



Benefits From Online Learning?

Benefits from online learning



As E-learning has become the new temporary standard here in Utah, some families are seeing benefits depending on the needs of their student. One parent from an article featured on Understood.org describes how the flexible schedule has supported her "not-so-typical" child to learn at a pace that works best for her, where a typical classroom setting has had its challenges. Some benefits she has noticed are:

- Her child can sleep in as late as she needs and complete her schoolwork at different times during the day.
- Her child can watch a math training video while moving around without the disruption of being out of her seat.
- Focusing concerns can be addressed with more frequent breaks where instruction can be paused at any point and resumed when the student is actively ready.

To read the full article, follow this link [here](#).

The Balance Between Talking & Listening

We all can brush up on some skills from time to time and this TED talk has some

points to consider when it comes to communication. It is worth the 10 minute listen as you hear a message that will "inspire you to be a better listener" in relationships with your children, your spouse and teams you work with everyday. Here are a few take-aways:

- Don't multitask-be all in or all out.
- Set aside your opinion & enter into a conversation assuming you have something to learn.
- Who, Where, What & How-Let them describe it.
- If you don't know, say you don't know.



- Try not to repeat yourself.
- Don't equate experiences.
- If your mouth is open, you are not listening.
- Be brief.

Dear Mom.....

Dear Mom,
Even without my words,
you have always known my needs.
When I am hurting or afraid, -
frustrated or fatigued,
You gather me home
into the safety of your arms.
You know what makes me smile, delights me and fills my face with light-
You make my happiness.
When you sing my favorite song,
and sweep the softness of my favorite blanket, across the curve of my cheek.
When you take me for walks -
and I feel the warmth of the sun , the cool breeze brush against my skin.
You disregard the words of others, telling you what I cannot do-
and then fill the hours of every day-
Telling me what I can.
Every day you see other kids - reaching further-
Yet you celebrate me
pushing away sadness,
you focus on the hope of our future
Letting my small steps, continue to lead us forward.
Never standing still, always in motion-
You move before me.
Your planning- protective and positive,
prepares me for success-
meeting new people,
new challenges,
learning new worlds.
..and Mom, in case I ever go-
before I can whisper words of thanks,
or wrap my arms around you.
Know what I knew-
before you soothed me
into heaven's sleep.
With you -
I live the fullest life-
I see the understanding in your eyes.
the gentleness in your every touch-
as you fill my heart - with the greatest kind of love.
~Poem by Suzanne Perryman



Homeownership For Persons With Disabilities



HomeChoice makes homeownership more affordable and achievable for those who have or have a family member with a disability. It provides a low-interest second mortgage loan for up to 30% of the home's purchase price up to a maximum of \$45,000. It is a 30-year second

Click the HomeChoice button to be directed to information regarding eligibility requirements.

Seeking All Artists Big & Small


Pull out the colored pencils, silk flowers, canvas, paint, jewelry making supplies, yarn, fabric, or clay because the Utah Parent Center will be hosting an online art auction.

Participation is simple and all ages are welcome to donate their talented works or art. Here's how:


1. Make anything: Submissions Due by June 1st.
2. Contact us at jennied@utahparentcenter.org or call 801-272-1051 to let us know you will be participating.
3. Get your art to the Center. (We'll let you know when our Center has reopened.) Or, if you don't want to wait, you can mail your creation to:

230 West 200 South, Suite 1101
SLC, UT 84101


1



2




3



Your Art Can

Support the
1 in 6 children
in Utah

impacted by
disabilities or
special health
care needs



Utah Parent Center

Special needs, extraordinary potential

Juvenile Justice & Special Education

A large portion of juveniles in correctional facilities are students with disabilities. Not all these students are receiving the special education services they are entitled to. In a Dear Colleague Letter from United States Department of Education posted December 2014, states



that, "the fact that a student has been charged with or convicted of a crime does not diminish his or her substantive rights or the procedural safeguards and remedies provided under the IDEA to students with disabilities and their parents."

