

# Center for Accessible Living

## NEWS RELEASE

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## New Book Spotlighting Parents with Disabilities Hits Shelves

**Louisville, Ky. (July 26, 2021)** - A new book being published in Louisville, Kentucky, by the Avocado Press and the Center for Accessible Living contains the stories of thirty families, where one or both parents have disabilities. In enabling these parents to tell their stories, “**A Celebration of Family: Stories of Parents with Disabilities**” illustrates the infinite variety of the American family.

Discover insights from people with disabilities as they weigh the pros and cons of becoming parents. The decision to have kids when the possibility exists of passing on an inheritable condition, natural childbirth, fostering, adopting, and single parenthood are just a few of the issues discussed.

The storytellers in this book talk about adaptations and accommodations they made so they could parent effectively, but even more talk about how wonderfully adaptive their children were to their disabilities. Other parents talk about individual discrimination and the societal bias they have faced due to the misconception that people with disabilities could not possibly be as effective a parent as a person who faces fewer physical or intellectual difficulties.

Read stories from parents that had children before they acquired a disability that relate how that acquired disability affected their family, as well as parents whose children have never known them without their disability.

The stories contain humor, compassion, and gratitude and are in the words of the parents themselves. They are proof that one thing you can get any parent to talk about is their children. The heart of the message in the book is in the strength and beauty of the American family and how it can be found no matter the individual circumstances of the people involved. As one parent, Carrissa, says in the book, “I want my son to know through our family that families are never conventional.”

Julie Shaw Cole, author and therapist says, “these stories are collected in a book that people will read, enjoy, and, through it, come to see how others have made parenting work in sometimes unusual circumstances. They tell about a possible, joyful and loving experience.” According to Carol Estes, a disability advocate, “The honesty in the stories is sometimes overwhelming; I laughed, cried, become angry, and celebrated as I read about the roads travelled by each family.”

As another parent in the book, Chastity, puts it, “if you suck as a person, you are going to suck as a parent, whether you have a disability or not. If you are compassionate and caring and nurturing as a person, you will be like that as a parent, too.”

**“A Celebration of Family: Stories of Parents with Disabilities”** is being published by the Avocado Press, Inc. in association with the Center for Accessible Living. The Avocado Press is a small non-profit in Louisville that has been publishing disability-related articles and books since 1980. The Center for Accessible Living is a Disability Resource Center with offices in Louisville, Murray and Bowling Green. The book is edited by Dave Matheis. The Human Development Institute at the University of Kentucky also contributed to the development of the book.

To learn more about the book and to hear directly from the parents join us on Wednesday, August 11 for the official launch party: <https://uky.zoom.us/j/8608635229>. More information can also be found at: <https://www.calky.org/a-celebration-of-family/>.