



[Video/Webinar Library](#)

[KY-SPIN Publications](#)
(Infographics, short videos & more)

Get **SET**...**S**upport, **E**ducate, **T**rain for **S**uccess!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

[Subscribe to KY-SPIN eNews](#)

[Visit our Website](#)



Ready Set Goals

Help assist the children by connecting them to a goal and setting their goal.



Draw _____ **pictures**
each _____



Empty garbage _____
times each _____



Complete _____ **puzzles**
each _____



Read _____ **books**
each _____

[Download](#)

Family Activities

August Goal Setting

Everyone, at some point, will set goals for themselves! Let's go ahead and get started at an early age.


- Gather your family in your favorite space.
- Using the activity above, ask everyone to tell you a fun and not-so-fun goal they set for themselves.
- Make a list of all the goals and show how you can combine them.

Example: I love to read, so for every chapter I read, I will do one household chore.




Fun Goals Versus Not So Fun Goals

KY-SPIN Presents



KY-SPIN
virtual
CAREGIVER
SUPPORT GROUP

Join KY-SPIN's monthly caregiver support group specially designed for parents of children with disabilities of all ages. These virtual support groups are driven for families, by families. Each meeting offers caregiver support and a parent café.



Topics of Discussion:

- **July 15, 2024 10-11:30 AM or 6-7:30 PM (EST)**
PERSON CENTERED PLANNING - PUTTING INDIVIDUALS AT THE CENTER OF THEIR OWN JOURNEY
Person Centered planning is the process of actively involving an individual in guiding and directing their own life's outcome. Join us to learn how to encourage your child to drive their own story.
- **August 19, 2024 10-11:30 AM or 6-7:30 PM (EST)**
SIMPLIFY YOUR SCHOOL ROUTINE WITH CLEVER HACKS AND EFFICIENT SCHEDULING
To make your school life easier and more organized, here are some smart hacks and effective scheduling tips specifically tailored for your family.
- **September 16, 2024 10-11:30 AM or 6-7:30 PM (EST)**
COMMUNICATION STYLES - CREATIVE WAYS TO TALK AND CONNECT WITH OTHERS
Different people have different preferences and needs when it comes to communication approaches. Learn how to adapt your style so you can ensure that your message is received and understood.

Scan QR Code or click to register
<https://tinyurl.com/5z2saz2z>
You only need to register once, attend each month or just the months you want!

For more information:
Contact **Amber Hamm**
859-907-5685
amber@kyspin.com

1-800-525-7746 spino@kyspin.com www.kyspin.com

[Register Here](#)



Parents/Participants As Leaders (PALS)
Virtual Leadership Training
August 31, 2024 9am - 4pm EST via ZOOM



What is PALS?

PALS is a training by Kentucky - Special Parent Involvement Network (KY-SPIN) providing leadership skills and learning opportunities to youth/adults with disabilities their parents, caregivers, and family members.

Topics Include

- Leadership Styles and Roles
- Effective Communication Strategies
- Sound Based Decision Making
- Conflict Resolution
- Advocacy
- Collaboration/Partnership



Reasons to Attend

- Increase your leadership and advocacy skills
- Learn how to promote personal and systems change
- Gather resources to share with families, youth, and professionals in your community
- Meet likeminded individuals who want to advocate and lead
- Build relationships with others in your community

Receive a \$20 Wal-Mart gift card when you:

- Complete the training
- Create a "Pay It Forward" Plan within 1 week of class


Receive ANOTHER \$20 Wal-Mart gift card by:

- Complete 10hrs volunteer work in your community (developed in your plan) and
- Complete the PALS follow-up survey within three months of class completion

[www.kyspin.com](https://tinyurl.com/5z2saz2z)

[Register Here](#)

Apply Here:



<https://tinyurl.com/5z2saz2z>

For More Information
Contact:
Amber Hamm, Training and
Outreach Coordinator @
amber@kyspin.com or
(859) 907-5685



KY-SPIN provides training, information, and valuable resources to individuals with disabilities, their families and professionals.

Schedule & Topics


August 13, 2024
Preparing for the Admission and Release Committee (ARC)/Individualized Education Program (IEP) Meeting
 Join KY-SPIN to learn ARC/IEP meeting basics. In this session you will learn who are required members of the team, what the IEP contains, when meetings are held, and more.

September 10, 2024
Empowering Conversations: How to Talk to Your Child About Their Disability
 Navigating the discussion about your child's disability can be challenging. Join us as we discuss strategies for engaging your child in conversations about their disability.

