

Spectrum Society for Community Living
Personal Support Networks Project

May 2008

Tip of the Month:

Have an address book for keeping track of family, friends
and acquaintances



How many times have you gone to call someone and not been able to find their number? Or wanted to send someone a Christmas card, only to realize you'd lost their address? When people give you their new cell phone number or email address, do you write it on a scrap of paper and forget about it?

Each of us has strategies for keeping track of family, friends and acquaintances. If we lose touch with someone, we can generally figure out how to re-connect (or make a choice not to). For people with developmental disabilities, who may rely on others for support, keeping track of everyone in their network is critical so that contacts don't get lost as staff or caregivers change. Find an address book that works for the person, and have a backup in case the first one gets lost. If the person doesn't read or write, have a photo based system, or go for something more high tech like an electronic organizer.

We invite you to post your stories or comments on the "Tip of the Month" on our personal support networks discussion board (follow the links from www.spectrumsociety.org).

Make a new friend today!