



# SPINNING WHEEL

## January 2010



### National News

- ◆ **National Professional Development Center on Autism Spectrum Disorders:** The National Professional Development Center on Autism Spectrum Disorders is a collaborative project of the University of North Carolina-FPG Child Development Institute, the University of Wisconsin-Madison-Waisman Center, and the University of California-Davis Medical School-M.I.N.D. Institute. The center's goals are to provide resources, professional development activities, and technical assistance to families, professionals, and States on evidence-based practices for individuals with Autism Spectrum Disorders. <http://www.fpg.unc.edu/~autismPDC/>
- ◆ **National Service Handbook:** The Corporation for National and Community Service has published a guide that provides information on how to make national and community service programs more inclusive for persons with disabilities. The "Handbook for the Inclusion of People with Disabilities in National and Community Service Programs" provides information about creating an inclusive environment, a brief historical overview of social perceptions of people with disabilities, disability-related laws, how to write inclusive service descriptions, recruitment and outreach, and accommodations issues and legal requirements. <http://www.serviceandinclusion.org/handbook/index.php>

The **Kentucky Family to Family Health Information Centers (F2F HIC)** are located in each of the Commission for Children with Special Health Care Needs (CCSHCN) Offices. The F2F's can help you find information and services. We are developing a network of Support Parents to provide support to other parents. If you have questions or would like to help another family you can reach Sondra Gilbert in Owensboro at 877-687-7038 Ext. 2123 or in Louisville, Debbie Gilbert 800-232-1160 Ext. 279

KY-SPIN Consultants are present at the Commission for Children with Special Health Care Needs (CCSHCN) Clinics throughout the state at various times each month. For information on clinic visits & SPIN workshops contact us toll-free at 1-800-525-7746 or by e-mail at [spininc@kyspin.com](mailto:spininc@kyspin.com).

The **Kentucky State Advisory Panel for Exceptional Children (SAPEC)** provides policy guidance with respect to special education and related services for children with disabilities in Kentucky as defined by special education regulations and applicable state and federal law. The Panel advises and assists the Department of Education regarding the provision of appropriate services for children with disabilities. The authority for the Panel is mandated under the Individuals with Disabilities Act (20 U.S.C. 1400 et seq. as amended). The Panel conducts public forums as a part of their meetings. The public is encouraged to comment via e-mail or by coming to a meeting. For information, contact Renee Scott at [renee.scott@education.ky.gov](mailto:renee.scott@education.ky.gov) or by calling Kentucky Department of Education (KDE) at (502) 564-4970. The next SAPEC public forum is scheduled for January 14, 2010, 6:30 p.m. at Capital Plaza Hotel in Frankfort, KY. This is a time for families and professionals to voice your concerns to the panel and they will pass them along to KDE.

### Spotlight on Kentucky: Kentucky Self-Advocates for Freedom, Inc.

*Led By And For People With Developmental Disabilities:* Incorporated in 2003, Kentucky Self-Advocates for Freedom, Inc. (KYSAFF) is the only state-wide non-profit organization led by and for people with developmental disabilities in the Commonwealth of Kentucky. *Who We Are:* We're Kentuckian self-advocates who have a developmental disability. We're also friends, family and supporters. We're interested and committed to self-advocacy. We work on: the development of our statewide organization; the establishment of a local chapter in your area; getting involved in already established local chapters. Phone: 859-245-0717 Website: <http://kyselfadvocates.com/>



### Did you know:

That it is helpful to review your child's IEP (Individualized Education Program) periodically throughout the year to see if the goals and objectives are current to your child's needs. There is at least one ARC (Admissions and Release Committee)/IEP meeting annually to review and update your child's IEP, but for many of our children that is not enough due to changing concerns and accomplishments of current goals & objectives being met. You as the parent have the right to request an IEP meeting at anytime. Sometimes what is currently being done may not be working, so it is a good time to reevaluate other methods to accomplish them. Our children need to be challenged and active in school just like all children do.

**SPIN** (Special Parent Involvement Network) is a statewide project of KY-SPIN, Inc. that "HELPS YOU HELP YOUR CHILD." SPIN PTI (Parent Training & Information Project) is funded by the U.S. Dept. of Education. **SPIN** provides training, information and support to people with disabilities, their parents and families, and information on all types of disabilities and topics for all age groups. There are no fees for **SPIN** services. Consultation, resource materials, and referral services are also available. You can call us toll-free at 800-525-7746 or at 502-937-6894, our e-mail address is [spininc@kyspin.com](mailto:spininc@kyspin.com) and our website is [www.kyspin.com](http://www.kyspin.com); our main office is located at 10301-B Deering Road / Louisville, KY 40272.





