

Disability Campaign.org

Practical and Professional Help for People with Disabilities

Having a disability can be very challenging. If you know someone with a disability, there are practical ways in which you can help a person with a disability, some of which are listed below. However, you may not always be available or able to help. In such cases, you may wish to help connect your disabled friend with professional help. Below is a list of a few of the different kinds of professional help available for people with disabilities.

Practical ways you can help

1. **Take your friend on an outing**—to lunch, or a movie—and spend some time together.

2. **Bring food.** It doesn't have to be homemade, just make sure you ask ahead if your friend has any food allergies. You can also help your friend with groceries and/or grocery shopping.



3. **Play card games, board games, or video games.**

Some games require the use of hands, others only of your voice. Regardless, make sure the game is accessible for your friend and appropriate for his/her age.

4. **Rent a movie to watch together.** Check to see that the video format is compatible with the device your friend has. If not, bring along your laptop or a portable video player.
5. **Help with yard work or housecleaning.** Most people appreciate a well kempt yard, garden, and house. If you are not able to assist in this area, think about helping your friend cover the cost professional housecleaning/gardening service or ask a neighbor.

6. **Offer transportation for your friend and/or his/her children.**

Consider offering regular help with transportation to doctor's appointments, shopping trips, etc. If your children attend the same school or a nearby school, offer to assist with picking up/dropping of your friends children. You can also contact professional companies that offer accessible transportation.



7. **Bring library books, and take them back when they are due.** You can also purchase a gift card for your friend to read online or electronic books.

8. **Help find community resources that assist people with disabilities.** Go online and search for local nonprofits, organizations, or other resources for your friend. You can help make phone calls or drive your friend to the various locations, but just printing out the information can be helpful, too.

Professional Help you can seek

1. **Physical Therapist and Occupational Therapists** help people with disabilities or injuries regain mobility or lesson pain with a variety of techniques. Occupational therapists help people whose disabilities hamper their ability to perform everyday tasks.



2. **Clinical Social Workers** help people with disabilities coordinate their care with doctors and family members. They can refer you to other resources that may provide additional benefits or services.

3. **Attendant Care Services** provide hands on assistance for the functional needs of a person with a disability. An attendant care person may assist with bathing, toileting, dressing, taking medications, etc. Check your local business directory or online for an Attendant Care Service provider near your friend.
4. **Assisted Living Facilities** provide housing for people with disabilities. They may include supervision or assistance with activities of daily living, coordination of services by outside health care providers, and the administration of medication. These facilities can provide independence for people with a disability, while meeting their needs.
5. **National organizations for a specific disability**, such as the American Cancer Society or National Autism Association have a list of specialists and professionals that can provide aid. Organizations that are nonspecific to a particular disability, such as Joni and Friends, can also provide assistance and resources.



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