



Utah
Parent
Center

Special needs,
extraordinary potential



“I AM
DIFFERENT.
NOT
LESS.”
~TEMPLE
GRANDIN

Utah Parent Center November eConnections

School-wide Principles for Effective Education

Is your school measuring up in preparing your student for life after high school, college and a career? Researchers at the Center on Reinventing Public Education (CRPE) and the National Center for Special Education in Charter Schools (NCSECS) looked at some high achieving charter schools over a 12 month period and their findings narrowed down 6 principles that can accelerate a students progress in any public school.



1. Special education cannot be an isolated program.
2. Special education cannot be static.
3. Special education cannot be generic.
4. Quality teachers and leaders are non-negotiable.
5. Balancing rigor with effective accommodation and personalization, and planning for life beyond high school are common struggles.
6. Schools could better utilize their flexibility in special education.

[>>Read full article here](#)



Parents of Transition-Aged Youth with Intellectual Disability Needed for Research Study

Title of the Project: Household Tasks and Parent Expectations for Employment Outcomes

Potential Participants: Parents should consider participating in this study if:

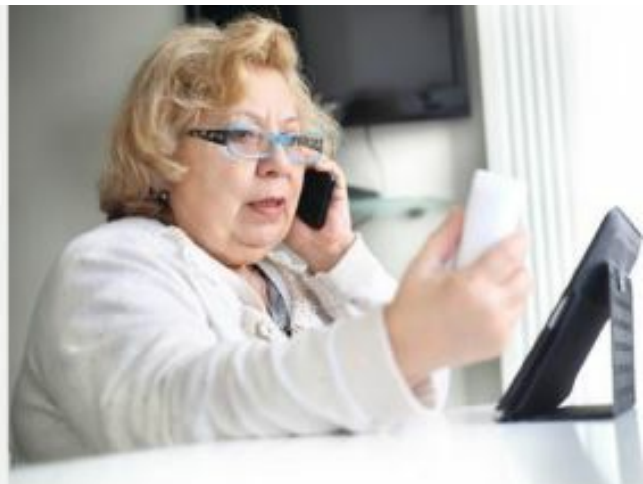
- (a) They are the legal parent of a transition-aged youth (i.e. between the ages of 14-22) with intellectual disability, and
- (b) their child currently lives with them.



Online Survey Details: Participants will complete an online questionnaire that should take about 20 minutes. Participants can also choose to take the questionnaire in a paper format that can be mailed to them with a self-addressed stamped return envelope included. We believe the information in this questionnaire will help to identify factors that influence engagement in household tasks and contemplate what schools can do to support parents in involving their adolescent and young adult children in household chores.

Incentive: *If parents meet the criteria for the study and choose to complete the questionnaire, they will have the option to participate in a drawing to receive one of twenty-five \$20 Amazon gift cards.*

If you are interested in participating in this study, please contact Kimberly Patton by email at kagentry@illinois.edu and you will be sent a link to participate.



In the United States today there are approximately 50 million people who are caring at home for family members including elderly parents, spouses, and children with disabilities and/or chronic illnesses.

Caring full time for loved one with special needs can be very rewarding, yet also challenging. Being a caregiver is full of many responsibilities and it can come with a lot of stress which can lead to "caregiver burnout" or "caregiver fatigue".

Check out these self-care links and supports to help caregivers learn to care for themselves.

- [Are you at risk for caregiver burnout? Rate your stress level](#)
- [5 Self-Care Tips for the Caregiver](#)
- [Medical Home Portal: Finding creative respite for self and family](#)
- [Utah Parent Center: Resources and Books for the caregiver](#)



National Article Featuring Aggies Elevated:Utah College Certificate Program

The Hechinger Report is a nonprofit newsroom that just recently did a story on the Aggies Elevated program offered at Utah State University. Aggies Elevated is a two-year certificate program at Utah State University designed to make the college experience accessible for students with intellectual and other developmental disabilities. One of more than 200 transition postsecondary programs in the U.S. for students with intellectual disabilities, Aggies Elevated seeks to provide college students with learning opportunities leading to independence, employment, and career development.

[>>Read full article here](#)



Courtney Jorgensen is a freshman in the Aggies Elevated program for students with intellectual disabilities Photo: Kim Raff for The Hechinger Report





With the holiday season approaching it can be a fun and exciting time to gather loved ones to celebrate. Sometimes the most magical moments we have anticipated all year long can add more stress and anxiety to our kids with special needs. These 7 tips from [The Child Mind Institute](#) will help our kids be at their best and have fun too.

Minimize conflict over behavior:

Have the conversation with your kids on expected behavior and rules of a different household vs. your own.

Talk to your hosts early:
 "A child who has behavior difficulties at school is going to have them at grandma's house," warns Dr. Dickstein, a child and adolescent psychiatrist. So make sure their expectations are realistic.

Plan ahead for some peace and quiet:

For our kids who are easily over stimulated, find a place where they can take a break and just be quiet.

Keep kids occupied:

Long drives ahead? Getting out of the car to run around for a few minutes may be beneficial for kids who get restless or have impulsive behavior

Discuss Social Expectations:

Communicate to extended family ahead of time and don't assume the same social expectation for every kid.

Think about the menu:

Picky eaters and sensory diets? No problem. Communicate with your child that it is ok to explore new foods but that you can bring along things foods they like to eat as well.

Manage your expectations:

"Above all, give yourself a break," says Dr. Dickstein. "You can't make everyone happy, and perfect holidays are nonexistent."



Are the Arts Accessible in Utah?

Art Access is asking for your help to take just 5-10 minutes to fill out a survey about your experiences or situations that you have witnessed regarding accessibility for people with disabilities at cultural events and venues in Utah? Cultural events or venues could include concerts, plays or other performances, art or history museums, festivals, art galleries, etc.

They are asking for this information to help inform [Breaking Barriers](#), which is an exciting partnership between Art Access and the Utah Division of Arts & Museums to provide intensive disability accessibility training and consultation to our state's cultural institutions.

[Take Survey Here](#)