## Early Childhood:

### **WHAT DO PRESCHOOL PROGRAMS IN KENTUCKY LOOK LIKE? Part 1:**

There are several types of preschool programs in Kentucky. The ones commonly found across the state are described below.

**KENTUCKY PRESCHOOL PROGRAM:** Everywhere in Kentucky, two groups of children are eligible for state-funded preschool services provided by public schools at no cost to the parents. These two groups include: Four-year-olds with a family income at or below 150% poverty level who turn four by October 1 of the school year (the year before kindergarten), and Three- and four-year-old children who are experiencing disabilities regardless of their family income. State-funded preschool services are available for all eligible children who choose to enroll.

Comprehensive services include: preschool education, with activities that develop skills through play; partnerships with the parents through parent education and involvement; coordination of health and social services; developmental, medical and health screenings; nutrition (at least one meal per day). For children with a developmental delay/disability, programs also offer the following services: special education through inclusive center-based, or home-based services, and related services (i.e., occupational, physical, speech/language therapy, transportation). Specific preschool services will vary from school district to district. While some school districts operate classes at elementary schools, many offer services by contracting with Head Start programs and other community preschools. They may also jointly operate classrooms with these programs. Local hours of operation will vary. Some programs operate a full school day, some a half day and some offer before and after-school child care services to extend the day. Kentucky state funded preschool services must be offered at least 10 hours per week. Some districts offer tuition-based services for other children, or they may serve additional children through local, federal or private dollars. Contact your local school district's preschool coordinator for details.

**HEAD START:** Head Start is a federally-funded preschool program which provides comprehensive child development services for income eligible three- and four-year-old children. While Head Start services are available in every county in Kentucky, the local Head Start program may not serve all areas of the county. Head Start programs must allow at least 10% of their enrollment for children with disabilities. Under certain circumstances, they may fund enrollment for some children who are above Head Start income guidelines. Head Start provides the following comprehensive child development services at no cost to parents: An *EDUCATIONAL COMPONENT* where every child receives a variety of developmentally appropriate learning experiences to foster intellectual, social, and emotional growth; a *HEALTH COMPONENT* which provides every child with a comprehensive health care program (medical, dental, mental health, and nutrition services); a *PARENT INVOLVEMENT COMPONENT* with parent education, and involvement in program planning, and operating activities; a *SOCIAL SERVICES COMPONENT* with an organized method for assisting families to assess their needs and providing services that will build upon the individual strengths of families in meeting those needs. Specific services and hours of operation vary from program to program. In many communities, the Head Start program and the school district coordinate by registering and screening children together. Contact your local Head Start director or disabilities coordinator for more information about Head Start services in your area.

By: "Step by Step: A Family Guide for Transition into Preschool" © 2008 (updated June 2008) KECTP <http://chfs.ky.gov/NR/rdonlyres/F00D7C8A-9C67-48D9-ACFF-90FE6B2B07B9/191590UpdatedStepbyStepGuideEnglishversion.pdf>

## Transition: **WHAT IS HEALTHCARE TRANSITION?**

Healthcare transition is about getting involved in things that have to do with staying healthy, and taking responsibility for your own health needs and not depending on anyone else to be responsible for any of your needs.

The following are steps to take for the transition to adult healthcare:

1. Become more independent by taking care of your own needs.
2. Learn about how to stay healthy.
3. Develop a medical history/summary.
4. Keep track of your own appointments.
5. During doctor's visits, be ready to ask and answer questions about your health.
6. If you take medication, learn what it's for, and when and how to take the medication.
7. Have an adult physician or primary care provider before age 21.
8. Learn about insurance both public and private.
9. Think about your future and plan how you will get there.



It takes time and practice to become responsible and independent. Healthcare needs change as you grow older. There is a lot of information to understand, so take the time to plan for the transition to an adult provider.

Developed by Judy Blackwell, MSW at the Commission For Children With Special Health Care Needs in Lexington, Ky.

This newsletter, published by Kentucky Special Parent Involvement Network, Inc.'s Parent Training and Information Project (SPIN), is funded through a grant from the U.S. Department of Education, and does not necessarily reflect the views of the Department of Education. Articles contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.



**Happy New Year!!**

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