



Self-care is essential for parents of children with ASD

"PASSAGES" IS A PUBLICATION OF
 PIKE AUTISM SUPPORT SERVICES

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OUR MISSION

PIKE AUTISM SUPPORT SERVICES (PASS) IS A 501(C)(3) NONPROFIT WITH A MISSION TO PROVIDE INDIVIDUALS WITH AUTISM AND RELATED INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (IDD) WITH SOCIAL, RECREATIONAL, EDUCATIONAL, HOUSING AND EMPLOYMENT OPPORTUNITIES.

OUR VISION

WE ENVISION A DAY WHEN INDIVIDUALS WITH AUTISM AND IDD ENJOY FULFILLING AND INDEPENDENT LIVES, EMBRACING EMOTIONAL WELL-BEING, INTERPERSONAL RELATIONSHIPS, SOCIAL INCLUSION, PERSONAL GROWTH, SELF-DETERMINATION, AND INDIVIDUAL RIGHTS.

Opening Doors

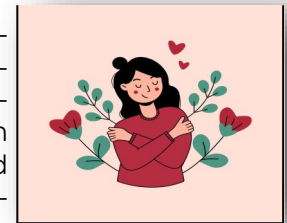


to Independence



Parenting a child with autism can be a full-time job, and it's easy to forget about your own needs when you're focused on caring for your child. However, self-care is essential for parents of children with autism. Without it, you're at risk of burnout, which can lead to a host of problems, including physical and mental health issues.

A 2009 study by researchers at the University of Wisconsin–Madison found that the physical and psychological toll on mothers raising autistic children is significantly greater than that on mothers of children with no disabilities, and that the chronic stress experienced by mothers of autistic children is similar to that of combat soldiers.



The constant need for care, the financial strain of medical expenses, lack of sleep, and the challenges of managing difficult behaviors are some of the things that contribute to the increased stress in special needs parents.

On average it costs \$60,000 a year throughout childhood to raise a child with autism, this increases with the co-occurrence of other disabilities. The cost of raising a child along with being either a single income home or that mothers of children with autism making 56% less than mothers of children without disabilities.

This stress can take a toll on parents' personal lives, affecting their relationships with their partners, their ability to parent effectively, and even their decision about whether to continue treatment. While we all know self care is essential, many special needs parents put their needs last and need to remember to treat yourself as someone you care for.

Here are some simple tips for self care:

1. Finding a support system: Friends and Family are the first to come to mind when building a support system, but you can also find support in therapists, support groups, or virtually. Don't forget PASS holds a parent support group on the 4th Wednesday of the month!
2. Carving out 30 minutes a day to focus on something joyful to you; reading, baking, meditation, kickboxing, yoga, or even taking the long way home listening to music are simple ways to add an enjoyable moment. It ultimately comes down to your interests and hobbies on how you can fill that time.
3. Maintaining healthy habits is an important aspect that can be easily forgotten; Ensuring adequate sleep, having a balanced diet, and staying hydrated are all essential.

Continued ...



4. Seeking professional support is not only beneficial for therapy or counseling but also stress management techniques.

Self-care is not selfish; it is essential for the well-being of parents of children with autism. By taking care of yourself, you are better able to care for your child and your family. So, make self-care a priority and don't be afraid to ask for help when you need it. Remember, you are not alone on this journey.

Mary Beth Marra - mom to Lucas and a PASS Board member

What's happening at PASS ...

Social Groups

- **Lauren's Board Game Group** Monday at 5pm, The Milford Community House
<https://www.zeffy.com/en-US/ticketing/756038fa-c6d7-4f9a-9e6e-47089908074f>
- **Space Adventure** – Teens & Adults - meets virtually every Wednesday
<https://www.zeffy.com/en-US/ticketing/eebcfd02-5737-4648-975a-aa657372265e>

Social Events

- **PASS Halloween Parties** - St. Patrick's Parish Hall, 5:00pm to 7:00pm - Ages Birth to 12, 7:00pm to 9:00pm - Ages 13 and Up (Families with mixed ages can choose either slot) \$5 for up to a family of 4, \$2 for each additional person, 3 and under Free - <https://www.zeffy.com/en-US/ticketing/251ed0bc-b5ca-4c9a-8fce-8ae173754f39>

Art Classes

- **Intro to Pen & Paper RPG Figures** - with Megan – at 5pm Tuesdays starting Sept.24th at St. Patrick's Hall - <https://www.zeffy.com/en-US/ticketing/cf878ab9-271b-4480-a82f-81255af1cf36>
- **Disney Master Class** - This class has 5 sessions. It will be held on the following Monday's: 10/7, 10/21, 10/ 28, 11/4 and 11/18 from 5:00 to 6:30 at the Community House.
<https://www.zeffy.com/en-US/ticketing/22fc5155-d681-4f06-b6c2-43a9fab984c9>

Fundraisers

- **Cornhole Tournament & Brazilian BBQ** Sunday, Sept 29th, at SideStreet Bar & Grill – Dingmans Ferry
<https://www.zeffy.com/en-US/ticketing/51ffde2c-0d77-481e-b97f-53da53bf0d9e>
- **Run/Walk For Autism** Sunday October 6th BackRoad Brewing Co. - Milford
<https://www.zeffy.com/en-US/ticketing/fd269299-4852-44ea-9a77-175c4e8dd51d>
- **Designer Handbag Bingo** Friday, November 15th St. Patrick's Hall – Milford
<https://www.zeffy.com/en-US/ticketing/058c2200-ade3-458d-964d-26f6909ea618>
- **Santa Crawl** Sunday, Dec. 8th – starting at Log Tavern Brewery

Support Groups

- Adults on the Spectrum Meets Thursday, Sept. 26th at the Milford Community House
- Parent Support 4th Wednesday of every month. Sept.25th

Independence Village

- Please support our Community Center and Housing project
<https://www.zeffy.com/en-US/ticketing/b4dbc83e-0bdd-41a8-829e-c06e5712e996>

Jeannemarie Passaro
Executive Director