




# Relationships & Disability

2024

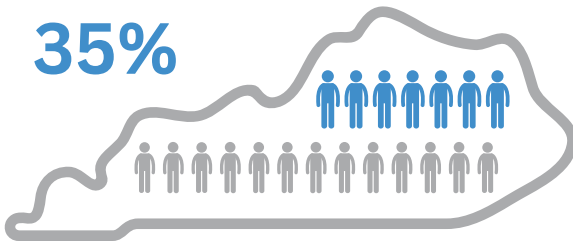


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- Many factors contribute to having a meaningful life. Some people find fulfillment in work, others in community involvement, and still others in spiritual pursuits.
- Whatever the source, a fulfilling, meaningful life involves interacting with other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

## Adults in Kentucky with a Disability

35%



That means **seven** of every 20 adults has a disability

## Community Participation

Participated in a community group in the past month

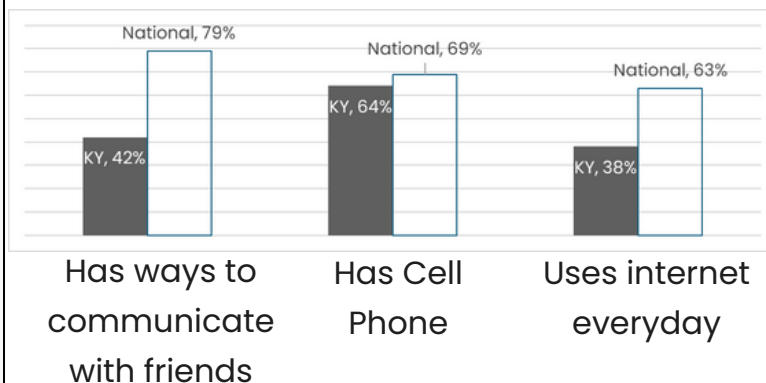
**One** of out **eleven** people with disabilities in Kentucky



**One** of out **four** people with disabilities Nationally



## Friendships



Have friends who are not staff or family members

**72% KY**  
**77% National**



**62%** can go on a date if they wanted to



**37% KY**  
**37% National**

Went to a religious service in the past month

# Relationships & Disability

## Resources

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

### **Inclusion**

Resources developed to facilitate great inclusion for all. Together We're Better. All Means All. Inclusion Means WITH- Not Just IN. [inclusion.com](http://inclusion.com)

### **Kentucky National 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. [kentuckycq.org](http://kentuckycq.org)

### **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. [lifecoursetools.com](http://lifecoursetools.com)

### **Kentucky Resource Manual**

Online directory with resources on advocacy, assistive technology, community living, education, employment, finances, health, mental health and transportation. [resources.hdiuk.org](http://resources.hdiuk.org)

### **Recreation Resource Guide**

A handbook of program descriptions and contact information. [recreation.wellness4ky.org](http://recreation.wellness4ky.org)



Division of  
Intellectual and  
Developmental  
Disabilities



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