**Concrete Supports**

*Correlates to Adequate Housing, Access to Healthcare and other Social Services, and Community Support*

Concrete Supports are the programs and services offered in the community to enable individuals and families to be successful.

**Examples of Concrete Supports:**
- State supported supports available to financially eligible families.
- Public Assistance with TANF, Food Stamps, and Medicaid
- Health clinics
- Child care subsidies
- Food pantries
- Supports based upon specific need
- Home visiting through Healthy Families or Community Partners Programs
- Child welfare services
- Literacy programs
- Job preparation and placement services
- Supports provided by friends, family, or church organizations can also help meet family’s basic needs.

**Questions to ask:**
- What do you need to (stay in your house, keep your job, and pay your heating bill)?
- How have you handled this? What kind of response have you gotten? Why is this working or not working?
- What has worked well in the past?
- Are there community groups or local services that have been or might be able to offer assistance?
- Do you belong to a faith community?
- Do you have a relationship with a pediatrician?
- Is your child enrolled at a local school?
- Have you thought about _____ (local program that provides housing or food)?
- Did you know that __________ provides (free homework help, meals on weekends, low-cost child care)?
- What kind of help do you need to get to these appointments?
- Do you have insurance, a doctor, or clinic you trust?
- Tell me about your transportation needs. . . .Who helps you get to the grocery store (church, doctor visits)?
- Would it be helpful to you if services were provided in ___________ (language)?
- What extracurricular/recreational activities are you involved with?
Resources:

https://www.youtube.com/watch?v=lud89Gi8Jgs Brene Brown - Are you comfortable asking for help?
http://www.pcat.org/resources/concrete-supports/
http://www.parentingcenter.com/state/indiana.html