

CARE
FOR
CAREGIVERS



Caregivers and direct support professionals play a vital role in the life of individuals with developmental disabilities. Research has shown that such responsibilities, while very rewarding, are also demanding and isolating at times. We know that the health of caregivers is so important and learning individual self-care activities are essential.

Shawna Dellecave is an art therapist & the Director of Family Advocacy and Art Programing at The Council on Developmental Disabilities. She is also the facilitator of this card making workshop.



The Council on Developmental Disabilities is offering a group art making experience for caregivers and direct support professionals who care for individuals with developmental and/or intellectual disabilities. Participants to this workshop are invited to create marbled paper greeting cards. Detailed directions and assistance is provided; no artistic experience is necessary to participate. This activity is a unique way to learn about the importance of self care and overall health for specialized caregivers.



The Council on Developmental Disabilities is grateful for the generosity of the many friends and funders who support our mission. We are proud of our longtime affiliation with Metro United Way, which has supported our mission for more than 45 years. We are also grateful to Metro Louisville Government for supporting our family outreach and arts advocacy work.

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