



Volunteer Connections

Dear Volunteers,

I hope you and your families are happy and healthy, enjoying the beautiful spring weather. I want to express my gratitude to so many of you who go the extra mile for families who have children with disabilities in your communities. Many families are overwhelmed with responsibility and feel isolated and lost when it comes to finding help and answers to challenges in their lives. Your efforts provide relief, hope and a new direction for so many. Thanks for your continued efforts.

Rebecca

VOLUNTEER REPORTING:

Please take the opportunity to report any volunteer activities you've been involved in. The link below will provide you with 6 different types of activities you can report on such as:

- Direct support to families.
- Conferences and trainings.
- Helping parents with IEP related support.
- Serving on committee's that promote systems change for families who have children with disabilities.
- Outreach promotion of UPC services and events.
- Sharing your family story with educators or participating on a parent panel.

If you have participated in any of these activities, select "yes" when your activity appears on the survey. You will then be asked: When did you participate in the activity? How much of your time was involved? and How many people were served?

Reporting Link: <http://www.surveymonkey.com/s/volunteerreporting>

VOLUNTEER APPRECIATION GIFTS:

ALL volunteers who have provided service and have fully completed the reporting survey will receive an appreciation gift! This is our way of thanking you for your time and dedication in serving parents who have children with disabilities and telling us about it! Each gift will include its own message of appreciation. Please take the time to do your reporting so we can recognize your good works!

Utah Parent Center Volunteer Connections: April 2013

LEGISLATIVE WRAP-UP for the 2013 GENERAL SESSION:

Special thanks to our volunteers who shared personal stories with their Representatives and voiced their opinions about the happenings in the 2013 General Session. The Legislative Coalition for People with Disabilities has provided a summary below of the legislative actions that effected families who have children or adults with disabilities and the providers who serve them. You will find information on bills, budgets, legislative intent language, and items for future study.

[Click here for LCPD's report of the 2013 General Session of the Utah Legislature](#)

IEP COACH CORNER:

SUMMER PLANNING GUIDE for PARENTS of CHILDREN with SPECIAL NEEDS

Summer vacation often poses a challenge for parents of children with special needs. You can find programs that will provide an engaging and enriching environment for your child, but it's important to start thinking early about what kinds of activities your child would benefit from and what your options are. The following article written by the Federation for Children with Special Needs includes practical advice for parents to:

- Determine their child's needs
- Explore available options
- Identify the right questions to ask
- Develop a plan to ensure their child's experience is a positive one

Link to article: [Summer Planning Resource](#)

Searching for recreational activities near you? Use the following resource list to help add structure to your child's summer activities:

http://www.utahparentcenter.org/wp-content/uploads/2013/04/Summer_Activities_List_2013.pdf

Extended School Year (ESY) – Does Your Child Qualify?

Parents of students on an IEP, who are at risk of significant regression over the summer months, should have a discussion with their IEP teams about Extended School Year (ESY). The IEP team determines whether or not a student qualifies for Extended School Year. Through a process of data collection your child's IEP team will consider the possibility of regression in both academic and functional areas. If your child is found eligible for ESY your team will determine an appropriate program to maintain their abilities. For more information on ESY review the following information from the Utah State Office of Education.

Rules and Regulations related to Extended School Year Services:

<http://www.schools.utah.gov/charterschools/Training/Directors-Meetings/2012-Directors-Meetings/November-2012/Special-education--ESY-technical-assistance.aspx>.

Summer Planning Guide for Parents of Children with Special Needs Continued on following page.

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Free Lifetime National Parks Pass

Did you know that US citizens with documented disabilities can get a free lifetime pass to all national parks and recreation areas? The Access Pass is a free pass available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability; it that provides access to more than 2,000 recreation sites managed by five Federal agencies. A National Parks Pass usually costs \$80 yearly. For more information go to: <http://store.usgs.gov/pass/access.html>

Summer Activity Resources

<http://fun.familyeducation.com>

Provides thousands of printable activities and games for kids of all ages including, arts and crafts, coloring pages, skill builders, puzzles & games, and more.

<http://www.readyschool.org/>

Provides activities, playgroups, resources and ideas for kindergarten readiness.

