

Moving your Son or Daughter towards Independence

For most of your child's life you have been advocating for your child and making decisions for him or her. As children age parents need to help them advocate for themselves to the best of their ability. When your youth turns 18, regardless of their disability, they are recognized as adults. This is sometimes a hard time for a parent as a child becomes an adult and is becoming more independent. First remember that at age 18 unless you have guardianship, your young adult is recognized as an adult and is the client when using services of adult agencies. It is the youth that now signs the IEP and has meetings



individually with the Vocational Rehabilitation counselor, medical professional and other agencies. If your son or daughter wants you included he or she can sign a release form for their parents to become involved but they may choose to not involve their parents, and that is their right. Our goal is to teach independence to our sons and daughters, to see how well they can function on their own. For involved parents, independence is not always easy. It is hard to let go and turn the process over to our youth. Don't wait until the last moment and assume your son or daughter can run his or her own meetings. The most important time to start the transition process is when your child is an adolescent. Youth will need to advocate for themselves to the best of their ability. Continue article in next page...

Contents:

Moving your Son or Daughter towards Independence.....	1, 2
Registration for Family Links...	1
Utah Special Education Rules..	2
Adaptive Archery.....	3
Sensory School Age Fun.....	4
Tell Your Story	5
Transition to Adult Life	6
Upcoming Events.....	7-10

Get Social with the UPC:



Registration for Family Coming Soon!

English and Spanish Conferences

**FAMILY
★
LINKS**

Friday, **February 28** from 6:00 p.m.-
9:00 p.m. and Saturday, **March 1,**
2014 from 8:00 a.m. - 4:00 p.m.
Located at Murray High School (5440
State St. in Murray Utah.)

CONEXIONES ★ FAMILIARES

Sábado, **12 de abril,** 2014 de 8:00 a.m.-3:00 p.m. en la escuela de
Murray High School. Dirección: 5400 Sur State St. Murray, Utah.)

Teaching self-advocacy is not a single conversation, but rather a process that will evolve over time. It is important to teach self-advocacy skills and to practice those skills. Learning self-advocacy is a key step in becoming an adult. It means the individual with a disability can take responsibility for himself or herself and can describe his or her strengths, disability, needs and wishes. Helping youth to develop a sense of self will aid in the transition process and will develop a skill that will benefit an individual throughout his or her lives. By the age of 16 your son or daughter should participate in their own IEP Meetings and practice self-advocacy skills.

You need to note that part of self-advocacy may involve knowing what to disclose about his or her disability this is called self-disclosure. It is important that an adolescent with disabilities be told he or she has a disability. Self-disclosure is simply to open up, to reveal or to tell, to intentionally release personal information about you for a specific purpose. A great place to practice self-advocacy is in the Individualized Education Program (IEP) meetings. Self-advocacy begins with the individual learning about his or her disability, and strengths and weaknesses. A great resource is the Job Accommodation Network (JAN). Jan provides a short summary of different disabilities and a list of accommodations that might be helpful in the workplace or school. Once a youth understands his or her disability, practice having a youth introduce themselves, give a synopsis of his or her disability, and his or her interests, strengths, and desires for the future.

Some additional preparation would be to discuss the format and purpose of the meeting. Why is it important to your youth? Who will be present at the meeting and what are their roles? Will Vocational Rehabilitation or other agencies be present? What are the agencies mission and role? Could the youth help write the agenda with the special education teacher or an agenda of their own with the parent? Teach your youth to ask for explanations if he or she does not understand something. At the end of the meeting review what the team has decided. No matter what type of schooling, employment or community life option that your adolescent chooses, self-advocacy will play an important role in getting there.

For more help visit:

The Utah Parent Center at www.utahparentcenter.org

Job Accommodation Network (JAN) at <http://www.askjan.org/links/atoz.htm>

The 411 on Disability Disclosure: A Workbook for ... - NCWD/Youth at <http://www.ncwd-youth.info/411-on-disability-disclosure>

Tips for Teens: Use Your IEP Meetings to Learn How to Advocate for Yourself at <http://www.pacer.org/parent/php/php-c149.pdf>

Utah Special Education Rules Updated Edition Now Available

The Utah State Office of Education has released the updated edition of the Special Education Rules. The new edition includes several changes/updates that have been made over the last few years. These updates have been available on the USOE website and have already been implemented in the schools. The new edition now has everything incorporated in one place. The rules can be accessed on the Utah State Office of Education website under the Special Education Department at <http://www.schools.utah.gov/sars/Laws,-State-Rules-and-Policies/Rules-and-Regulations.aspx>. As always, Utah Parent Center staff are available to assist parents with questions about special education. We may be reached at 801-272-1051 or toll free at 1-800-468-1160.

Adaptive Archery

Come Join the Fun!



