

e-Connections

A Utah Parent Center Publication

12/04/2013



Utah
Parent
Center

Special needs,
extraordinary potential

www.utahparentcenter.org 1-800-468-1160

FREEBIRDS Fundraiser

Benefiting the UPC

Come Join Us! This Saturday December 7, 2013 from 11:30 to 2:30, the new FREEBIRDS restaurant will be holding a practice lunch event for their new staff. They will be providing all of the food **free for up to 300 people**. We will have **pre-registration** for the first 300. People can order their choice from the menu for a minimum \$5.00 donation to the Utah Parent Center.

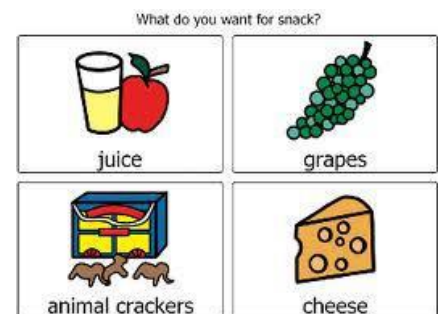


Freshly prepared ingredients; including hormone-free, grass-fed beef and free-range chicken, hand-cut peppers and veggies plus homemade salsas and guacamole. In addition, the food is organic, and gluten free is also available. A great opportunity to go out with the family, and support a good cause! We hope to see you there! **Please register by Thursday at 4:00 p.m.** at <http://conta.cc/1aW3AkG>.

Freebirds World Burrito Grand Opening
2682 South 5600 West
West Valley City, Utah

Learn about Communication Devices for People with Disabilities

Learn how communication devices can benefit people with disabilities from those who are aging to people with autism and other disorders at the AAC (Augmentative & Alternative Communication) **Open House on Dec. 5**. All are welcome! This is an informal event, and you can come as you please. It will be at the Assistive Technology Lab on the USU campus. **See more details on the following page.**



AAC OPEN HOUSE
Thursday, December 5, 2013
FROM 1 – 5 P.M.

Who: The Utah Assistive Technology Program is sponsoring an Augmentative and Alternative Communication Open House for the Utah disability community to promote awareness about the need for communication devices for a variety of disabilities and the technology available. Everyone is invited!

What: Meet vendor reps and UATP staff, try out the technology, ask questions, check out the computer lab, and enjoy light refreshments!

Where: Utah Assistive Technology Lab at Utah State University in Logan. Enter the Westside door to sign-in. Parking is available in the Big Blue parking terrace. Upon entering the terrace, a machine will give you a ticket, which you will need when you exit. Tokens to cover parking will be given out at the open house.

Utah Assistive Technology Program www.uatpat.org, 800-524-5152.

Save the Date: Family Links Conferences



The 2014 Family Links Conference will be held Friday, Feb. 28 and Saturday, March 1 at Murray High School. The conference includes a Friday evening date night dinner followed by popular speaker Matt Townsend's presentation on "Thriving as Parents of children with disabilities; Strengthening Family Relationships."

Saturday morning's internationally recognized keynote speaker, Judith Snow from Toronto Canada will be followed by numerous breakout sessions on a wide range of topics, and an exhibitor fair. Lunch will be included. Watch for registration materials to come soon.

CONEXIONES FAMILIARES

Our Spanish Family Links will be Saturday, **April 12, 2014**. We encourage anyone who speaks Spanish to come and benefit from subjects such as: Behavior Management, Mental Disabilities, Social Abilities, Multiple Diagnoses, and much more. Key note speaker, Alicia Hoerner, will be answering questions at the end of her presentation. Be sure not to miss it!

Both Family Links Conferences will be taking place at Murray High School. 5400 S. and State St.

Wheelchair Basketball



Wheelchairs provided! All skill levels welcome! Ages 14 and up! **Preseason:** Nov. 6- Dec. 18. Learn the rules and prepare for the season \$5 drop in. Then compete as a team. **Season:** Jan. 8- Mar. 12, 2014.

Wednesdays 7:00-8:00pm
320 W. 500 N.
801-852-6621
Signup.provo.org



Holiday Gift Box Application

There are still applications available for this seasons Holiday Gift box for low income individuals with intellectual or developmental disabilities-all ages. You do not have to be receiving services to qualify, just have a documentable intellectual or developmental disability that falls within the criteria. Please fill the application out completely and include a small color photo for the ornament.



