



Finding Independence™  
BY CPSH



FREE Virtual Workshop  
Monday, October 10, 2022  
6:00-9:00 PM

### RSVP At

[https://  
us06web.zoom.us/meeting/  
register/  
tZlkcuiqgj4tEtXZ0aVpvO  
91\\_kRlr9dAaxdg](https://us06web.zoom.us/join/register/tZlkcuiqgj4tEtXZ0aVpvO91_kRlr9dAaxdg)

## Navigating the Path to Independence

A roadmap for African-American caregivers

Join Finding Independence by CPSH for a fresh approach to the African-American community of caregivers with an adult family member with disabilities. This workshop is focused to specifically reflect the cultural perspective that affects the African American caregiver's needs.

The workshop will feature near-term actions and information that focuses on the future security of their loved one, as both the caregiver and family member ages.



Sign up for a free 15-minute Discovery Call for additional workshop information [txcpsh.org/discoverycall](https://txcpsh.org/discoverycall).

**Request a  
Free**

15 Minute Discovery Call



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[www.txcpsh.org/discoverycall](https://www.txcpsh.org/discoverycall)



## Workshop Led by

# Lakitria Limbrick, LPC

Lakitria “Kiki” Limbrick has earned a bachelor’s degree in Sociology with a minor in Psychology and a master’s degree in Counseling from McNeese State University. She is a Nationally Certified Counselor/School Counselor and a Licensed Professional Counselor (LPC). Having more than 11 years as a Counselor in which eight of them were in a High School setting as a school Counselor where she worked with very diverse students including students with disabilities. She is a mother of five and loves to stay active in playing sports and traveling. Kiki currently has two private practice locations in Louisiana and Texas.

As a consultant at CPSH, Kiki is responsible for implementing the Caregiver Information and Counseling Project. While executing work for CPSH, she assists adults living with disabilities in North Texas in creating lives with more independence through all venues of communication including, meetings and media with a focus on caregivers and families.

## Program Activities

Offered virtually to the caretakers of family members with disabilities, this workshop will introduce the concept of Person-Centered living and provide practical planning solutions to easing the caretaker burden.

During the workshop, each caregiver will identify the immediate and long-term actions they can use to assist their family member in identifying and meeting person-centered life goals, as well as identifying the family’s needs.

Following the Workshop, Finding Independence by CPSH will offer one-on-one counseling to workshop participants.

## Topics Include:

- ☎ Preparing the family and individual for more independence in the home and community
- ☎ Impact of employment on income, SSI/SSDI, and budget
- ☎ Access to safe, affordable housing through HUD vouchers
- ☎ Examples of individuals with disabilities living independently in the North Central Texas community
- ☎ Identifying support services such as career training, independent living supports, and transportation needs
- ☎ Remote technology to support caregiving
- ☎ Health Check List

# Find Your Independence

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