

Family and friends



“I think family and friends wanted to help us, they just didn’t understand the sort of help we needed from them. Looking back now, I wish I could have found a simple way of letting them know.”

Disability can challenge our family and friends

For some of us, family and friends may have been a great source of support from day one, asking what they can do and offering practical help and understanding.

For others, friends may have drifted away and family members become more distant.

Within your extended network of family and friends, you will soon discover who is able to support you during the stressful times.

Keep in mind that it may not be easy for family and friends to understand your situation. They could be so overwhelmed that they just don’t know what to say or do.

Little things can make a big difference

Sometimes people don’t realise that there are little things they can say or do to help, or they may not know enough about your situation to understand the support you need.

Admitting to yourself and others that you need help is not always easy to do. Try to be specific about the things they could do to help.

New friendships

Don’t be afraid to let those close to you know how you are feeling. Open communication with close family and friends can sometimes lead to relationships becoming closer.

Having a child with a disability can also open the door to new friendships and support networks.