

# **SUPPORTING SINGLE PARENTS OF CHILDREN WITH DISABILITIES**

A HELPFUL EXPLAINER VIDEO FROM RISING ABOVE MINISTRIES

## **UNIQUE CHALLENGES THEY FACE**

- Carrying the full burden of caregiving alone
- Managing medical appointments, therapies, and special education needs
- Balancing work responsibilities with daily life demands
- Experiencing emotional and physical exhaustion
- Constantly worrying about their child's well-being
- Lacking the emotional and practical support of a co-parent

## **HOW THE CHURCH CAN MAKE A DIFFERENCE**

- Offer respite & help with daily tasks
- Respite care to give parents a break
- Help with household chores and basic maintenance
- Run errands or attend medical appointments with them
- Be a compassionate listener
- Listen without judgment or the need to offer solutions
- Provide a safe space to express fears and joys
- Send thoughtful texts or handwritten notes
- Provide practical support
- Prepare meals or provide gift cards for meal delivery
- Assist with things like watering plants or replacing smoke alarm batteries
- Offer transportation or plan playdates for siblings
- Remember them when planning for the holidays
- Help his or her child buy gifts for his or her birthday, holidays, etc.

## **BUILD MEANINGFUL RELATIONSHIPS**

- Spend time with the family outside of Sunday services
- Get to know their unique needs without requiring them to ask
- Show love through small, consistent acts of kindness
- Every act of care, big or small, reminds single parents:
  - You are not alone. You are seen. You are deeply loved.