

Concrete Supports

Correlates to Adequate Housing, Access to Healthcare and other Social Services, and Community Support

Concrete Supports are the programs and services offered in the community to enable individuals and families to be successful.

Examples of Concrete Supports:

- State supported supports available to financially eligible families.
- Public Assistance with TANF, Food Stamps, and Medicaid
- Health clinics
- Child care subsidies
- Food pantries
- Supports based upon specific need
- Home visiting through Healthy Families or Community Partners Programs
- Child welfare services
- Literacy programs
- Job preparation and placement services
- Supports provided by friends, family, or church organizations can also help meet family's basic needs.

Questions to ask:

- What do you need to (stay in your house, keep your job, and pay your heating bill)?
- How have you handled this? What kind of response have you gotten? Why is this working or not working?
- What has worked well in the past?
- Are there community groups or local services that have been or might be able to offer assistance?
- Do you belong to a faith community?
- Do you have a relationship with a pediatrician?
- Is your child enrolled at a local school?
- Have you thought about _____ (local program that provides housing or food)?
- Did you know that _____ provides (free homework help, meals on weekends, low-cost child care)?
- What kind of help do you need to get to these appointments?
- Do you have insurance, a doctor, or clinic you trust?
- Tell me about your transportation needs. . . .Who helps you get to the grocery store (church, doctor visits)?
- Would it be helpful to you if services were provided in _____ (language)?
- What extracurricular/recreational activities are you involved with?

Resources:

<https://www.youtube.com/watch?v=lud89Gi8Jgs> Brene Brown - Are you comfortable asking for help?

<http://www.pcat.org/resources/concrete-supports/>

<http://www.parentingcenter.com/state/indiana.html>