

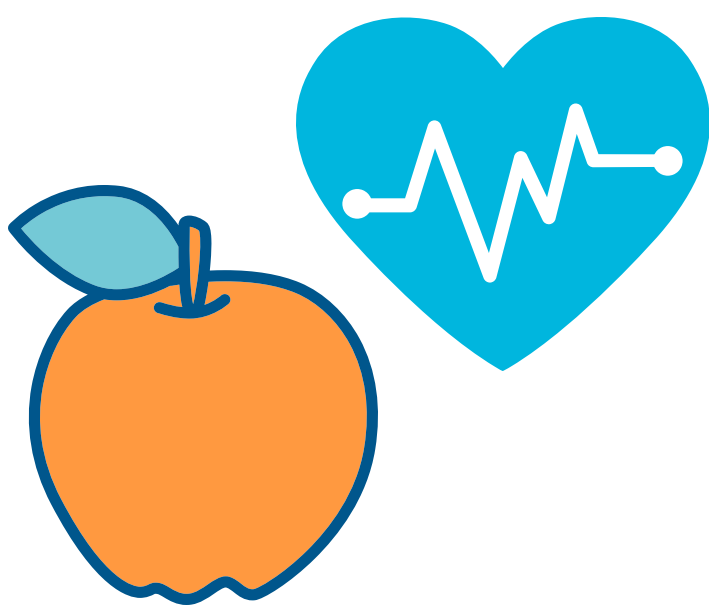
BEAT THE BURNOUT:

HOW YOU CAN HELP DIRECT SUPPORT PROFESSIONALS

Every day, direct service professionals give individuals with disabilities the physical and emotional care they deserve. DSPs deserve understanding and financial security for their selfless work, but state budget cuts have left many DSPs overworked, paid below poverty level, and leaving the profession. But you can help DSPs reduce their psychological and financial stress in some simple ways.

THANK THEM!

Even the most generous people lose motivation when nobody appreciates their efforts. So if a DSP has impacted your life, share your gratitude with them. Your words could help them persevere through the hard days.



SUPPORT LEGISLATION FOR A LIVING WAGE

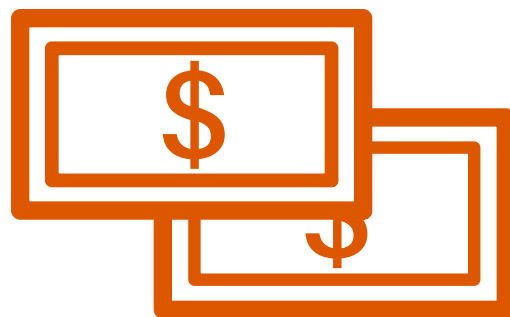
The average starting salary of a DSP in Illinois is \$11.09, less than most fast food employees and well below poverty level.

Although Illinois has recently passed pay increases, there's still more work to do. Support HB5931, a bill to increase a DSP's minimum wage to \$15 per hour.



ENCOURAGE SELF-CARE

Rewarding as their work can be, DSPs often face stressful or physically threatening situations too. Help them preserve their mental and physical health by walking, doing yoga, or cooking healthy meals with them.



SPREAD THE WORD

Several organizations are spearheading social media campaigns to spread awareness of the crisis facing DSPs and those in their care. Show your support by sharing, posting, commenting---anything you can do to help DSPs get the wages and dignity they need.