If you are a parent who is facing such hardships with your student, there is support and help for you. Through contracts with local school districts, the Utah State Board of Education can provide educational support services for eligible students. USBE is committed to seek equitable educational experiences and quality learning opportunities for your student in a variety of custody situations and placement settings.

Here are some helpful links and resources below:

Juvenile Justice
Brochure

What Parent's Need to Know
Pdf

Dear Colleague Letter

USBE Youth in Custody Resource
Page

Utah Educational Administrative Code Serving Youth in
Custody

New Workshops Happening Now!



The Utah Parent Center has a great line up of ongoing workshops and classes offered online. Anyone is welcome to take advantage of these educational learning opportunities offered in the comfort of your own home without having to commute to a specific school district or city. New workshops are being added frequently, so be sure to refresh our events page [here](#) to find the right class for your needs.

Siblings In Special Needs Families

Raising a child with special needs

can have specific challenges on a family unit and their siblings (brothers and sisters). This relationship can largely be affected by a sibling's disability or chronic illness. One sibling may be the big helper and try to fix problems for the parent, while another sibling might act out or have negative feelings.

This article from [The Child Mind Institute](#) looks at five ways to help children handle the challenges that come with having a sibling with special needs.

1. Talk openly about the situation.
2. Spread the support around.
3. Set aside time for each child.
4. Try to treat all children the same.
5. Look at the positive.



5 Ways to Support Siblings in Special Needs Families

When Sophie Kleinhandler was diagnosed with obsessive-compulsive disorder at 8, one thing that meant a lot to her was the support of her sister Rachel. "My older sister started worrying about me," Sophie recalled, "and she told me something..."

[Read more](#)
childmind.org



WELCOME TO

TRANSITION UNIVERSITY

Utah Parent Center
Special needs, extraordinary potential

UDDDC
Utah Developmental
Disabilities Council

Lifelong Learning Options



Continued learning experiences enrich the lives of all young adults, including those with disabilities, as they learn new skills and embark on the adventure of exploring and doing what they love. Some options for further learning opportunities past high school in Utah include:

- Community Education Classes

- Adult Education Programs
- Non Credit College Classes
- Certificate Courses
- Disability Specific College Opportunities
- Regular College Classes With or Without Support
- Online College Classes

For links and descriptions on these Utah Specific Programs listed, click the lifelong learning option button below.

Lifelong Learning Options

Disclosing Disabilities to Employers

CHARTING the LifeCourse

Tool for Exploring Decision Making Supports

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: _____

Name of person completing this form: _____

Relationship to individual (circle one): Self Family Friend Guardian Other: _____

How long have you known the individual? _____

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.

	I can decide with no extra support	I need support with my decision	I need someone to decide for me
DAILY LIFE & EMPLOYMENT			
Can I decide if or where I want to work?			
Can I look for and find a job (read ads, apply, use personal contacts)?			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

Telling an employer about your disability may be a scary process. If you choose to do so, and if done correctly, supports you may need can be put into place for job success. "Disclosing a disability to an employer enables a person to live one's life authentically and be able to bring one's whole self to work," said Kathy Flaherty, executive director of the Connecticut Legal Rights Project. "Hiding a disability takes emotional energy that could be better spent elsewhere, like doing one's job."

For ways you can help your son or daughter learn how to understand, manage, explain his or her disability to others and obtain needed accommodations, continue to this link [here](#)

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What is the difference between advocacy and lobbying?

Lobbying targets a specific piece of legislation, while advocacy targets a broader cause or idea. You don't need to take drastic steps to advocate for your passions. You simply make an effort to become involved and let your voice be heard. You don't need to be hired by a lobbying firm and or have a title of a lobbyist to get involved in making meaningful impact.

Change begins at a local level. Click [here](#) to find your state and local representative and start advocating today.

- [Find your Representative](#)



ADVOCACY
CORNER