Call 801-654-8449 or visit <http://www.aidutah.org/>
for more information and to download the application.

Toddler Language Development Study

Researchers at the University of Utah are conducting a study of the development of toddlers (starting at 12 or 18 months of age) with language delays and typically developing toddlers. Although most children with language delays do not develop autism, the purpose of this study is to learn more about risk factors. This is a study at the Department of Communication Sciences and Disorders at the University of Utah in Salt Lake City, Utah.

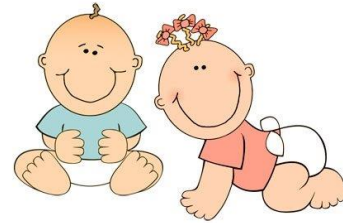
If you are interested please call 801-585-1326
or e-mail ECCResearch@hsc.utah.edu.



Learn Infant Massage

Nurturing Touch, Health, Bonding & Love... learn how you can massage your little one. This is a 5 week course; classes once a week for parents who have a baby between 3 wks. – 9 months.

If you would like more information feel free to call or text 801-687-6090. Or you can go to: www.facebook.com/tracysininfantmassage



Special Needs Story Time



The Provo Library Children's Department is happy to announce a brand new story time for children with special needs and their parents or caregivers. This new story time is specially designed for children with special needs with an emphasis on children with autism spectrum disorder. Low sound and soft lighting make this environment inviting and soothing for your child. To register for this story time, call 801-852-6682 or visit the Children's Desk at the Provo City Library.

Workshop provided by Learning Disabilities Association of Utah

The Learning Disabilities Association of Utah will offer a day for parents in Utah County, Wednesday, January 29, 2014. Kim Fratto of the Utah State Office of Education, will present information on the identification of a specific learning disability, the testing and eligibility process and receiving services under IDEA. Other topics to be covered will be transition, IEP and Section 504. This will be a great time for parents to ask the state questions concerning the services for their child.



Location: Nebo School District Office, 350 South Main, Spanish Fork, Utah 84660.

Time 9:00-3:00 with a break for lunch (on your own)

This event is free and open to all parents. For further questions email gayliat@live.com.

Registration information for Head Start

Head Start is a federally funded preschool program. Class locations are spread out across the Salt Lake Valley & also in Wendover & Tooele. They provide child and family services that include: Educational Activities, Medical and Dental services, and Nutritional Meals and Self-Sufficiency services for the entire family. Priority is given to children with disabilities, and low income families.

* Part Day Classes – Free

* Full Day Classes - Limited Service Area, Low Cost

Children must be 3 or 4 years old by September 1, 2013. Registration date & location:

January 9, 2014
1240 N American Beauty Dr. (1060 W.)
2:00PM-5:00PM



Please call or email for application requirements to Head Start Registration Hotline: 801-972-2337 or email: ERSEAteam@slcap.org or call 801-359-8749. Print Application: www.saltlakeheadstart.org

Parent-to-Parent: Family Training on ADHD

A series of 7 two-hour classes in **Davis Area**, for anyone who wants to learn about ADHD (Attention-Deficit/Hyperactivity Disorder).

- Overview of ADHD
- Assessment to multimodal treatment
- Developing Parenting Strategies & Positive Behavior Interventions
- Strengthening Family
- Educational Rights for Your Child with AD/HD.
- Building an Education Team: Bridging the Gap between Home and School

Dates/times: Wednesday Feb. 5th-March 19, 2014 **6:00 to 8:15 p.m.** Class runs for 7 weeks. (1st Session **ONLY** begins at 5:45 p.m. sharp!)

Location: Davis School District Kendall Building, Personnel Development Center
75 East 100 North, Farmington, Utah. (2nd Floor)

Cost: \$70/couple (\$60 for CHADD members) 15 openings for families. Limited scholarships are available for financial need. Please email kathyromney@comcast.net. Leave your name and phone no. please.

To register: Make checks payable to CHADD of Utah. Email name, phone, and how many will be attending the class to: Stacey Stamper- lilstac65@hotmail.com.

Pre-registration is required. Endorsed by: Children and Adults with Attention-Deficit Disorders (CHADD) of Utah.

Does your child with special needs love to dance?

