

Caregivers and Schools

Supporting Students



Learn More

Here are two articles written by Sheilah Gauch that speak to the caregiver experience around supporting a child with challenges.

- *Caring for Caregivers* – <https://dearbornacademy.org/caring-for-caregivers/>
- *Caregiving in a Pandemic* – <https://dearbornacademy.org/caregiving-in-a-pandemic-when-the-professional-and-personal-collide/>

Created for Conversations About Transition webinar hosted by Schools for Children

The basics of how schools are supporting students:

- They are working on building new skills and enhancing/building on existing skills.
- They are working to build self-advocacy and self-awareness skills.
- Schools support students in learning about their disability, their learning style and how to ask for help.
- They have students at their IEP meetings and have them read and understand what their IEP means and why they have it.
- They allow them to do for themselves, allowing for failure and learning how they negotiate through this.
- Schools teach students to step into discomfort and push back on anxiety.

For Caregivers:

The move to college for most students represents a large leap between safety, comfort and predictability to self reliance and independence.

Raising the bar, while also providing support:

- Be part of the conversation, and if you can't be, find someone who can support your child in this process.
- If your child has anxiety, push them to step into the anxiety and discomfort. This is essential for them to learn that they can persevere and succeed without you.
- Find out what additional supports your student will need in college.

This prep work and subsequent leap is hard and complicated for caregivers to negotiate:

- Supporting a student with learning challenges, social/emotional needs is incredibly challenging and stressful.
- Understand your child's IEP and needs, and identify ways you can support them in developing the skills they will need to move on to college.

Do not discount how hard this as a caregiver. You have walked with this child for 18 years, and you are now being asked to let them go to do this on their own.

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