

RESOURCE SEARCH WORKSHEET

HOW TO FIND THE RESOURCES YOUR FAMILY NEEDS

The right resource can change everything.

You are not alone.
We're in this together.

You've got this!

- ☒ Search
- ☒ Connect
- ☒ Apply
- ☒ Follow Up

This worksheet will help you know where to look, what to ask, and how to keep track.

REMEMBER:

- ✓ Start with what you need most.
- ✓ One resource at a time.
- ✓ It's okay to ask for help.
- ✓ You are your child's best advocate.

Today's Date: _____

Child's Name: _____

Age: _____ Diagnosis (if applicable): _____

You are doing an amazing job.
Keep going. Keep searching. Don't give up.

SPECIAL FAMILIES PROJECT

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- ☐ Therapy Services (ABA, Speech, OT, PT, etc.)
- ☐ Medical Care / Specialists
- ☐ Behavioral Support
- ☐ Respite Care
- ☐ Financial Assistance
- ☐ Equipment / Adaptive Needs
- ☐ Education / School Support
- ☐ Parent Training / Education
- ☐ Mental Health Support
- ☐ Recreation / Social Opportunities
- ☐ Transportation
- ☐ Other: _____

Tip:
You don't have to fix everything at once.
Start with what matters most today.

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03 STEP 2: WHERE TO LOOK *Start Your Search Here*

Use this list of trusted places to begin finding resources.



LOCAL

- Local school district / Special Education Department
- County Health Department
- Local hospitals and clinics
- Community centers and libraries



STATE

- State Medicaid / Waiver Programs
- State Parent Training & Information Centers
- State Departments (Health, Human Services, Education)



NATIONAL

- National organizations & foundations
- Disability.gov
- Autism Speaks Resource Guide
- Family Voices



COMMUNITY & FAITH-BASED

- Churches and faith organizations
- Nonprofits and local support groups
- Volunteer organizations



Tip: Search + Connect + Ask Questions.
People often know resources that aren't online.

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04 STEP 3: KEY QUESTIONS TO ASK *Get the Information You Need*

When you contact an organization or program, use these questions to help you get the details.

- ☒ What services or support do you offer?
- ☐ Who is eligible?
- ☒ What is the cost?
- ☒ Do you accept insurance or Medicaid?
- ☐ Are there waitlists? How long?
- ☒ What documents or referrals are needed?
- ☐ How do I apply or get started?
- ☐ Who can I contact if I have more questions?
- ☐ Are there other resources you recommend?

Don't be afraid to ask the same question more than once until you get a clear answer!

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05 STEP 4: RESOURCE SEARCH LOG *Keep Track of What You Find*

Use this table to track the resources you contact.

RESOURCE / PROGRAM	CONTACT INFO	DATE	NEXT STEP

Write down everything—big or small.
It all counts and it all helps.

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06 STEP 5: DOCUMENTS YOU MAY NEED *Have These Ready*

Keep these documents handy to save time when applying for services.

- ☐ Birth Certificate
- ☐ Insurance Information
- ☐ Diagnosis / Evaluation Reports
- ☐ Doctor Referrals
- ☐ IEP / IFSP / 504 Plan (if applicable)
- ☐ Income Verification (if required)
- ☐ Photo ID
- ☐ Proof of Residency
- ☐ Other: _____

Tip: Keep copies of everything in a folder or binder!

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07 STEP 6: APPLY & FOLLOW UP *Don't Forget This Step!*



APPLY

Submit all required forms and documents.



FOLLOW UP

Call or email to confirm your application was received.



STAY ON TRACK

Note important dates, deadlines, and updates.



KEEP GOING

If you don't hear back, follow up again!

Persistence opens doors.
You are advocating for your child's future.

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08 NOTES & IDEAS *Keep It All in One Place*

Great ideas can come from anywhere.
Write them down so you don't forget!

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09 HELPFUL RESOURCE CATEGORIES *Ideas to Explore*



FINANCIAL HELP
Grants, scholarships, assistance programs, clothing, food, and more.



THERAPIES & SERVICES
IEP help, tutoring, advocacy, school accommodations, special programs.



EDUCATION SUPPORT
IEP help, tutoring, advocacy, school accommodations, special programs.



FAMILY SUPPORT



EQUIPMENT & ADAPTIVE



RECREATION & SOCIAL

10 MY NEXT STEPS *Create Your Plan*

- 1 What resource will I look into first?
- 2 Who will I contact?
- 3 What documents do I need?
- 4 When will I follow up?
- 5 How will this help my family?

You are doing an amazing job!

Your love, your patience, and your advocacy are your child's greatest gifts.

Keep going.
You are not alone.
We're in this together.