

Practical Resources for Real Life Issues



Young adults affected by disability are still young adults. And as such, they will face many difficult life issues just like everyone else in that stage of development. As you help your friends navigate these challenges, we hope the following resources will be helpful.

Navigating New and Challenging Friendships

- [Caring Relationships](#) is an excellent book from *Friendship Ministries* on sexuality and relationships.

Independent Living

- The [Independent Living Research Utilization](#) program provides resources to help locate independent living centers in every state.

Finding Employment or Meaningful Volunteer Opportunities

- [The Arc](#) is the largest national community-based organization advocating for and serving people with intellectual and developmental disabilities and their families. They have branches available in every state.
- [The Job Accommodation Network](#) is a website dedicated to helping people with disabilities find meaningful employment.
- [This article](#) is a valuable resource on what type of information someone with disabilities can and should disclose when interviewing with a potential employer.

Grief

- [Friendship Ministries](#) provides a wonderful resource on grief as part of their Together series.
- [The University of Hertfordshire](#) wrote an excellent article on helping our friends with disabilities process grief and loss.

Other Resources That May be Helpful on a Variety of Topics Include:

- [Together Small Groups](#), an innovative approach to Bible study that is designed to help congregations develop a sense of true belonging among people of all levels of ability.