<http://utahfamily.com/calendar.php>

"No Bored Kids" calendar of daily activities statewide.

<http://careaboutchildcare.utah.gov/resources/default.aspx?list=7>

Statewide Summer Activity Guide

SPECIAL INTEREST: DISABILITY ISSUES IN THE NEWS

Studio 5 – “Autism Strategies” part of an ongoing series

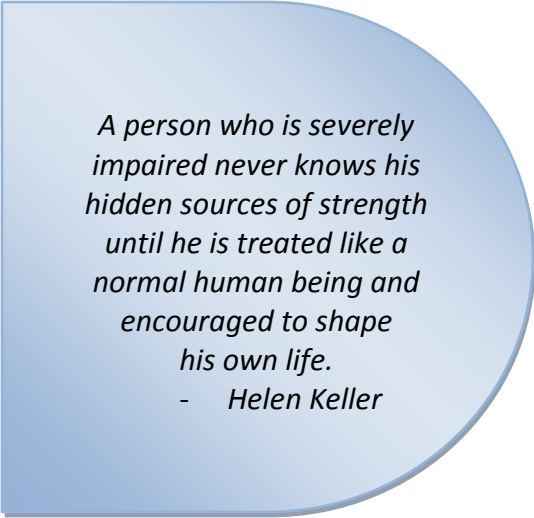
Dr. Paul Carbone M.D. FAAP, associate professor of pediatrics at the University of Utah and a father of a 10 year old with autism offers advice to help parents of children with autism get the care they need from their child’s doctor. <http://bit.ly/15XqG9j>

Autism in the community: How should public spaces be shared? Tricky questions about how to share public spaces. <http://bit.ly/18azEiY>

Tim, a business owner with Down Syndrome, serves breakfast, lunch and hugs.

Read more: <http://bit.ly/YbtKdn>

The Obama administration is looking to become directly involved in a class-action lawsuit that has people with developmental disabilities seeking greater employment opportunities. <http://bit.ly/18aBQH5>



A person who is severely impaired never knows his hidden sources of strength until he is treated like a normal human being and encouraged to shape his own life.
- Helen Keller

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UPCOMING CONFERENCES AND TRAININGS

National Federation of the Blind Annual State Convention is scheduled for May 2-4th at the Provo Marriott Hotel & Conference Center. Participants will be joined by National Representative Ms. Pam Allen, director of the NFB Louisiana Center for the Blind & Treasurer of the NFB Board of Directors. To register go to www.nfbutah.org or call 888-825-3162. You can also call the NFB hotline at (801) 463-6632 for additional information.

1st Annual Utah Multi-Tiered System of Supports & Effective Practices Conference is scheduled for June 12th & 13th at the Davis Conference Center in Layton, UT. This conference is designed to educate both parents and professionals on how to implement School-Wide Positive Behavior Interventions and Supports (SW-PBIS). Topics include: MTSS, RTI, PBIS, Numeracy, Behavior, Assessment, Transition, Pre-School, Significant Disabilities, Tier 2 & 3 interventions, Progress Monitoring, Autism, and Bullying Prevention. For more information go to <http://www.updc.org/umtss/>

US Autism & Asperger Association World Conference & Expo will be on August 15-18 at the Sheraton Salt Lake City Hotel and Conference Center. Over 40 of the world's most respected experts will discuss new treatment regimens and effective therapies. Keynote Speakers will include Temple Grandin, PHD who is one of the most accomplished and well known adults with autism in the world and Martha Herbert, MD, PHD who is an Assistant Professor of Neurology at Harvard Medical School and a Pediatric Neurologist at the Massachusetts General Hospital in Boston. For more information, go to www.usautism.org or call (801)816-1234.

Latest E-Connections, for more resources and events including a schedule of upcoming UPC workshops: <http://www.utahparentcenter.org/publications/electronic/e-connections/>

ONGOING VOLUNTEER OPPORTUNITIES

Please contact me at rebeccat@utahparentcenter.org or call at (801) 272-1051 if you are interested in participating in any of the following volunteer opportunities. I would love to hear from you!

