

# **Family Support Coordinators: What Is Our Role? How Can We Help?**

**Our Goal:** The goal of family support is to maximize the family's capacity, resilience, and unique abilities so they can best support, nurture, love, and facilitate the achievement of self-determination, interdependence, productivity, integration, and inclusion in all facets of community life for their family member with a developmental disability.

**Our Role:** The role of the Family Support Coordinator (FSC) is to develop infrastructures that support the overall goal of family support. This is accomplished by developing resource networks, collaborating with stakeholders as well as specifically providing technical assistance to support coordinators to enhance their capacity to support families across the lifespan.

## **Education / Outreach:**

- Identify and coordinate education and training opportunities for families, Regional Office (RO) staff, Targeted Case Management (TCM) services, community stakeholders, and others on topics such as best practices in the field of developmental disabilities, self-determination and leadership, and community and natural supports.
- Host educational webinars at least monthly, and collaborate with others to provide information and training related to supporting families.
- Participate in local and regional informational fairs or community awareness activities to promote supporting families.
- Partner with RO staff and TCM services to identify and provide resources, information, and support to families and individuals.

## **Connections:**

- Identify and collaborate with existing family or parent organizations in order to connect families to groups or individuals in their area.
- Develop networks of family and community stakeholders within the community and/or region where networks do not exist.
- Promote and provide families with peer-to-peer support match and mentoring opportunities by serving as a liaison to the MO Family-to-Family Sharing Our Strengths program.

## **Resource / Information Dissemination:**

- Serve as a resource for families and support coordinators on where and how to access goods and services specific to the support needs of the person with a developmental disability and the family's care giving needs across the lifespan.
- Serve as a resource for families and support coordinators by initiating planning conversations using the "Life Course" book about the goals and future support needs of the family and the individual.
- Identify and maintain a list of resources and organizations that provide an array of goods and services specific to the support and/or care giving needs of families.
- Actively collaborate with TCM services and community stakeholders to disseminate Missouri Disability Resource folders to families, caregivers, and individuals.

## **How can a Family Support Coordinator help you?**

### **A Family Support Coordinator can help you by:**

- Serving as a liaison between TCM services, stakeholders, and RO staff to obtain and disseminate information and MO Disability Resource folders to families.
- Facilitating peer-to-peer support matches and mentor opportunities.
- Facilitating communication and planning with families, TCM services, and stakeholders about the future needs of families and individuals.
- Hosting, accessing, and facilitating leadership training to families.

- Identifying, locating, and accessing information and resources needed by families related to their care giving role and support needs.
- Identifying, locating, and accessing educational/training materials related to the DD field in the areas of best practices, self-determination and leadership, and community and natural supports.
- Attending and participating in community outreach activities to disseminate information and resources to families and stakeholders related to family support.
- Collaborating with community stakeholders, families, and individuals to build community networks throughout the region.
- Facilitating connections between families and local organizations/groups within their community.

**Contact a Family Support Coordinator when:**

- MO Disability Resources folders are needed.
- Peer-to-peer support is requested: match or mentor.
- A family or individual wants to enhance their knowledge and leadership skills or participate in training opportunities.
- A training or educational materials on family support are needed for staff, families, or stakeholders.
- You are collaborating and planning with families about their care giving roles and support needs.
- Assistance is needed in connecting to other supports related to family support and care giving needs.

There are Family Support Coordinators located across the state in each Regional Office. If you would like to connect with the Family Support Coordinator in your region, you can refer to the website: <http://dmh.mo.gov/dd/facilities/> or call: (573) 751-4054 or toll free: 1-800-207-9329 for more information.