We have a great opportunity for your son or daughter to shine and help the Utah Parent Center at the same time! On Friday and Saturday, January 10th and 11th the talented dancers from Luv 2 Dance Studios in Kaysville (and two more studios - more info to come) will perform their annual dance showcase. **There is no cost to participate!** The Utah Parent Center will benefit from the proceeds of the event.

The practice session will be at the Luv 2 Dance Studios.
1248 Sportsplex Drive, Kaysville, Utah

The Luv 2 Dance dancers want to perform a routine with our kids as the final number in the show! On **Saturday, December 14, 2013 at 10:00 AM** they need to practice with and teach our kids the routine they'll perform together in January. The routine will be appropriate for a variety of ages and levels of ability including children who need assistance from wheelchairs or walkers.



Register by calling Katie Bass at 801-272-1051 or toll-free 800-468-1160 or email: katieb@utahparentcenter.org

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

**What's
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!

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.

Career Guidance and Exploration in Action

Research over the past 20 years indicates that parents play a major role in raising career aspirations for their sons and daughters. Without parental approval or support, teens are less likely to pursue diverse career possibilities. It's important for parents to learn about the many opportunities in today's schools to help students prepare for careers and postsecondary education. Parents can provide support to their teen as they begin the career development process.

There are many ways that parents contribute to their teen's early career development. Parents are often the primary source of their teen's work values and attitudes.

- Career decision-making skills have been linked to early childhood experiences, family attitudes and practices regarding careers, and role modeling by parents.
- Parent expectations and support contributes significantly in helping their teen have the maturity to make career decisions.

Many school counselors have reported that if parents participate in the decision-making process for selecting courses, students will choose a more rigorous curriculum. Many parents are not aware of graduation requirements or what classes will benefit students in terms of career options. Take this opportunity to learn more about your teen's career interests by becoming familiar with career assessments used in schools and the importance of career and education plans.

The best way to begin career exploration with your teen is by talking about your own career. What do you do in your job? What decisions did you make that led you to this point in your career? Teens aren't always overly interested when parents begin to share their wisdom with them. As a parent, you want to help guide your teen as much as possible when making decisions that will impact their careers, but the questions are, "When do I begin?" and "How much do I offer?" There are many critical points where your teen will need your assistance.



Parents have daily contact with their child and are experts in the area of what makes their child unique. Their guidance and encouragement can make a significant difference in their child's career success. Parents of students with disabilities should:

- Pay close attention to their child's skills and interests;
- Provide opportunities for his/her child to make choices and practice self-determination skills;
- Provide opportunities for his/her child to experience work settings;
- Provide disability-specific and career-specific information;
- Make use of community connections and resources;
- Encourage their child to dream and to plan;
- Participate in services, trainings, and workshops on career guidance that improve their ability to support his/her child in this process;
- Connect with peers, friends, community, agencies, and professionals in career guidance.

The career decision-making process described below includes activities that can begin in middle school and continue into high school and postsecondary education.

Step 1- Learn More About Your Teen.

Encourage your teen to take interest and ability assessments. These are available at www.utahfutures.org or career assessments can be provided through Vocational Rehabilitation, talk to your VR Transition Counselor. Review the results of the assessments with your teen. Discuss his/her interests and dreams to help determine goals for the future.



Step 2 - Identify Some Possibilities.

Help your teen explore a wide range of occupations in a variety of areas that match the results of his/ her assessments. Look at what postsecondary opportunities are needed for a particular career. Careers may need further training from colleges, community colleges, technical centers, the military, apprenticeships or on-the-job training.

Step 3 - Evaluate Your Teen's Options.

You and your teen may also want to consider lifestyle implications and the overall impact on life for each option. For instance, will the job require irregular hours? Will the salary support the lifestyle your teen wants? How much education does the occupation require? It's important for your teen to understand the relationship between lifestyle, occupational choice, and educational pursuits. Help your teen understand and balance the difference between wants and needs.

Step 4 – Decide How Youth Will Gain Experience

Youth with disabilities may need hands-on experience to know what careers he/she would be interested in. Look at high school courses of study, volunteering, job shadowing, workplace visits and tours, guest speakers and employer presentations, internships, interviewing employed individuals in a career area and job fairs. Job shadowing as an activity in which youth gain an up-close look at the world of work by accompanying a professional in the workplace as they do their job.

