

# Relationships & Disability



Kentucky National  
Core Indicators

Many factors contribute to having a meaningful life. Some people find fulfillment in work; others find it in community involvement; still others find it in spiritual pursuits. Whatever the source, a fulfilling, meaningful life involves interacting with other people. Barriers often exist for people with disabilities who want to develop and grow relationships.

**Adults in  
Kentucky  
who  
have a  
disability**

**33.2%**

**7%**  
Participated in a  
community group in the  
past month in Kentucky  
vs. 26% Nationwide



**Are able  
to see or  
talk to  
family**  
**Kentucky:**  
**31%**  
**Nationally:**  
**82%**

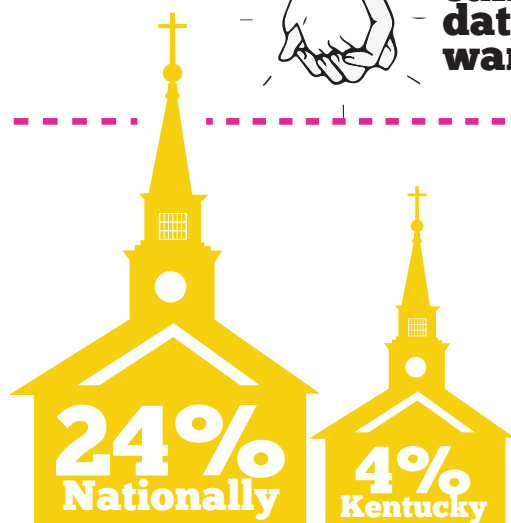


**63%**  
can go on a  
date if they  
wanted to

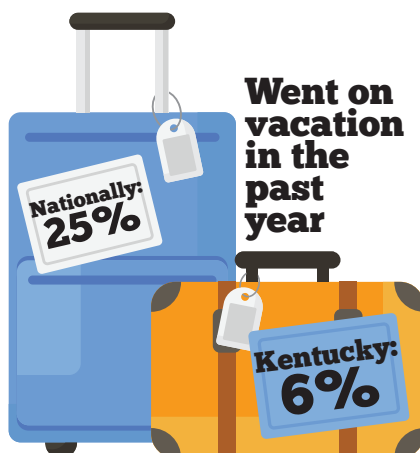
**Have friends who are  
not staff or family members**

**Kentucky** 59%

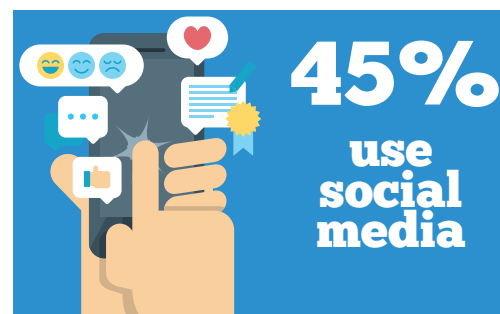
**Nationally** 77%



**Went to a religious service  
in the past month**



**Went on  
vacation  
in the  
past  
year**



# Resources



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A variety of resources that can help improve your relationships  
are found all around Kentucky.



Resources developed to facilitate  
great inclusion for all.

- Together We're Better
- All Means All
- Inclusion Means WITH- Not Just IN

[www.inclusion.com](http://www.inclusion.com)

## CHARTING the LifeCourse™

Charting the Life Course is a framework that was developed to help individuals with disabilities and families at any age or stage of life think about what they need to know, identify how to find or develop supports, and discover what it takes to live the lives they want to live.

[www.lifecoursetools.com](http://www.lifecoursetools.com)



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Core Indicators

Community Quality collaborates with the Kentucky Division of Developmental and Intellectual Disabilities on activities that promote success for Kentuckians with disabilities. Kentucky's National Core Indicators project seeks to develop and improve upon performance indicators of services for individuals with developmental disabilities.

[www.kentuckycq.org](http://www.kentuckycq.org)

## KENTUCKY DISABILITY RESOURCE MANUAL

Online directory with resources on  
advocacy, assistive technology, community  
living, education, employment, finances,  
health, mental health and transportation.

<http://resources.hdiuk.org/>

## RECREATION RESOURCE GUIDE

A handbook of program descriptions and contact information  
<https://www.wellness4ky.org/resources/recreation-resource-guide/>



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Kentucky Division of  
Developmental and  
Intellectual Disabilities



Human Development  
Institute