October 8, 2024
Bullying Prevention: Everyone's Responsibility
 This curriculum was created by the PACER National Bullying Prevention Center. Join KY-SPIN to learn the dynamics of bullying, what parents and caregivers can do if your child is being bullied, and how to be a champion against bullying in schools and communities.


For more information contact:
 Amber Hamm, Training and Outreach Coordinator
 ✉ amber@kyspin.com
 ☎ 800-525-7746
 🌐 www.kyspin.com

[CLICK HERE OR SCAN TO REGISTER](https://tinyurl.com/5ytd8nen)



<https://tinyurl.com/5ytd8nen>

[Register Here](#)




Join KY-SPIN's Bridging the Gap in Special Education. This is an in-depth training which includes:

- Building Partnerships
- Overview of Section 504, American with Disabilities Act (ADA) & Individuals with Disabilities Education Improvement Act (IDEA) 2004
- Overview of Special Education Process (IDEA Part B: ages 3-21) - Individualized Education Program (IEP)
- IEP A Closer Look
- IDEA Procedural Safeguards
- Dispute Resolution
- 504 Plan
- Individual Health Plan (IHP)

Date: September 12, 2024
Time: 9:00 am - 5:00 pm EST
Location: Zoom

Date: September 28, 2024
Time: 9:00 am - 5:00 pm EST
Location: Zoom



Scan QR Code to register
<https://tinyurl.com/8awzcmfy>

For more information contact Amber Hamm
 ☎ 859-907-5685 ✉ amber@kyspin.com

1-800-525-7746 spininc@kyspin.com www.kyspin.com

[Register Here](#)

KY-SPIN ARC Series Session 1 The IEP Team Who's a Member Webinar Recording

Who must be included on the IEP Team?



The child's parent(s) or educational representative



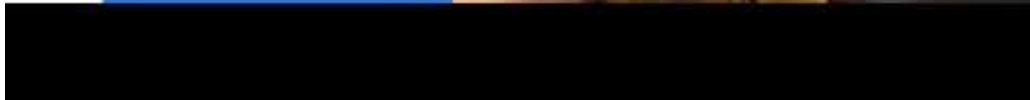
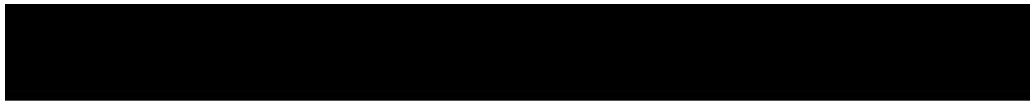
2023-09-18 12:06:54

<https://youtu.be/q08k1HBIsjw?t=6>

Resource Corner



Overview of The Americans with Disabilities Act (ADA)



https://youtu.be/LeBl4_R9QFw

The Americans with Disabilities Act (ADA)

ADA was signed into law on July 26, 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in many areas of public life, including jobs, schools, transportation, and many public and privately owned spaces that are open to the general public. The purpose of the law is to ensure people with disabilities have the same rights and opportunities as everyone else.

The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activity.

The ADA is divided into five titles (or sections):

Title I Employment

This title is designed to ensure people with disabilities the same access to employment opportunities and benefits available to people without disabilities. Employers must provide reasonable accommodations to qualified applicants or employees.

[Learn More: Title I](#)

Title II State and Local Government

Title II of the ADA prohibits discrimination against qualified individuals with disabilities in all programs, activities, and services of public entities. It applies to all state and local governments, their departments and agencies, and any other instrumentalities (subsidiary agencies) or special purpose districts of state or local governments.

[Learn More: Title II](#)

Title III Public Accommodations

This title prohibits private places of public accommodation from discriminating against individuals with disabilities. Examples of public accommodations include privately-owned, leased or operated facilities like hotels, restaurants, retail merchants, doctors' offices, golf courses, private schools, day care centers, health clubs, sports stadiums, movie theaters, and so on.

Some Exceptions under ADA: [Private Clubs & Religious Entities](#)

[Learn More: Title III](#)

Title IV Telecommunications

This title requires telephone and internet companies to provide a nationwide system of interstate and intrastate telecommunications relay services that allows individuals with hearing and speech disabilities to communicate over the telephone. This title also requires closed captioning of federally funded public service announcements.

[Learn More: Title IV](#)

Title V Miscellaneous Provisions

The final title contains a variety of provisions relating to the ADA as a whole, including its relationship to other laws, state immunity, its impact on insurance providers and benefits, prohibition against retaliation and coercion (persuading using force/threats), illegal use of drugs, and attorney's fees. This title also provides a list of certain conditions that are not to be considered as disabilities.