Seeking new Family to Family Support Group Leaders and/or Co-Leaders for our Salt Lake Network

New Network Leaders should be receiving services, on the waiting list, or in the process of determining eligibility with the Division of Services for People with Disabilities. This allows Leaders to be a resource for individuals and families using these services as well as for other organizations. A Co-Leader or other Network Officer is not required to meet these criteria. New Leaders will receive ongoing support from the Utah Parent Center and existing Network Leaders.

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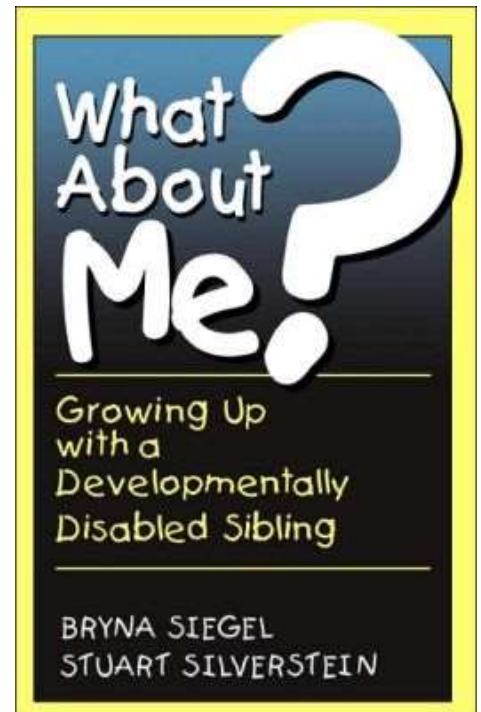
Parent Panel Requests: The Utah Parent Center is asked several times a year to speak to students at the college level going into both general and special education. Our current parent panel requests come from the University of Utah and Westminster College. Volunteers who participate on the panel share information about their child with a disability and provide insights about their child's educational experience to future educators. It provides parents with a great opportunity to share what has worked well with their children and offer advice and tips on what needs to work better. The students benefit greatly from the 'parent perspective.'

IEP Coach Training: The Utah Parent Center has an ongoing need for parent volunteers who have been trained to help parents successfully go through the IEP process. If any volunteers are interested in receiving this training or know of someone who would make a good IEP Coach, please let me know. New volunteers will need to take our New Volunteer Training as a prerequisite to the IEP Coach Training and will need to fill out a New Volunteer Application. All IEP Coaches need to support parents by attending a minimum of 3 IEP meetings per year to remain active. For more information about this training program please review the following information piece: http://www.utahparentcenter.org/wp-content/uploads/2013/02/IEP-Coach-Opportunity-Program_2012.pdf

BOOK OF THE MONTH – Available for loan from our Lending Library

What About Me? Growing Up with a Developmentally Disabled Sibling by Bryna Siegel Ph.D., and Stuart Silverstein MD- This book offers an incisive guide to the psyche of siblings who must assume difficult tasks and burdens as a result of living with a sibling with a neurological impairment. The authors also describe an interesting and clinically useful series of “roles” adopted by siblings in coping with a brother or sister with a disability. This book features vignettes of everyday situations that have presented problems caused by the inevitable adjustments and conflicts of living with a child with developmental disabilities. **If you are interested in borrowing a copy of this book please call the Utah Parent Center at (800) 468-1160. We would be happy to mail you a copy.**

****Call the Utah Parent Center for a full listing of books available in the Lending Library.***



Utah Parent Center Volunteer Connections: April 2013

CALL FOR PICTURES

The Utah Parent Center is looking for pictures of children or young adults with disabilities engaged in the following types of activities:

- Using assistive technology
- Participating in a community based activity.
- Showing off a talent.
- Working at a job site.
- Demonstrating a skill.
- Participating in a school based activity

The Utah Parent Center wishes to use these pictures in training and marketing materials which promote the Center's goals and objectives. All parents will be asked to fill out a media release authorizing the use of your pictures. Please e-mail all pictures and completed media release form to cassandra@utahparentcenter.org.

Media Release Form: [Image/Media Release Form](#)

Please send me information on any event or resource you feel would be valuable to other volunteers. Don't forget your reporting!!! Thank you everyone!

Sincerely,



Rebecca Turley
Volunteer Programs Coordinator
Parent Consultant and Trainer

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