



IFSP Digest

April 2020

IFSP provides a monthly news digest to highlight resources, events and trainings that may be of interest to self-advocates and families. The digest is distributed electronically via the IFSP listserv.

As we expand the shared resources, we invite you to share information that you think would be of interest to others.

You can send your recommendations on newsletters to subscribe to at ifspcom@dbhds.virginia.gov.

To join the IFSP Listserv please visit <https://tinyurl.com/IFSPlistserv>.

Virginia Department of Behavioral Health and Developmental Services, Office of Integrated Health (OIH)

OIH distributes health and safety alerts with emphasis on the unique needs of people with developmental disabilities.

OIH Newsletter, April 2020 Highlights

- **Constipation & the Importance of Bowel Monitoring-** A notable percentage of deaths are a result of GI/bowel obstructions. Knowing the signs, symptoms and risk factors for constipation could help to prevent it.
- **Dental Facts & Tips from the OIH Dental Team** - Periodontal disease, an infection of the gums, is a result of different factors such as oral hygiene and certain medications. Individuals with intellectual/developmental disabilities are at a greater risk for periodontal disease. The OIH Dental team offers prevention tips and a list of symptoms.

To access the newsletter please visit:

<https://dbhds.box.com/s/5wyh8pe4r9swzetjm4vwajj68bjciqqu>

Disability Scoop

Disability Scoop is a source for developmental disability news that covers topics such as autism, intellectual disability, cerebral palsy and Down syndrome.

Disability Scoop Newsletter, March 2020 Highlights

- **Ed Department Offers More Special Education Guidance Amid COVID-19-** A webinar and fact sheet from the U.S. Department of Education's Office for Civil Rights provides guidance to education leaders on how to care for the needs of students with developmental disabilities.
- **Social Security Closes Offices Nationwide-** The Social Security Administration is closing its local offices due to coronavirus but assistance is still available via telephone. Payments to beneficiaries (those that are elderly or have serious disabilities that prevent self-supporting work) will continue as usual.
- **For Kids with Autism, School Shutdown Poses Even Bigger Quandary-** The story of twin brothers, Nick and Noah, captures the real challenges parents face now that schools are out of session.
- **New Group to Help Crime Victims with Disabilities-** An Ohio based nonprofit organization is helping to ensure those with developmental disabilities have a voice if they are victims of crime.

To access the newsletter please visit:

<https://www.disabilityscoop.com/emailers/ds200320.html>

Arc of Northern Virginia

The Arc is a nonprofit organization that promotes and protects the human rights of

people with intellectual and developmental disabilities.

The Arc of Northern Virginia Newsletter, April 2020 Highlights

- **Keeping in Touch & Supporting Each Other-** The Arc of Northern Virginia checks in with families since the issuance of the stay-at-home order.
- **A Special Needs Trust Brings Peace of Mind in Troubled Times-** A short video created by the Special Needs Trust team at The Arc is available to review how a trust works and the importance of having one.
- **SSI Recipients May Receive Economic Impact Payments-** Individuals collecting Supplemental Security Income (SSI) may be eligible to receive a \$1,200 Economic Impact Payment.
- **Question: “Should S/He File for Unemployment?”-** In order to address the questions surrounding unemployment and COVID-19, a webinar has been created to give answers and guidance on how benefits can be affected by Unemployment Insurance.
- **Supported Decision Making = Alternatives to Guardianship-** Supported Decision Making (SDM) allows people with disabilities to keep their decision-making capacity by choosing supporters to help them make choices. In a 3-part webinar, learn some alternatives to seeking legal guardianship of your child.
- **Special Education During the COVID-19 Crisis-** A 3-minute webinar series provides information on various topics.

To access the newsletter please visit:

https://mailchi.mp/thearcofnova/resources_2020-04-20?e=a669c2452f

ADDitude

ADDitude is a resource for families and adults living with attention-deficit disorder (ADHD) and related conditions and the professionals that work with them.

