



# RECALIBRATING LIFE

---

## Prioritizing Joy & Adventure

*Battling a complex diagnosis is exhausting. Between managing endless medical appointments, coordinating care, and navigating the daily nuances of illness, it is easy to put "fun" on the back burner. However, joy is not a luxury; it is a necessity. This worksheet is designed to help you pause, identify what brings your child happiness, and outline a concrete plan to make those experiences a reality.*

### Part 1: Identifying the Joy

---

Start by focusing entirely on your child's interests, stepping away from their medical needs for a moment. What makes them light up?

**If there were no limitations, my child's perfect day would look like:**

**My child's current favorite hobbies, shows, or interests are:**

**An environment where my child feels most relaxed and happy is:**

**One thing they have been asking to do or try recently is:**

### Part 2: Making It Happen (Affordably)

---

Joyful experiences do not have to drain your energy or your bank account. Brainstorm a few low-barrier, affordable ways to capture the essence of what your child loves.

### Micro-Adventures: How can we create a small version of their perfect day at home or nearby?

Idea 1:

Idea 2:

### Community Resources: What free local resources align with their interests?

Resource 1:

Resource 2:

## Part 3: Resourcing Support

---

You do not have to carry the mental load of planning and funding every adventure alone. Here are a few organizations dedicated to providing cost-free experiences:

- **A Kid Again:** Provides free recurring "Adventures" (e.g., zoos, sporting events, amusement parks) to families with children facing life-threatening conditions.
- **Flying Horse Farms:** A medical specialty camp providing transformative, cost-free experiences like archery and swimming for children with serious illnesses.
- **Make-A-Wish Foundation:** Strives to make dreams come true for children diagnosed with critical illnesses, giving them hope and strength.
- **The Dream Factory:** A volunteer-based children's wish-granting organization that serves children with life-threatening and chronic illnesses.

#### How to Research Additional Programs:

1. Search terms like *"accessible family recreation programs near me"* or *"cost-free adventures for medically complex children."*
2. Consult with your child's hospital social worker or care coordinator (*pst...ask them to help make the referral or get the ball rolling*).
3. Look for disease-specific advocacy groups, which frequently sponsor family grants.

## Part 4: Action Plan & Goal Setting

---

Letting go of the planning and accepting support requires an active first step. Commit to a timeline right now to get the ball rolling.

**The organization or program I am going to research or contact is:**

**I will dedicate 30 minutes to review their eligibility requirements on (Date):**

**I will complete and submit the registration/application by (Date):**

**If I need help gathering medical referral forms, the provider I will contact is:**