This is a 6 week indoor archery program for all ages. Learn range safety and proper shooting techniques for all abilities. Students will learn how to shoot recurve and compound bows by a USA Archery certified instructor. All abilities welcomed... some Paralympic team members have no arms and shoot with their teeth; you can learn how to too!

Classes will take place at Holladay Lions Recreational Center in Murray. It is \$15 per 6 week session. Limited space! Call for registration and more details at (385) 468-1700 or call Susie with the adaptive program at (385) 468-1296 for any questions and/or adaptive accommodations.

Families Finding Answers Side by Side

Free workshops for all who are interested

Utah Fetal Alcohol Coalition are sponsoring a support group for family members. If you suspect or know that your child was prenatally exposed to alcohol or other substances, this group is for you. Connect with families and problem solve among people who understand the challenges you face. Presentations will be made to the group on a variety of topics as requested by the families attending.



2014 Schedule

Groups are held at 6:30 pm on the second Thursday of the months listed below:

- ❖ January 9
- ❖ February 13
- ❖ March 13
- ❖ April 10
- ❖ May 8

- ❖ September 11
- ❖ October 9
- ❖ November 13
- ❖ December 11

Groups will be held at: Davis Behavioral Health 934 S. Main St. Layton, UT, 84041 enter on the east side of the building and check in at the reception desk. For more information, contact Lynn Tanner at 801-309-3998 or lynnt@dbh.utah.org.

Wilderness Access and People with Disabilities



Disability Studies Forum 2014

Join us for a series of 4 **Free** Lectures

- The Place of Wilderness in American Life (January 16, 3-5PM)
- Effective Programming (February 13, 3-5 PM)
- Policies to Balance Access Vs. Preservation (March 6, 3-5PM)
- Benefits for People with Physical, Mental and Cognitive Disabilities (April 10, 3-5PM)

Optional 1 credit: Spring 2014 Disability Studies Forum, OC TH 6950-0111. Location: Salt Lake City Main Library, 210 E. 400 S., Room B Lower Level. For more information email disabilitystudies@utah.edu.

Sensory School Age Fun

Spring 2014

Free library sensory activity group for older children and teens. This program is aimed at those on the autism spectrum, but all youth with special needs, and any non-affected siblings and friends are welcome.

Attendance of a participating adult is required.

Saturdays at 10:30 AM

January 11th
February 15th
March 8th
April 5th
May 3rd



All programs will be at the **Kearns Library**, 5350 South 4220 West Kearns, UT 84118. Any questions and/or to be added to a special needs email group, please contact Carrie Rogers-Whitehead at crwhitehead@slcolibrary.org.

We Need Your Tips and Success Stories about Meeting the Needs of Adults with Disabilities

Come share your story.

The Utah Parent Center recognizes that it is often difficult to meet the needs of adults with disabilities across the lifespan. Services may not exist or families may not know what services are available. Families may need to find creative solutions to meet some needs.

We are in the process of developing materials including videos and fact sheets for our web page that will be a resource and inspiration to families whose adults with disabilities need supports.

If you have a story or a tip about you or someone else came up with solutions, we would like to know about it. Please help make a difference and pass your wisdom on to other families. Tips and success stories are needed on such topics as:

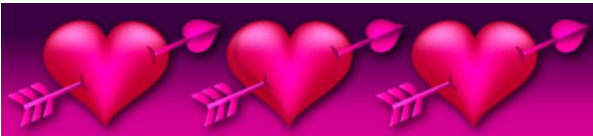
- ❖ Success Stories—Innovative ways of Meeting Unmet Needs
- ❖ Innovative Ideas for Employment
- ❖ Any other areas where adults with disabilities may need support.
- ❖ Adult Services Programs
 - Community Living
 - Post-secondary Education
 - Recreation
 - Respite Care
- ❖ Tips from Experienced Parents about what worked!

**What's
Your
Story?**

Please include with the story: Your name and contact information, the age of the person you are writing about, what disability/disabilities the person you are writing about has. Please send stories and tips to Ashlie Baker at ashlie@utahparentcenter.org or call 801-272-1051.

Valentine Pancake Breakfast

Make this Valentine's Day Unforgettable!



People First of Utah presents treat your brothers and sisters to a Valentine Pancake Breakfast. It will take place at **The First Unitarian Church** at 569 South 1300 East on **Saturday, February 8, 2014**. Breakfast served between 8 am to 10:30

am. It is a **\$5.00 per ticket fundraiser**. Limited space, order your tickets today! For more information or ticket purchase contact Kelly at 435-650-0321 or Mandy at 801-556-7210 or check us out at www.peoplefirstutah.org.

