



United Way
California Capital Region

Shelby and UCP of Greater Sacramento **A smiling example of success in our region**

Want to be inspired? Want to know how your donations help people in your community? Read about 9-year-old Shelby and how UCP of Greater Sacramento created a success story. UCP's goal is to help give people with disabilities the chance to live life without limits.

When Jennifer and Steve's twins, Shane and Shelby, were born 11 weeks premature, Shane suffered minimal effects, but Shelby was diagnosed with multiple challenges, including cerebral palsy and epilepsy.

Fortunately, Jennifer had worked in UCP's family respite program and knew she and Steve had a partner in caring for Shelby, who requires anywhere from five to 15 trips to therapy each week.

"Providing 24-hour care is exhausting, but respite is a lifesaver," Jennifer said. "We completely trust our respite worker. She is loving and nurturing and really looks after Shelby's practical needs."

"Thanks to respite care, we have a chance to be refreshed," Steve said.

While Jennifer and Steve run errands, spend time with Shane or enjoy a date, Shelby and her respite worker spend time singing, reading, taking walks, going to the mall and the library, working on homework, playing games or reenacting fun memories from school that day.

"Just because I'm in a wheelchair doesn't mean I can't dance and sing," Shelby said. "I'm just like everyone else."

Now Shelby is becoming more and more independent, learning to drive her wheelchair, playing on her own, writing letters, using her laptop and enjoying playing with hair and make-up.

"Shelby has a great sense of humor," Jennifer said. "She's girly and she loves arts and crafts. It's a relief to know Shelby's in good hands and having fun while we get a much-needed break."

For more information about UCP of Greater Sacramento, check out the [Web site](#) or call:

Samantha Garcia
Development Assistant
UCP of Greater Sacramento
4350 Auburn Boulevard
Sacramento, CA 95841
Direct: 916-283-8317
Fax: 916-565-7773
Main: 916-565-7700
sgarcia@ucpsacto.org
www.ucpsacto.org