[Learn More: ADA Relationship to Other Laws](#)

Source: [What is the Americans with Disabilities Act \(ADA\)? \(ADA National Network\)](#)

Learn more at [ADA.Gov](#) [ADA National Network](#) [Southeast ADA Center](#)



www.kyspin.com

800-525-7746

spininc@kyspin.com

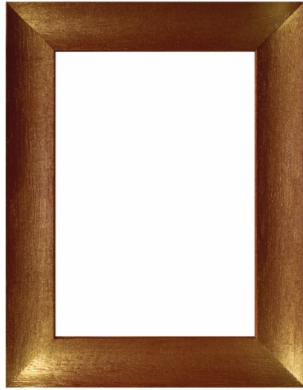
[Download](#)

Learn more at [ADA.Gov](#); [ADA National Network](#); [Southeast ADA Center](#)

Back to School Time

Using this **All About Me** worksheet to introduce your child/youth to new school teachers and staff will help them transition successfully into the new school year. Consider providing it to them before school starts.

ALL ABOUT ME



My name is _____

I am _____ years old.

I learn best when: _____

I need help with: _____

Most needed
Accommodations: _____

← My Self Portrait!

My top 5 strengths
are:

1. _____

2. _____

3. _____

4. _____

5. _____

Things that make me happy and
calm:

Things that can upset me:

I am motivated by:

My wish for this year is:



WWW.KYSPIN.COM

SPININC@KYSPIN.COM

800-525-7746

10301-B DEERING RD. LOUISVILLE, KY 40272

[Download](#)

Early Childhood



Exploring Daily Living Skills



What in the world are Daily Living Skills?

Daily Living Skills (DLS) are vital self-care activities carried out each day to uphold our physical and emotional health. By practicing these skills, we enhance our daily experiences and build a strong foundation.

What do Daily Living Skills look like in Early Childhood?

During the preschool years, children absorb life skills like sponges. This period is the best time to build independence, responsibility, and confidence. These skills are key ingredients for shaping resilient and independent adults.

Examples of Early Childhood Daily Living Skills

Hygiene

Communication

Getting dressed

Eating Healthy

Bathing/Showering

Potty Training

Problem-solving skills



How can we help develop Daily Living Skills in children?

- Stick to a routine
- Turn errands into adventures
- Join in the fun
- Talk while completing tasks

Encourage imaginative play



www.kyspin.com - (800) 525-7746 - spininc@kyspin.com

[Download Here](#)

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline: 988 (talk or text) Website: <https://988.ky.gov>
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

Youth Connect:

Feeling Stressed and Overwhelmed?



<https://youtu.be/30zC7yspumU>

 **STRESSED AND OVERWHELMED?**
 ✨ Try these tips to help calm yourself ✨

- Breathe**

Take a deep breath in through your nose... and a deep breath out through your mouth

Repeat 
- Grounding**

Name 5 things you can hear, see, taste, smell or touch in this moment


- Ask Yourself**

Will worrying about this change the outcome?
 What do I have to do and what is optional?


- Take a Break**

Stepping away can help you regain your peace and perspective


- Do Something for Yourself**

What brings you joy?


