

Promoting Self-Care for Direct Support Professionals

As a DSP, you are used to helping ensure others are taken care of, but at times like these you need to make sure you are taking care of yourself as well. DDA is keeping an eye out for resources to help ensure you are able to stay healthy - physically and mentally.

- [The National Alliance for Direct Support Professionals Toolkit](#)
- [DSP Work during the COVID-19 Emergency](#)
- [Words of Encouragement](#)