

# Relationships, Rules & Respect

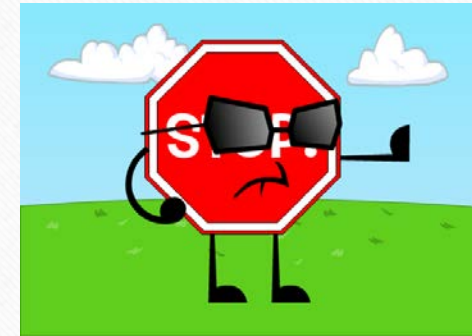
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How to protect relationships with family members  
who adhere differently to Coronavirus policies



# Love

- Expressing our love can vary
  - Adult children who want to implement strict rules for parents:
    - Parents should not go into stores
    - Parents should not attend shuls
  - Adult children who may be lax about themselves with regard to Corona rules but still want to visit
  - Some adult children do not want to visit at all
  - Parents want to impose their way of rule following on their adult children



# Need for Rules & Structure

- Late to launch children who live at home with rule set that differ from parents
- Children who have special needs and live at home need rules from parents
- Children with intellectual or developmental disabilities who live in residence such as Jewish Board's Mishkon and all struggle to follow government and agency rules





# Friends

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- Often have similar views and opinions, perhaps not now



- Shared interests

- Important to keep in your life: confidante, learning partner, have fun together
- Near and dear to you, held in your heart

# Past Trauma's

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- A person's history of trauma impacts our present functioning
- Survivors of the Shoah (Holocaust) might be triggered by increase in antisemitism, rioting, gun violence, needing to stay inside, feeling alone, feeling powerless, feeling unsafe
- Family trauma- might be responsible to care for parent who might have been neglectful, abusive, not what child needed and how this dynamic impacts relationship and struggles now with parent/siblings...



# Sense of Isolation

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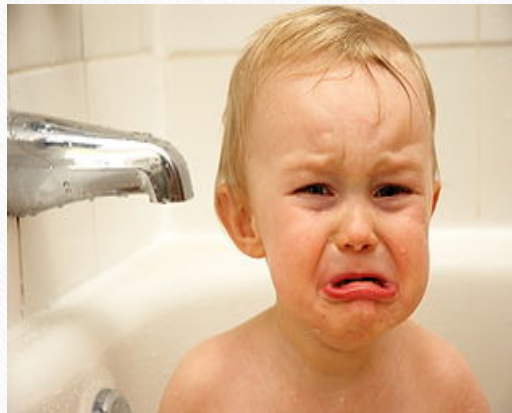
Being Ignored

Worst feeling ever.

# Stress

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- Cranky
- Angry
- Sad
- Lonely
- Poor eating/sleeping
- Chronic worry about the present and the future





# How to express yourself in a healthy manner

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- Stay focused on the topic

- Use “I” words

I am uncomfortable with ...

I do it differently but hear your concern and appreciate it

That feels unnecessary to me

- Don't muddy the waters with old business





# How to Listen

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- With compassion
- Hearing different views does not require agreement
- Compromise
- <https://www.youtube.com/watch?v=Xg3dAmhFJdE>
- Do your own thing and do not impose it on others

# Some Coping Techniques for Stress

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- Relaxation techniques that have worked in the past
- Try new relaxation techniques
- Pay attention to how your body is reacting
- Deep breathing exercises- [youtube.com](https://www.youtube.com)
- Visualization exercises- [youtube.com](https://www.youtube.com)
- Physical activity- walk, run, ride a bicycle, play tennis, be in nature ...
- Creative arts- paint, draw, handiwork, music, clay, bake





# Prioritize the Relationship

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- The relationship is more important than being right
- Agree to disagree
- Remember, it can feel dangerous, but we need to be careful and respectful



# If a bit more help is needed

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You have expressed yourself, you have listened but the relationship is still suffering . What next?

- Speak to a Rabbi/Yoetzet for hadracha and/or talk to trusted and respected people
- Think of options, perhaps now you are ready to have your DD child move to a residence, downsize, relocate ...
- Make an appoint with a licensed mental health professional, social worker, psychologist to explore struggle, gain some perspective, learn coping and relationship skills
- Resources: NYC- The Jewish Board/Mishkon services <https://jewishboard.org/> 844-663-2255
- Private practitioner: Relief Resources, an international referral agency (718) 431-9501 [www.reliefhelp.org-](http://www.reliefhelp.org-)
- Google: Jewish Family Services are agencies in many cities throughout the US & Canada
- Call your insurance company for a referral
- Bituach L'Umi in Israel



# Mishkon has openings in our homes for adults with developmental disabilities 718-851-7100

At Mishkon, we celebrate people with intellectual and developmental disabilities each and every day.



## Creating joyful futures for all at Mishkon

Our purpose is to make sure each person reaches their greatest potential, and to support their families along the way. We do that through a warm, caring environment, outstanding medical and therapeutic care, and a joyful approach to the future.

- Tastefully designed residences and apartments
- Day habilitation without walls
- Community habilitation
- Home-based Respite Care
- Overnight Respite Care for Shabbos and Yom Tov
- Camp reimbursement and scholarship funds

**Residential placements available**

Learn more about how our Mishkon programs can help your family. Get in touch.

- Visit us online at [JewishBoard.org/Mishkon](https://JewishBoard.org/Mishkon)
- Email us at [MishkonIntake@jbfcs.org](mailto:MishkonIntake@jbfcs.org)
- Call us at **718.851.7100 ext 471221**
- Mishkon, 1358 56th Street, Brooklyn, NY 11219



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# Thank you and hatzlacha rabba

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