Preventing Challenging Family Life

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OBJECTIVES

- Identify challenges families face
- Identify resources
- Identify ways to minimize challenges
- The importance of building a support network
My Story
CHALLENGES FAMILIES FACE

• Physical and emotional exhaustion
• Financial
• Family members not understanding
• Isolation
• Behavioral challenges
• Sibling conflict
• Marital difficulties
### Finding Resources

- IPWSO
- PWSA USA
- FPWR
- Other regional PWS organizations
- Facebook groups
- Community disability organizations and groups
Preventing Challenges

- Educate
- Security
- Consistency
- Expectations/boundaries
- Time for yourself and others in the family
- Communication
01 Start with your immediate family
02 Have routine family meetings
03 Create a game plan that everyone can
Security

- Food security plan
- Home security plan
- Community security plan
Consistency is the key

Everyone should be on the same page

Do NOT give into behaviors. This has a snowball effect

The PWS individual thrives when they know what to expect
Consistency in Behavioral Approach

- Needs its own talk
- Continue or create a power struggle (you won’t win)
- Role model
- Use limited guided choices
- Word “no” does not mean you agree with the behavior
- Stay calm
- Don’t make threats
- Redirection
EXPECTATIONS AND BOUNDARIES

01 Have clear expectations for the PWS individual
02 Model those expectations
03 Let the individual know what they are
04 Use social stories
EXPECTATIONS
AND
BOUNDARIES
CONT.

Define boundaries
Model
Social stories
Praise when you see use of boundaries
Ask questions
COMMUNICATION

1. With your partner
2. With your family/friends
3. With medical team
4. With school
5. With people in your community
Time for Yourself and Others

For many this seems impossible

-Come up with some type of plan

nap/sleep time

Utilize other trusted family members so you can schedule time for yourself and other family members

- Utilize community resources
Find Joy

- Celebrate moments no matter how small
- Keep track of small wins
- Practice radical acceptance
- Be gentle with yourself and others
MY “I WISH I WOULD HAVE”S

• Not isolated myself
• Asked for help
• Stuck to a meal plan
• Not given in to behaviors because I was too tired both emotionally and physically
• Developed a routine
• Taken time for my mental health
• Talked with my other children more
• Not entered power struggles
• The list goes on...
REALITY CHECK

No family is without challenges
PWS can be a unique opportunity to unite not divide the family
Arm yourself with all the education you can
Build your family toolbox
??QUESTIONS??

Thank you!

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LINKS

- https://ipwso.org
- https://www.pwsausa.org
- https://www.fpwr.org