

ENHANCING YOUR PROFESSIONAL TOOLBOX OF PARENT TRAINING STRATEGIES WHEN SUPPORTING PARENTS WITH INTELLECTUAL DISABILITIES

Developing effective skills to assist diverse family needs

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2026 TASP Chance to Parent Conference



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INTRODUCTIONS & OBJECTIVES



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Who We Are & Where We Work



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UNDERSTANDING THE PARENTING NEEDS OF INDIVIDUALS WITH INTELLECTUAL DISABILITIES (ID)



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Assumptions & Biases



CHALLENGES



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Needs of Parents with ID (WITHOUT SUPPORTS)

Many families with ID experience the challenges that other families are experiencing!

Parenting

Stress Levels

Emotional/MH Needs

Health Needs



Additional Needs Parents with ID MAY Experience

Reading
Challenges

Challenges with
Problem
Solving/Abstract
Thinking

Budgeting
Needs

Limited Social
Connections



Aims of Supported Parenting

Increase Service
Access

Enhance
Communication

Increase
Community
Engagement

Increase Social
Connections





Vignette 1

- A Family's Story
- Discussion



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BEST PRACTICE & CORE STRATEGIES FOR SUPPORTING PARENTS



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Overarching Guidelines

Be Respectful

Speak Directly
to the Parent

What Works
for one may
not work for
another!

Build Trust

Be Flexible

Allow for
Increased
Time

Be Strength-
Based



Assessment is Key!

Words

Images

Concrete
Models

Reading Level
& Comfort

Processing
Speed

Multiple
Methods



Delivery of Information

Give Concrete
Examples

Visual
Instruction

Use Modeling
& Models

Role Play

Offer to Read
Written Text

Offer Written
Instruction in
Plain
Language

Use Interactive
Activities



Direction Giving

Break Down
Tasks into
Smaller Steps

Help Prioritize
Tasks

Encourage
Writing Down
of Directions

Provide
Deadlines



Visual Aids



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Enhance Organization

Help Arrange
Schedules

Help Organize
Documents

Help write
down verbal
information

Prepare for
Meetings in
advance with
questions

Encourage
parents to ask for
documentation



Use of Technology

Video-Taped
Feedback

Parenting
Apps

Adaptive Skills
Apps

Map Apps

Videos

Cell Phone
Calendars



Education and Advocacy Considerations

Areas

Considerations



MEDICAL

Advocate for
Equitable
Treatment



EDUCATIONAL

Empower
Self-
Advocacy



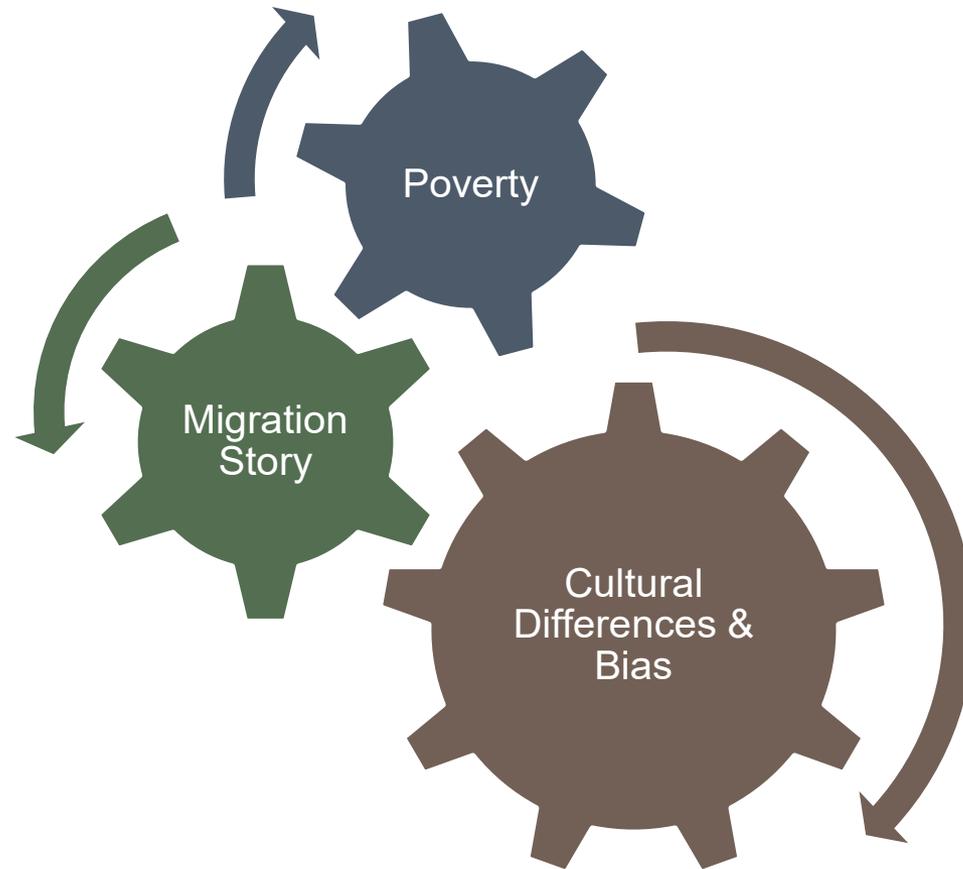
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INTERSECTIONALITY

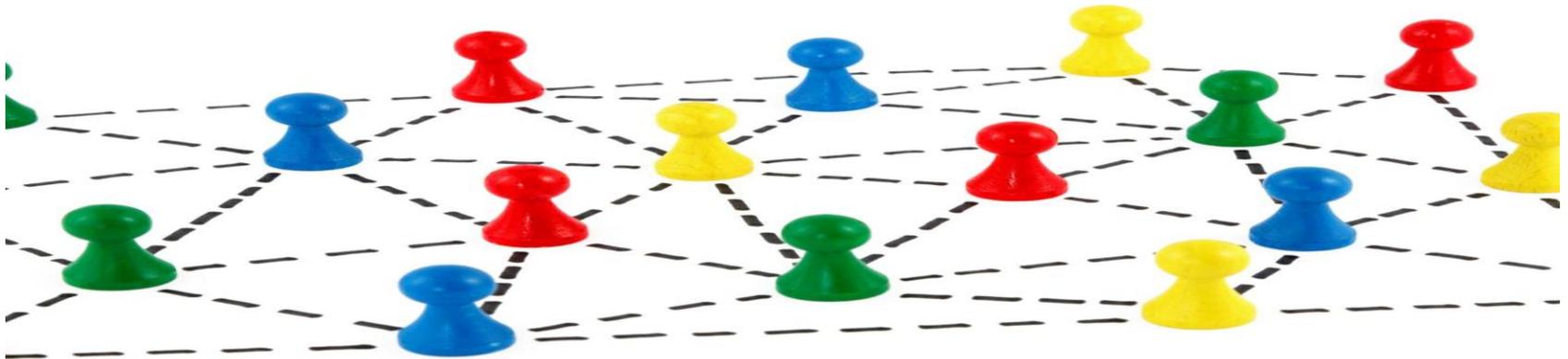


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Intersectionality → Increased Vulnerability



Vignette 2: Complex Intersectional Challenges



- A Family's Story
- Discussion





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