



Utah
Parent
Center

Special needs,
extraordinary potential



Celebrate Rare Disease Day



Utah Parent Center February eConnections



Rules on Seclusion & Restraints in School

Do you have questions about whether or how your student can with a disability can be secluded or restrained at school?

There are three things that define **seclusion**:

- First: The student is placed in an enclosed area by school personnel.
- Second: The student is purposefully isolated from adults and peers.
- Third: The student is prevented from leaving, or reasonably believes he or she is prevented from leaving the enclosed area.

The law defines **physical restraint** as a personal restriction that immobilizes or reduces the ability of an individual to move the individual's arms, legs, body or head freely. Physical restraint must be ended immediately when the student is no longer an immediate danger or if a student is in severe distress. Additionally, a school employee may not use physical restraint for more than 30 minutes.

For more resources on behavior and the least restrictive behavior intervention plan that can be utilized in your child's educational setting, click the links below:

- [LRBI: Least Restrictive Behavioral Intervention Plan explained](#)

If all three of these things are done, then it is considered seclusionary time out.



- [FBA: Functional Behavioral Assessment](#)
- [BIP: Behavioral Intervention Plan](#)
- [Positive Behavioral Interventions](#)
- [Working with Professionals Regarding Your Child's Behavior](#)
- [Manifestation Determination](#)



Success Video Story Utilizing Soft Skills

What are soft skills and why do we need them? Soft skills are crucial abilities to effectively interact with others in school, in the community or in employment. Some of these skills include self-grooming, self-care, social skills and dependability. This short video below features Paul, as he and his mom Selena talk about how he utilizes his soft skills at home.



Follow this link [here](#) to be directed to our website where you will find a list of 10 soft skills needed for job success.



Rare Disease Day: February 28th

Each year, the rare disease community comes together to raise awareness for the 25-30 million Americans impacted by rare diseases. The next RDD will fall on



**Show
Your
Stripes**

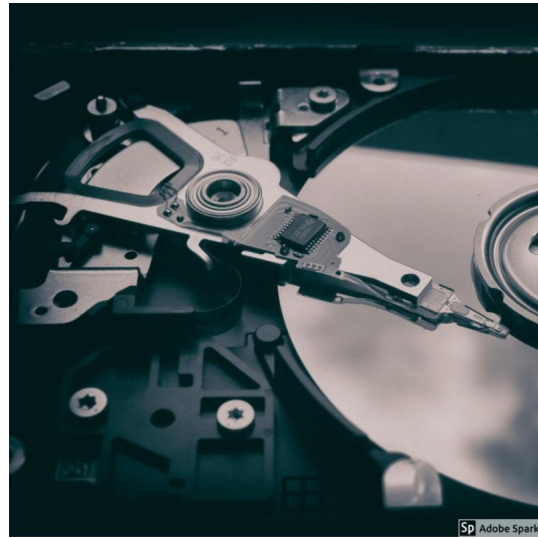
Thursday, February 28, 2019. Since the zebra is the official symbol of rare diseases in the United States, break out your black and white clothing and help spread awareness.

For more information, click [here](#) to be directed to NORD (National Organization for Rare Disorders).



Microsoft DisAbility Scholarship

The disAbility Scholarship was created in 2013 to enable high school students with disabilities to go to college and target a career in the technology industry. Each year, this scholarship is awarded to promising high school seniors who plan to attend a vocational or academic college in the US (or a school with a US affiliate) and have a financial need. Scholarship requirements and application materials can be found on the link below. **Applications are due by March 1, 2019.** Questions regarding the scholarship can be directed to scholarships@seattlefoundation.org.



[Click here for scholarship requirements and application info >>](#)



Shout-Out From the Olsen Family!

"I am so grateful for the Utah Parent Center. If it hadn't been for their support and knowledge I would have given up a long time ago at the expense of my daughter. I felt hopeless and my consultant empowered me to become the best advocate for my daughter. They have always gone above and beyond, even if they didn't know. They collaborated as a team and gave me all the resources and knowledge I needed."

~Kellie Olsen

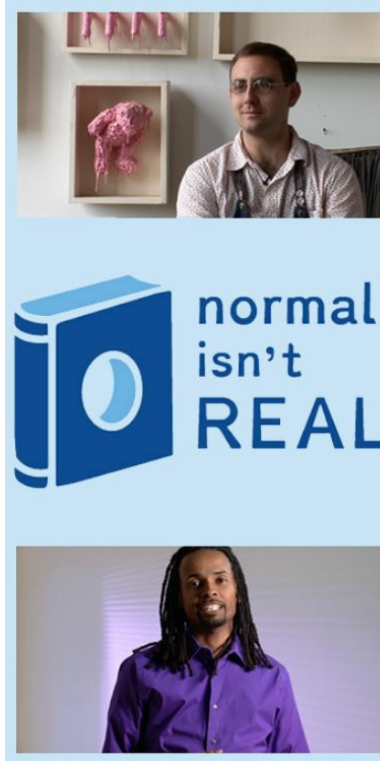


If the UPC has helped your family, please send us your story. Not only can your experiences positively impact other families, but they also show our funding sources and donors the impact we are able to make in the community. Send your family's story to: jennied@utahparentcenter.org



Film Screening of *Normal Isn't Real*

SPEDCO is delighted to host a screening of the film, **NORMAL ISN'T REAL: Succeeding with Learning Disabilities & ADHD**. The film features the stories of four young adults with LD/ADHD issues sharing their journeys to success in work and school, and the strategies they use to manage their challenges. The film is being shown around the country to strong reviews and is full of hope, inspiration and real life examples of how people with LD and ADHD have become experts on themselves and what they need to succeed. Click link below to be directed to RSVP to showings February 5, 6th or 7th.



Benefits for Children With Disabilities

The Social Security Administration has a [2019](#) version of its pamphlet explaining the benefits available to eligible children with disabilities (under the age of 18): SSI, SSDI, health insurance, Medicaid and Medicare, employment support programs, and more, including how to apply.

Please note that if you have used the TC-40D tax form in the past on your taxes, there is no longer an extra exemption for disabled children on the 2018 Utah return. The [TC-40D](#) form is now obsolete.

If you have specific questions regarding [SSI benefits](#), Medicaid and [DSPD](#) services for your child, please contact our Utah Family Voices group, who are connected and located within the Utah Parent Center. Their unique services promote discussion and linkages among families, providers, and policy-makers to better serve the health care and related needs of children and youth with special needs and their families. They can be reached directly at 801-272-1068 or through the UPC main line at 801-272-1051.

[Apply for Disability Benefits-Child \(Under age 18\)](#)

