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Family Caregivers Unite! Archives Available

September 16th 2014: Helping Family Caregivers Establish a Home for their Family Member who has an Intellectual Disability

Mary Pat Armstrong is Founder and Chair of LIGHTS, <http://www.lights.to/>, which provides an option to explore for family caregivers who are interested in helping their family members with intellectual disabilities start a life outside the family home. She talks about her life, career and experience with family caregiving. She explains why LIGHTS was created. She identifies the challenges that intellectual disabilities create for young children, adolescents and young adults, and for families and family caregivers. She explains the ways in which establishing homes helps young people, their famil

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Featured Guest



Mary Pat Armstrong

Mary Pat Armstrong is Founder and Chair of LIGHTS, <http://www.lights.to/>, which provides an option for families who are interested in helping their family members with intellectual disabilities start a life outside the family home. A committed community volunteer for over 30 years and former university professor, her self-assigned mandate has always been to give back to a world that has been good to her. One of her greatest accomplishments to date is that of Founding Director of the first Ronald McDonald House in Canada after losing her daughter Marion to cancer in 1976. In 1999 she began to focus her energies on how she could improve life for people with i

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