Me Time
“It’s all about Me”

ARCH RESPITE CONFERENCE
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Huntsville, Alabama

Presented by
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Executive Director and Founder
My Time Inc….A special place to be
The mission of My Time Inc is to support, educate, empower, enlighten and uplift parents of a child with autism and developmental disabilities to live a quality of life they deserve in their community.

My Time Inc. programs and services focuses on the educational aspect of providing training support and advocacy to the parents of a child on the autism spectrum as well as educating and bringing awareness to the community about Autism how it affects all of us.

- Parent Education Training
- Parent Support
- Community Awareness
- Advocacy
- Me Time
Sometimes the everyday demands of life seem too great to overcome and families will experience stress and/or crisis as they try to survive raising a child with a disability.

Most parents of a child with a disability rarely think of respite for themselves.

When parents understand they are not alone and they can actually enjoy their life even though they have a child with a disability, they eventually see themselves as a better caregiver.
I don’t have the time

I don’t trust anyone with my child.

I feel so guilty when I go out and leave my child.

No one can take care of my child better than I

My child is first and I am last. As long as he is happy I am good

A break!!

What is a that?
What is “Me Time”

• A recreational and social activities program for parents of a child with a disability.

Parents learn to form a support and social system that actually works for them.
Me Time = Respite
Taking that much needed break

It's all about me

Dealing with the stress of caring for a child with a disability
Me Time Video
#mtiparentsupport
What is Respite?

Let's not get complicated with the term:

Simply put it is

- A break
- Taking care of self
- Finding the time for you
- Loving you enough to take the time
Steps in creating this atmosphere

Create a list of places to meet new parents:
School
PTA Meetings
Parks
Social events in neighborhood

Set up a meeting date

Meet for about an hour
Listen to concerns
Share ideas
Encourage having solutions not problems
Choose topics of interest
Places of interest to explore as a group
Reasons why having a “Me Time” is valuable to you

• It helps lessen or eliminate stress.
• It brings about Happiness, contentment and fulfillment.
• It feels good when your life is in balance.
• Also, when we work too hard with not enough down time, our minds and bodies suffer therefore you need self care and time for yourselves.
Activities

- Bowling
- A few hours at the salon
- Lunch at a restaurant
- Matinee movie
- Nutrition and Healthy Eating
- Yoga
- Creating a book club at the local library
- Watching a movie/ show/popcorn night
- Karaoke night
Have you ever considered making a wish list?

What will YOU put on that list?

Will you put SELF first or your CHILD?

Stop and think for one moment
Hold on. I said STOP and THINK. I hope you are not thinking of the laundry, cooking or even what I have to do for my child or family.

Your mind should be on YOU!
CREATING A WISH LIST

1
2
3
4
5
6
7
8
9
10
RESPITE = BREAK = YOU DESERVE IT

• It is important to remember that self care + time with self = A balance, positive, loving and nurturing YOU

• Start reclaiming your TIME for YOU
POSITIVE OUTCOMES

• Creating a positive recreational and social environment
• Understanding the importance of self-care vs taking time for yourself
• Developing positive and supportive relationships that will give you the motivation to be a part of a group in which you really belong and you are not alone
STRENGTHS

• Parents realization that it is very important to understand the difference in self-care and taking time for themselves

• Parent supporting each other is vital

• Opportunities to develop new and positive friendships can change their life for the better

• Knowing that they are not alone
Some concerns

• Parent trusting the individuals who provides that respite care when they/the caregivers are socializing

• Lack of resources/training to caregivers who provide respite

• Maltreatment of the individual while away
Life is worth living and taking care of an individual with a disability can be overwhelming. Know that you are not alone. You can create your resources by trusting others. Form that support group, develop new friendships, learn to build trust in the new friendship. I guarantee you, your life will change.

Just sitting here in this conference is the first step in understanding the importance of the equation

\[
\text{RESPITE} = \text{BREAK} = \text{YOU}
\]

YOU DESERVE IT. GIVE YOURSELF PERMISSION TO TAKE THAT NEEDED BREAK
Reclaiming my time

• Activity 2

Everyone is reclaiming their time by repeating the phrase

I am reclaiming my time
THANK YOU
Parent education, support, empowerment and advocacy along with community awareness of a disability is vital in securing a safe space or environment for our children on the Autism Spectrum to be a functional and social individual in the community.

Parent support is not a new phenomenon but My Time Inc. is bringing a new and dynamic perspective to it...

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