



## Kentucky Checklist for a Bright Future: 3–5 Years Old

### For parents and caregivers of children with disabilities

- ☐ Get advice on whether your child may qualify for available waivers and services, and find out if there are waiting lists.  
Resource: [Kentucky Disability Resource Guide](#)
- ☐ Set up an ABLE account for long-term savings.  
Resource: [STABLE Kentucky](#)
- ☐ Dream Big! Children will be motivated by activities that interest them, so allow them many opportunities to try different activities and experiences and discover what they like.  
Resources: [Kentucky Recreation Guide](#), [You Can Do So Many Things!](#), [American Zoos, Children's Museums](#)
- ☐ Help your child and others understand that they are a person with a unique identity, and that their disability is part of their identity. Focus on things that help them grow and develop, instead of on things that attempt to “fix” them.
- ☐ Work with your child's school and your community to make sure your child grows, learns and participates with children with and without disabilities, to the greatest extent possible, and with principles and strategies of universal design in mind.
- ☐ Help your child learn ways to effectively communicate with others, and help others know the best way to communicate with your child. Be open to different forms of communication (assistive technology, sign language).
- ☐ Help caregivers, teachers and others understand, focus on and support your child as a person who has strengths, interests, preferences and needs, particularly as they enter pre-school and Kindergarten.  
Resource: Vision Statement example and template attached to this checklist

- ☐ Feel empowered to share with caregivers and teachers about what works at home, what your child enjoys, and what you would like them to learn more about. You are the expert on your child and their first and best advocate.
- ☐ Connect with other families, adults with disabilities, and advocacy groups in your area to learn more about your and your child's rights and to be a network of support. Find mentors who can share knowledge with you and help you along your child's journey.  
Resources: [Kentucky Disability Resource Guide](#), [KY-SPIN](#), [Kentucky Protection & Advocacy](#)
- ☐ Give your child opportunities and supports, based on their readiness and needs, to make friends through various activities. This will allow your child to practice and develop social skills and connect with other children.  
Resources: [PPEC Programs](#), [Child Care Program Search](#)
- ☐ Give your child developmentally appropriate chores. Don't feel like you must do everything at once. Pick one or two ideas to start.  
Resource: [Chores for Children](#)
- ☐ Learn more about the Employment First Initiative and the sense of belonging employment creates. Observe your child's interests and consider how that interest could turn into a vocation.  
Resource: [Employment Files](#), [Employment First in Kentucky](#)

## Resources

Kentucky Disability Resource Guide:  
[resources.hdiuky.org](http://resources.hdiuky.org)

STABLE Accounts in Kentucky:  
[stablekentucky.com](http://stablekentucky.com)

Kentucky Recreation Guide:  
[recreation.wellness4ky.org](http://recreation.wellness4ky.org)

You Can Do So Many Things!:  
[hdi.uky.edu/ecbook](http://hdi.uky.edu/ecbook)

KY-SPIN:  
[kyspin.com](http://kyspin.com)

Kentucky Protection & Advocacy:  
[kypa.net](http://kypa.net)

Chores for Children:  
[webmd.com/parenting/features/chores-for-children](http://webmd.com/parenting/features/chores-for-children)



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# Example Vision Statement



**Andy Meredith, High School Senior**

## Strengths:

*Social  
Determined  
Shows Initiative  
Hard Working  
Independent  
Musical  
Creative*

## Areas I Need Help:

*Reading  
Math  
Counting Money  
Managing Time  
Keeping Track of a Schedule*

## Vision Statement:

I get my own photography studio. My job is taking pictures. I get married. I also work at Publix. It is really fun. I keep my money in the bank. I want to go to college and live in a new house by myself. My friends will come to my new house.

## Accomplishments:

- Worked at Publix since April 2017
- Earned Eagle Scout Award 2018
- Worked on Yearbook staff and earned letter in Woodstock High School lacrosse
- Photography exhibited at Anna's Angels benefits auction and Russian medical colleges exhibit

## What Works for Me:

*Peer modeling and support  
Age-appropriate awards: breaks, money, music  
Specific explanations*

## What Doesn't Work for Me:

*Babying  
Removing me from friends*

# Vision Statement Template

Insert photo

**Student Name, Grade in School**

## **Strengths:**

*Insert text.*

## **Vision Statement:**

Insert text.

## **Accomplishments:**

- Insert text.

## **What Works for Me:**

*Insert text.*

## **What Doesn't Work for Me:**

*Insert text.*

## **Areas I Need Help:**

*Insert text.*