

For parents of children with developmental disabilities there is one question always at the back of their mind:

"What will happen to my child after I'm gone?"

Author Judith Greenbaum is one such parent. Her youngest daughter, now an adult, was born with mental retardation, and her book *Life Planning For Adults with Developmental Disabilities* reaches out to parents like herself to let them know that they are not alone, and to offer them the information they need to develop a plan for their child's future.

While complete independence and self-reliance is out of reach of the majority adults with developmental disabilities, a productive, stable, and enjoyable life is certainly possible. But government and private support for parents and disabled individuals is scattered and difficult to negotiate. Greenbaum offers a comprehensive guide to resources for other parents and caregivers of adults with developmental disabilities.

The book begins with an assessment that helps parents and caregivers determine the level of independence that is right for the developmentally disabled person in their lives. It then offers techniques for fostering confidence and self-reliance in the disabled individual and helping them develop strong, positive family and social relationships. The book contains detailed information about practical matters like work, education, transportation, finances, and legal concerns.

Intimate, encouraging, and warm, Dr. Greenbaum's book is the one she would have liked to have had herself as she planned for her daughter's future. From one parent to another, *Life Planning for Adults* offers information and hope.

"This clear and useful book helps families see that it is never too late to plan a better future for an adult with disabilities. Most of all, as a parent, I like the book because it is realistic. I believe many families will find the help they need here."

—**Sue Swenson**, executive director of the Arc of the United States and former commissioner for developmental disabilities during the Clinton administration

ABOUT THE AUTHOR

Judith Greenbaum, Ph.D., consults with school districts on the development of appropriate educational environments for children with disabilities. Dr. Greenbaum has written numerous articles and presented many workshops and seminars for families, educators, social service workers, and mental health professionals on how to access community services and develop effective programs to care for and support developmentally disabled people. Judith Greenbaum lives in Ann Arbor, MI.

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LIFE PLANNING FOR ADULTS WITH DEVELOPMENTAL DISABILITIES: A Guide for Parents and Family Members, by Judith Greenbaum, Ph.D. / May 2007; New Harbinger Publications; \$19.95; trade paper; ISBN-10: 1-57224-451-8; ISBN-13: 978-1-57224451-1; 7 x 10; 200 pages; www.newharbinger.com; 800-748-6273

Life Planning
for Adults with
Developmental Disabilities

A Guide for Parents
& Family Members

LEARN HOW TO:

- Make decisions about living arrangements
- Select the right caregivers
- Locate satisfying work and leisure activities
- Foster a supportive home environment
- Plan wisely for the future

JUDITH GREENBAUM, PH.D.

For Parents of Children with:

- Autism
- Down's syndrome
- Mental retardation
- Cerebral palsy
- Muscular dystrophy
- Severe mental illness
- Other genetic and acquired disabilities