:30 AM**

Topic: Strategies for Advocating for Your Child with Behavioral and Learning Challenges in the School Setting

Presentation by Georgia Appleseed

GRANDDDS and KIDS Evening Support

Join us for an Evening Support Group for Grandparents Raising Grandchildren with Special Needs & Children's Support Groups



**Monday, October 28th, 2019 from 6:00pm to 8:00pm -
Dinner Served 6:00 to 6:30**

Metropolitan Library 1332 Metropolitan Pkwy SW

**Topic this month: Relative Caregiver Clinic of Legal Aid:
"Legal Issues when Raising a Relative"**

All are invited to attend an evening support group for grandparents raising grandchildren with special needs and **separate mental health support groups for children aged 8-18.**

Childcare will be provided for children under 8. **Register to attend by email to asiaw@isdd-home.org or call 470-310-3458 by October 25th.**

Annual ISDD Holiday Drive starting now!

Every year, Project GRANDD and ISDD staff partner with sponsors in the community to provide grandfamilies with food, clothes/coats and gifts for the December holidays. Even though it's only September we have to start early for such a large project. You have to be an active Project GRANDD member to be sponsored. We cannot sponsor every family that requests it, so we have an application process. Please pick up your application at a September or October support group meeting, request one by email or call Laura, Sherri, or Cindy for assistance in getting an application. The deadline to be considered for sponsorship is **October 31st**.



Thank You For Coming!

Huge thanks to everyone who came by our Open House at the new office space! We had a wonderful time eating great food and sharing experiences. 11 of our Project GRANDD members attended. It was awesome that our members across the different counties were able to meet for the first time. We hope you enjoyed yourself because we surely enjoyed you. Thanks again!



**Need Help?
Have a Question?
Contact Us**

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HEALTH CORNER

Twenty Ways To Care for Caregivers

Article from www.caregiver.com



- Laugh about something everyday
- Take care of yourself physically.
- Eat a well-balanced diet.
- Talk with someone every day.
- Let family and friends help. Give them printed material on your relative's disability. Give them a chance.
- Give yourself permission to have a good cry. Tears are not a weakness, they reduce tension.
- Exercise. A brisk walk counts.
- Get adequate rest.
- Try a bowl of Cheerios and milk before bed to promote sleep.
- Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.
- Reduce daily caffeine intake.
- Get professional help if you feel your support system is not adequate or if you feel overwhelmed.
- Take a break very day, even if it is only 10 minutes alone in the backyard.
- Explore community resources and connect yourself with them.
- Listen to music.
- Learn relaxation techniques.
- Regularly attend one or more support groups and education workshops.
- Give yourself a treat at least once a month: an ice cream cone...a new shirt or dress...a night out with friends...a flowering plant.
- Read your ***Fearless Caregiver Manifesto*** (and *Today's Caregiver* magazine)
- Know your limitations.

RESOURCE CORNER

Your Respite

stacy_georges@bellsouth.net

Your Respite provides childcare for special needs children in your home.

There is funding through Special Needs Respite, Inc for those who need respite but cannot afford it and do not qualify for waiver funding.

<https://www.specialneedsrespite.org/apply>

InCommunity (formerly Georgia Community Support & Solutions)

InCommunity respite providers are trained, experienced care givers who come to your family's home to provide respite for your loved one. Out-of-home care is also available in providers' homes or group respite homes. Service options include, but are not limited to: a few hours a week, weekend respite, or for up to a week at a time. Emergency Respite is also available for those who qualify.

WHO IS ELIGIBLE? Individuals 3 years of age and older who have been diagnosed with a developmental disability may be eligible.

1945 Cliff Valley Way, Suite 220 Atlanta, GA 30329 | (404) 634-4222

www.gacommunity.org



Great NonProfits Review

Want to help ISDD get status as a great non-profit? If you love Project GRANDD, we could really use your help. We need 10 people to review us online before Oct. 31st at:

<https://greatnonprofits.org/org/innovative-solutions-for-disadvantage-and-disability-inc.>

This will help us to secure more volunteers and funding to better serve our community. Can you help? Just click on the link and then click on the "Share Your Story" button.

It only takes a few minutes. Thank you!

PROJECT GRANDD
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Disadvantage & Disability
4282 Memorial Dr. Ste. B
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