Step 5 – Take Action

Meet with the IEP Team to discuss IEP Goals and how the team can include workplace experiences that allow the student to learn about employment settings and vocational opportunities. IEPs can include specific plans for developing or strengthening self-determination skills. Community professionals, such as vocational rehabilitation counselors, postsecondary education representatives, DSPD providers and others can be invited to attend the IEP Meeting and participate in the planning process as much as possible. Interagency collaboration can make students' transition experiences more successful and less frustrating.

Career Exploration Website Resources:

www.utahfutures.org

www.actstudent.org/career

www.bls.gov/k12/

<http://kids.usa.gov/teens-home/jobs/index.shtml>

NCSET Topic on Career Guidance & Exploration retrieved from www.ncset.org/topics/career/faqs.asp?topic=1 July 17, 2013

NCWD/Youth Brief, "Career Exploration in Action: An Innovative Strategies," retrieved from <http://www.ncwd-youth.info/innovative-strategies/practice-briefs/career-exploration-in-action> , July 17, 2013

Utah Assistive Technology Small Grants

Thanks to recent generous contributions and continued other funding, the Utah Assistive Technology Foundation has raised the amount it's able to give in small grants from \$250 to \$500. Small grants can be used to purchase assistive technology such as mobility equipment, communication devices, hearing aids and more. Small grants can also be used towards a wheelchair from Create (www.createutah.org).

Utahans with disabilities at 150% of the poverty level qualify for a small grant from UATF. Learn more and find applications at www.uatf.org. Please share this information with anyone who could benefit.

Utah CEC Awards for 2014

Nominations are now open! Utah Council for Exceptional Children is seeking nominations for CEC Professional Awards and student Yes I Can Awards. The deadline for both awards is January 15, 2014. If you know someone you would like to nominate, please send in your nominations.

Please call Nari Carter for more information 801-472-9788.

Utah PTA Special Needs Committee

The Utah PTA President, Liz Zentner, has created a Special Needs Committee, who met for the first time on November 4, 2013. The committee objectives include determining how to help meet the needs of special needs children, their families and teachers through PTA, in special needs schools and clusters in regular schools; plan a special tribute to honor the families and teachers of special needs children, advocate for special needs children, and set up a system of communication to keep families and teachers of special needs children apprised of upcoming conferences, activities, meetings, and information.

Autism Waiver Service Providers and Access to the Student in School

LEAs have been reporting that private providers are attempting to deliver services during the school day in the school building. The following clarification from The Medicaid Autism Waiver (MAW) liaison has been sent to all waiver providers:

“With school back in session, we thought this would be a good time to provide additional clarification on ABA services in relation to the child's education program. The Medicaid Autism Waiver (MAW) was developed as an in-home treatment program. We recognize the occasional need for consultant level staff to attend IEP meetings or observe a child's behavior during school time for the purpose of treatment planning. However, direct service staff should not be present in the school setting on an ongoing basis. While we are not setting specific time guidelines for time spent in the educational setting, we are relying on providers to use prudence in keeping the integrity of the MAW as an in-home treatment program, and allowing the educational system to continue to meet the child's specific education needs within their environment. Please contact DSPD If you have any question regarding this clarification. Thank you, - MAW”

For more information or questions call Kristi Hall 801-538-6357 or email kristihall@utah.gov.

Deaf-Blind Project

The Utah State Office of Education in coordination with Deaf-Blind Services of Utah Schools for the Deaf and the Blind, has again been awarded a five year U. S. Department of Education Technical Assistance to State Deaf and Blind Projects grant. The Utah Deaf-Blind Project's goals and associated activities are designed to:

- deliver high-quality training and technical assistance;
- promote advocacy efforts;
- increase the use of evidence-based practices; and

- develop and implement effective policies and procedures allowing improved services and results for children who are
- deaf-blind and their families.

The project will utilize innovative approaches to accomplish these goals including increasing connections and collaborative activities with the National Deaf-Blind Network, supporting parents in state and national advocacy, and promoting increasing community involvement, including involvement with the arts.

For more information about the Utah Deaf-Blind Project please contact Leslie Buchanan, Project Director at 801-629-4732 or Gretel Sampson, Grant Coordinator at 801-725-9342.

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 SLCS.

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.

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