A Letter from OCR

The Office for Civil Rights under the U.S. Department of Education has issued a response to a Dear Colleague Letter on students with disabilities in extracurricular athletics. The response to Francisco M. Negron, Esq., General Counsel for the National School Boards Association is dated December 16, 2013. Portions of the letter address equal opportunity, individualized inquiry, FAPE and equal opportunity to participate, and creation of new athletic opportunities.

For more information visit: <http://www2.ed.gov/about/offices/list/ocr/docs/dcl-factsheet-201301-504.html>

REGISTER NOW!

Get Your Teen with Special Needs Ready for Transition in 2014!

Lunch will be on your own.

Free

Transition to Adult Life Mini-Conference
January 27 - 28, 2014 8:30 AM - 3:30 PM

Utah Parent Center,
230 West 200 South, Suite 1101,
Salt Lake City, Utah 84101

Register online at: <http://conta.cc/1bVWJHA>

Pre-Registration is Required. Space is limited so plan to attend now!

For more information, contact the Utah Parent Center: 801-272-1051



Special needs,
extraordinary potential



**FAMILY
★LINKS**

MONDAY, JANUARY 27

FROM NO WHERE TO KNOW WHERE: TRANSITION TO ADULT LIFE

Developing the IEP and Transition Plan

The transition to adult life can leave you feeling you are "NO Where" – totally lost! Get to "KNOW Where" by learning about planning for transition to adulthood. We will go into detail about the process the IEP team follows to help students have a successful transition.

Laws Impacting Transition

There are no IEP's after school services end!
Learn about the laws that cover adult services.

Guardianship

Once a child with a disability turns 18 they are considered to be the adult and the person responsible for decisions in the all areas including education, medical, financial, and living arrangements, unless a parent has guardianship. Learn about the guardianship process and special needs trust from experts that do this for a living.

TUESDAY, JANUARY 28

Plan for the Future

This workshop will help parents to understand vocational rehabilitation programs and services including how VR can be involved in the IEP; supported employment provided by the Division of Services for People with Disabilities; and how to access college/ university support services.

Teaching Effective Self-Advocacy Skills

Self-Advocacy and self-determination are important skills that students with disabilities need to develop. This workshop will help parents and educators teach self-advocacy skills to students with disabilities.

Panel of Transition Experts

Do you know about the many key agencies that can help students with disabilities transition into adulthood? What services are provided by an agency and how does your student qualify? Come listen to the experts - the individuals who actually provide the services!

Utah Parent Center Upcoming Events

January 2014

Workshop: Guardianship

What is guardianship and why is it important? Did you know that all children who turn 18, the age of majority, are considered adults even if they have disabilities? Come to this presentation to learn about guardianship and if you will need to file for it, what types of guardianship are available, and what the process entails.

Thursday, January 16, 6:30-8:30 p.m.

Granite Education Center

2500 South State, Salt Lake City, UT, 84115

Register online at <http://conta.cc/190dIUx> or by calling the Utah Parent Center at 801.272.1051

Workshop: Transition to Middle School to High School

What is guardianship and why is it important? Did you know that all children who turn 18, the age of majority, are considered adults even if they have disabilities? Come to this presentation to learn about guardianship and if you will need to file for it, what types of guardianship are available, and what the process entails.

Thursday, January 21, 6:30-8:30 p.m.

Canyons Technical Education Center, East Building

825 East 9085 South, Sandy, UT, 84094

Register online at <http://conta.cc/190ealS> or by calling Lynda Hansen 801-708-1841.

February 2014

Workshop: IEP

Parents are important members of the IEP team. They can and want to be effective partners with other members of the team in developing and delivering special education programs for their students with disabilities. However, they often lack information. This workshop helps parents understand their role, rights and responsibilities in the IEP process.

Wednesday, February 5, 6:30-8:30 p.m.

Vista Education Center, Room 1525

97 South 200 East, Farmington, UT, 84025

Register online at <http://conta.cc/1bfyPDS> or by calling Roz Welch at 801-402-5120.

Thursday, February 13, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/17dce9X> or by calling Amy Weyrich at 801-856-1264.

Workshop: Transition to Adult Services

As families of youth and adults with disabilities, we have learned many things but most of us admit that we have much more to learn. The transition to adult life can leave you feeling you are No Where-totally lost! Get to KNOW Where by learning about transition planning and related issues.

Tuesday, February 18, 7:00-8:30 p.m.

Granite Education Center, Room D-106

2500 South State St., Salt Lake City, UT, 84115

Register online at <http://conta.cc/1biPx6Y> or by calling Michelle Murphy 385-646-4190.

Workshop: SSI Under 18 Salt Lake

A parent consultant from Utah Family Voices will give a parent's perspective about the process for applying and maintaining Social Security eligibility for parents who have young children with disabilities.

Thursday, February 20, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1d527b4> or by calling Amy Weyrich at 801-856-1264.

