



21[•]NEXT COMMUNITIES

5 RESOURCES

Special education law and advocacy
for children with disabilities:

www.wrightslaw.com

Emotional support for single
parents, couples, and families:

www.apa.org

Childcare (including adults):

www.care.com

Accessible vans for individuals in
wheelchairs:

www.mobilityworks.com

Funding resources for special-
needs and adaptive equipment

www.especialneeds.com/funding

All of these resources are in “*Living
a Happy Life with a Special-Needs
Child:*” [Link to Amazon](#)

INTRODUCTION

I am a wife, mother of a teenaged son (named Wyatt) with cerebral palsy, minister, bestselling author, and small business owner.

After the traumatic birth of our son, my husband and I unexpectedly found ourselves on the special needs journey. We were lost, overwhelmed, and felt ill-prepared to navigate the world with a medically fragile child. I was motivated to write a book, “*Living a Happy Life with a Special-Needs Child,*” to help families organize their new lives, discover critical resources, and regain happiness.

My husband and I also formed a company called WyattWear to fill a void in the adaptive clothing industry. Parents of adolescents and adult children who drool don’t have great bib options, so we started a company that has recast the image of the bib into a fashion accessory. When you find a hole, fill it.

5 TIPS



1. **Always take care of yourself first, regardless of the negative self-talk that tells you differently.** Self-care can take different forms like getting your hair and nails done, working out, eating better, etc.
2. **Don't forget about your significant other.** It's easy to become roommates when you have a child with special needs. Deliberately schedule a little time to spend with each other weekly.
3. **Hang out with friends.** It's critical to get a balance of activities in your life to maintain happiness.
4. **Schedule and show up to your routine medical appointments.** We often overlook our health when caring for our children with special needs.
5. **Don't forget about your dreams.** Get reacquainted with them (e.g., Build a vision board) and take steps towards accomplishing the goal(s).

*****Self-care is critical to surviving the journey.*****



**The Calvary is not coming.
You are the Calvary.**

Robin Williams Evans