- Seek Support**

Talk it out and/or find a support system that works for you



Call or Text 988 if you need someone to talk to

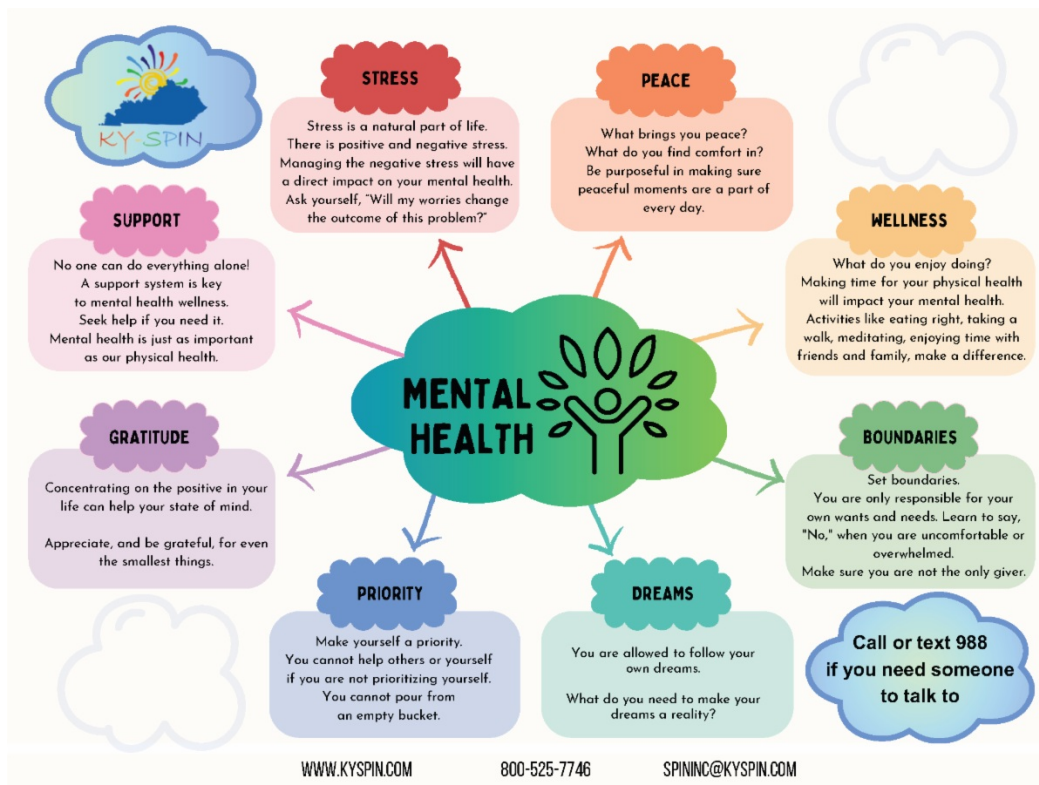
www.kyspin.com 800-525-7746 spininc@kySpin.com

[Download](#)

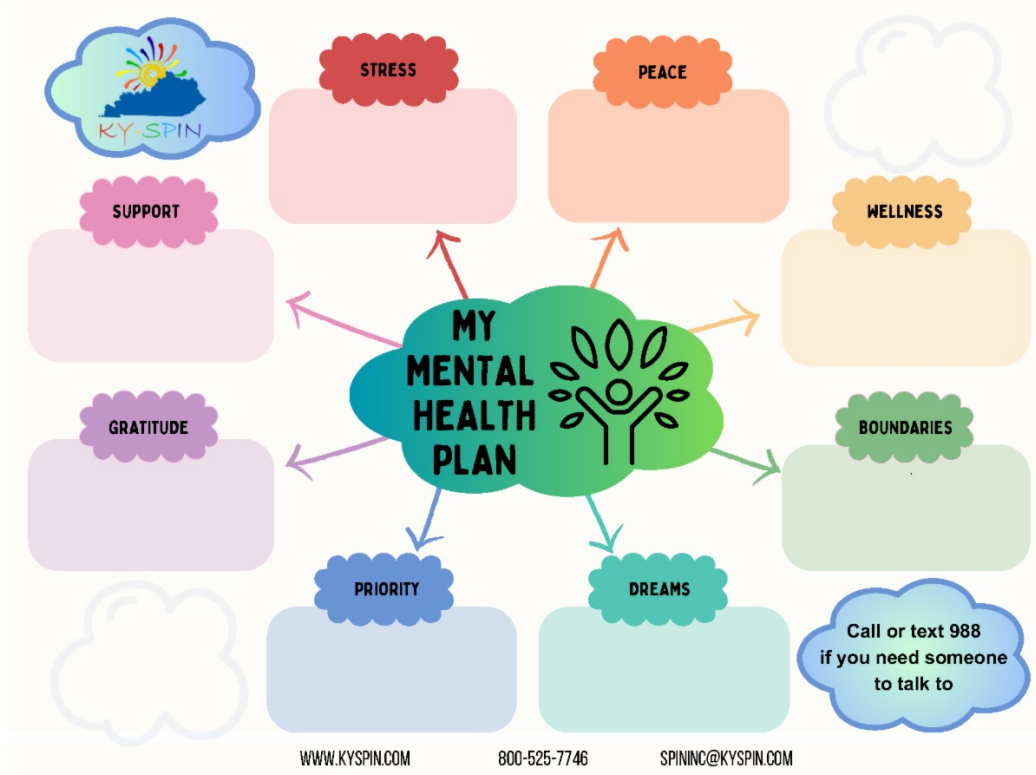
Mental Health



<https://youtu.be/KQJfugwhVGo>



My Mental Health Plan



[Download](#)



Learn more about us

[KY-SPIN Infographic](#)

[KY-SPIN Infosheet](#)

Follow us
@kyspininc on



REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here](https://tinyurl.com/4t2evb59)
(<https://tinyurl.com/4t2evb59>)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
| [Website](#) | [Donate](#)



The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.



Try email marketing for free today!