March 2014

Workshop: Transition to Adult Services

As families of youth and adults with disabilities, we have learned many things but most of us admit that we have much more to learn. The transition to adult life can leave you feeling you are No Where-totally lost! Get to KNOW Where by learning about transition planning and related issues. Specific information will be shared about services in SLCSD.

Thursday, March 6, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1hThx5L> or by calling Amy Weyrich at 801-856-1264.

IEP Clinic- Questions and Answers

IEP Workshop presented in Spanish by Julie Moreno. Parents are important members of the IEP team. They can and want to be effective partners with other members of the team in developing and delivering special education programs for their students with disabilities. However, they often lack information. This workshop helps parents understand their role, rights and responsibilities in the IEP process.

Tuesday, March 11, 6:30-8:30 p.m.

Utah Parent Center Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1bZgGvD> or by calling The Utah Parent Center 801-272-1051.

Workshop: Transition to Adult Services

As families of youth and adults with disabilities, we have learned many things but most of us admit that we have much more to learn. The transition to adult life can leave you feeling you are No Where-totally lost! Get to KNOW Where by learning about transition planning and related issues.

Wednesday, March 12, 6:30-8:30 p.m.

Vista Education Center, Room 1525 97 South 200 East, Farmington, UT 84025 Register online at <http://conta.cc/1hr8j34> or by calling Roz Welch at 801-402-5120.

Workshop: Assistive Technology

This special workshop taught by the Assistive Technology Center of Utah. Come learn all about assistive technology and how it may help your child be more successful at home and at school!

Featuring live demos on how to utilize things like computers and I-Pads and turn them into Valuable learning tools. Free and low cost options will be discussed.

Wednesday, March 12, 6:30-8:30 p.m.

Granite Education Center, Room D-102
2500 South State Street, Salt Lake City, UT, 84115
Register online at <http://conta.cc/1d5pnFN> or by calling Michelle Murphey 385-646-4190.

Workshop: Voc Rehab

A guest speaker will share the Mission of Vocational Rehabilitation (VR) and describe the role VR can play during the transition from high school and beyond.

Thursday, March 13, 6:30-8:30 p.m.

Utah Parent Center, Conference Room
230 West 200 South, Salt Lake City, UT, 84101
Register online at <http://conta.cc/1acWGGz> or by calling Amy Weyrich 801-856-1264.

Workshop: SSI When Child Turns 18

A parent consultant from Utah Family Voices will present a workshop from a parent's perspective about the process for applying and maintaining Social Security eligibility for parents who have children transitioning from high school.

Wednesday, March 20, 6:30-8:30 p.m.

Utah Parent Center, Conference Room
230 West 200 South, Salt Lake City, UT, 84101
Register online at <http://conta.cc/1d5saPr> or by calling Amy Weyrich 801-856-1264.

Workshop: Guardianship

What is guardianship and why is it important? Did you know that all children who turn 18, the age of majority, are considered adults even if they have disabilities? Come to this presentation to learn about guardianship and if you will need to file for it, what types of guardianship are available, and what the process entails.

Wednesday, March 27, 6:30-8:30 p.m.

Utah Parent Center, Conference Room

230 West 200 South, Salt Lake City, UT, 84101

Register online at <http://conta.cc/1fptdev> or by calling the Amy Weyrich at 801-856-1264.

Utah Parent Center • Serving families since 1983!

Projects of the Utah Parent Center:

Utah Family Voices - Family to Family Health Information Center - Courier

Autism Information Resources at the Utah Parent Center

Family to Family Network – A Network Supported by the Utah Parent Center

Phone: 801.272.1051 • Toll Free Utah: 1.800.468.1160 • Fax: 801.272.8907

Email: info@utahparentcenter.org • Website: www.utahparentcenter.org

Utah Parent Center Information Disclaimer

Our Mission: To help parents help their children with disabilities to live included, productive lives as members of the community. We accomplish this through the provision of information, training, and peer support.

The Utah Parent Center is a non-profit organization federally funded by the Office of Special Education Programs. The Utah Parent Center (UPC) does not represent or endorse any particular point of view, unless expressly stated. Every effort is made to provide accurate and complete information. The content of this message is provided as an informational resource ONLY. For items from other individuals or organizations, we encourage readers to contact the original source with questions or concerns. Only approved items will be posted. The UPC is not responsible for content contained on, distributed through, or linked, downloaded, or accessed through this message. This newsletter is NOT a discussion group and you will only receive official email newsletters from the Utah Parent Center. We do not trade nor sell the email addresses of our subscribers. Permission to forward and reprint the information herein is granted with complete attribution. Please forward this information to your friends and colleagues that may be interested in subscribing to this newsletter. You have received this message because you are on the Utah Parent Center listserv. To be removed, please contact info@utahparentcenter.org