ADDitude Newsletter, April 2020 Highlights

- **Piloting My ADHD Brain Through a Pandemic**
- **How to Get the Sleep You Need**
- **Am I Losing My Grip?**
- **Baby Steps to Big Changes**
- **Cultivating My Garden and My Inner Peace**

To access the newsletter please visit: <https://us8.campaign->

[archive.com/?u=05c078d02e79a07f64018da62&id=04406b44bf&e=9d78e5edff](https://us8.campaign-archive.com/?u=05c078d02e79a07f64018da62&id=04406b44bf&e=9d78e5edff)

Association of University Centers on Disabilities (AUCD)

The AUCD is a membership organization that serves as a resource for those concerned about people living with developmental disabilities and their families.

April 2020 Newsletter Highlights

- **April is Autism Acceptance Month-** A series of 4 webinars are taking place for Autism Acceptance Month.
- **COVID-19 Public Health Webinar Series-** A 4-part webinar series reviews what is currently known on disability inclusion as it relates to COVID-19.
- **AUCD for ALL Virtual Gala-** The AUCD 2020 Gala: Celebrating Leadership in Arts and Culture is free for all to attend, virtually. The gala brings together leaders from all sectors who are advocates for people with disabilities and their families. The event honors those who stand up for inclusive arts and culture.
- **2020 Emerging Leaders Map-** The map showcases the emerging leaders at AUCD.
- **Stories Needed About Impact of COVID-19 on People with Disabilities-** Make your voice heard. Congress is in the process of writing a bill to respond to the needs of Americans and it is important that they hear from people with disabilities and their families.

To access the blog please visit:

https://www.aucd.org/template/news.cfm?news_id=14673&parent=314&parent_title=AUCD%20360&url=/resources/digest/issues.cfm?

Virginia Commonwealth University Center for Family Involvement (CFI)

The CFI of Virginia Commonwealth University partners with multiple organizations in order to help families become advocates, mentors and leaders for those with developmental disabilities.

CFI Blog, April 2020 Highlight

- **Emotional Side Effects of the Coronavirus-** People are feeling a mix of emotions as a result of the coronavirus ranging from grief to anger. Learning to practice empathy can help.

To access the blog please visit:

<https://centerforfamilyinvolvementblog.org/2020/04/02/emotional-side-effects-of-the-coronavirus/>

National Alliance on Mental Illness (NAMI)

NAMI provides advocacy, education, support and public awareness to individuals and families affected by mental illness.

NAMI Blog, April 2020 Highlight

- **Coronavirus: Mental Health Treatment-** It is important that mental health treatment continues despite COVID-19. There are alternatives available to in-person visits and changes in health care have been made to reflect these alternatives.

To access the newsletter please visit: <https://www.nami.org/Blogs/NAMI-Blog/April-2020/Coronavirus-Mental-Health-Treatment>

Virginia Department of Education (VDOE)

VDOE provides public education to Virginia students.

Resources Announcement

- **Learn how to maintain structure and routines at home-** A brief list of FAQs answers popular questions relating to COVID-19 and resources are provided to families.

To access the resources please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/285252c>

Virginia Rural Health Association (VRHA)

VRHA is a nonprofit organization that seeks to improve the health of rural Virginians through education, advocacy and fostering partnerships.

Resources Announcement

- **Useful Information-** The Virginia Rural Health Association provides helpful COVID-19 resources for the public.

To access the resources please visit: <https://vrha.org/covid-public/>

Virginia State Parks

Virginia State Parks are a part of the Department of Conversation and Recreation (DCR). DCR gives people the opportunity to visit and enjoy Virginia's natural and cultural resources.

Virtual Events Announcement

- **Virtual Visits-** Virginia State Parks presents a number of virtual visits featuring animals, fossils and more for those looking for something to do while indoors.

To access the virtual events please visit: <https://myemail.constantcontact.com/More-virtual-visits-from-Virginia-State-Parks.html?soid=1101626824846&aid=yN9n2MlbXWw>

COVID-19 Resources and Tools

The following links provide information to families during the COVID-19 pandemic.

