

Care Support Resources for the Disability Community



[Creating a Care Support Plan for Traveling](#)

Is travel doable if you need care support? Yes—if you plan! Start with these four questions:

1. How accessible is your chosen destination?
2. What do you need from a travel companion and who best fits this profile?
3. How will the expenses be split?
4. Is your plan safe?

[Tips & Tricks for the Best Back-Up Care Support Plan](#)

Being prepared for the unexpected is a necessity when it comes to your care support needs. A backup plan will help keep you safe and comfortable at home in case of unforeseen circumstances.

[What We Want Our Caregivers to Know](#)

Our members share what Personal Care Attendants should know before even stepping through your doorway. The big takeaway: Mutual respect can make or break the relationship between the caregiver and client

[Care Support in College](#)

The transition to college from high school is both an exciting and intimidating time for students. Finding care on campus can be a challenge but students with disabilities have the same rights as students without disabilities.

[Care Support Working Group](#)

Collaborate with advocates from across the United States to identify policy and advocacy initiatives to improve care support services. The disability community and our caregivers need your help to find solutions to this national crisis.

[Empowering Parental Caregivers](#)

This group aims to be a virtual haven for parents and guardians who are caregivers of children, adolescents, or young adults with disabilities.

Contact our Resource Center:

800-962-9629 | unitedspinal.org/ask-us

Find all these resources on our care support page:

unitedspinal.org/tag/care-support