Center for Family Involvement (CFI):

https://centerforfamilyinvolvementblog.files.wordpress.com/2020/04/covid-19-information_toolkit_041020.pdf

Virginia Department of Education:

<http://www.vdh.virginia.gov/content/uploads/sites/76/2020/03/Faith-Leaders-Virtual-Meeting-Resources.pdf>

Scholastic: <https://www.scholastic.com/parents/school-success/home-learning-resources.html>

Virtual Virginia: <https://www.virtualvirginia.org/2020-resources/#resources>

WHRO Education: <https://digitalllearning.whro.org/>

The Arc of Virginia: <https://tmilling.wixsite.com/coronavirus>

Autism Focused Intervention Resources & Modules (AFIRM):

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Autism Society of North Carolina (ASNC): <https://www.autismsociety-nc.org/staying-structured-coronavirus/>

SeniorNavigator:

<https://seniornavigator.org/article/74200/important-covid-19-information-older-adults-caregivers-people-disabilities-and>

disAbilityNavigator: <https://disabilitynavigator.org/article/74237/covid-19-resources-people-disabilities>

Wabisabi Learning: <https://wabisabilearning.com/blogs/stem/20-stem-outdoor-activities>

Disability Scoop: <https://www.disabilityscoop.com/emailers/ds200403.html>

ADDitude: <https://us8.campaign-archive.com/?u=05c078d02e79a07f64018da62&id=55f18087ee&e=9d78e5edff>

Be sure to like the below Facebook pages for additional information.

- ❖ Center for Family Involvement (CFI):
<https://www.facebook.com/CenterforFamilyInvolvement/>
- ❖ The Arc of Northern Virginia: <https://www.facebook.com/TheArcofNoVA/>
- ❖ Virginia Department of Behavioral Health and Developmental Services:
<https://www.facebook.com/DBHDS/>
- ❖ Parent Educational Advocacy Training Center (PEATC):
<https://www.facebook.com/PEATCVA/>
- ❖ Camp Easterseals UCP: <https://www.facebook.com/campeastersealsucp/>
- ❖ Charlottesville Region Autism Action Group (CRAAG):
<https://www.facebook.com/CRAAG1/>
- ❖ The Arc of Northern Shenandoah Valley: <https://www.facebook.com/arc.nsv/>
- ❖ National Autism Association: <https://www.facebook.com/NationalAutism/>
- ❖ Nami: <https://www.facebook.com/NAMIVirginia1/>
- ❖ Association of University Centers on Disabilities (AUCD)s:
<https://www.facebook.com/AUCDnetwork/>
- ❖ Autism Society of North Carolina:
<https://www.facebook.com/AutismSocietyofNorthCarolina/>
- ❖ Autism Focused Intervention Resources & Modules (AFIRM):
<https://www.facebook.com/AFIRMmodulesandresources/>
- ❖ Virginia Department of Education (VDOE):
<https://www.facebook.com/VDOENews/>
- ❖ Disability Scoop: <https://www.facebook.com/disabilityscoop/>
- ❖ Virginia Rural Health Association: <https://www.facebook.com/VaRuralHealth/>
- ❖ Virginia State Parks: <https://www.facebook.com/VirginiaStateParks/>

Thank you for reading the IFSP Digest!

We are always looking for recommendations on newsletters to subscribe to.
Please send your suggestions to ifspcom@dbhds.virginia.gov .

To subscribe to the monthly IFSP Newsletter, join the IFSP Listserv:
<https://tinyurl.com/IFSPlistserv>.

Be sure to like our new IFSP Community Facebook Page!
https://www.facebook.com/virginiaprogram/?modal=admin_todo_tour

To receive more frequent updates for news in your community, please like your regional IFSP Council's Facebook Page.

- ❖ Central: www.facebook.com/IFSPRegion4/
- ❖ Eastern: www.facebook.com/IFSPeasternregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
- ❖ Southwestern: www.facebook.com/southwesternifsp/
- ❖ Western: www.facebook.com/VirginiaIFSPWesternRegion/