



IFSP Digest

January 2020

Beginning in January 2020, IFSP will provide families with a monthly news digest highlighting resources, events and trainings that may be of interest to self-advocates and families. The digest will be sent out once a month via the IFSP listserv.

As we grow and expand the types of information that we include, we invite you to share resources 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)

Health Trends Newsletter, January 2020

Featured topic: ***What is Dementia?***

OIH distributes timely health and safety alerts with emphasis on the unique needs of people with developmental disabilities. This month's newsletter topic is Dementia.

To access the newsletter please visit: <http://www.dbhds.virginia.gov/office-of-integrated-health#>

Virginia Commonwealth University Center for Family Involvement (CFI)

The CFI of Virginia Commonwealth University works with families to increase their skills as advocates, mentors and leaders so that families, children and young adults with disabilities can lead the lives they want.

CFI Blog, January 2020 Highlights

- **Get Your Financial House In Order-** Beneficial financial information for every family who has a child with a disability.
- **Baby On The Way? How To Prepare Your Home-** Find out what resources can better help you welcome your new baby into your home.
- **New Year, New Decade, Same You-** When you take the time to put yourself first, you can be a better caregiver to your loved ones.

To access the blog please visit: <https://centerforfamilyinvolvementblog.org/>

University of Virginia Supporting Transformative Autism Research (STAR) Initiative

The University of Virginia's Supporting Transformative Autism Research (STAR) initiative focuses on research and interventions to improve the lives of people with autism.

STAR Newsletter, January 2020 Highlights

- **Winter 2020 Transition University (Virtual Training)-** 5-session online series helps parents/guardians navigate the transition process for their school age children and prepare them for adulthood.
- **Disability Benefits: Medicaid Waivers and SSI (Workshop)**
- **Understanding Special Education (Training)-** Learn the seven phases of the special education process and learn ways to work as partners with teachers and other school personnel.

- **Recap: Autism Hope Summit**
- **CA Human Services (formerly Commonwealth Autism) Annual Conference Announcement**

To access the newsletter please visit:

<https://dbhds.box.com/s/c8brdrv1nr7daa8k6zxigjqkyxemuqt>

Arc of Northern Virginia

The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

The Arc of Northern Virginia's Newsletter, January 2020 Highlights

- **General Assembly Bus Trip-** Teams of self-advocates, caregivers and supporters will meet with state senators and house of delegates members in their offices on Capital Square.
- **DMV Comes to The Arc of Northern Virginia-** Walk-ins are welcome, no appointments are needed.
- **First Friday Futures Planning Workshop-** Learn about the roles of Special Needs Trusts and ABLE Accounts.
- **Volunteer Opportunities: Graphic Design**

To access the newsletter please visit:

https://mailchi.mp/thearcofnova/resources_2020-01-1087235

Children's Assistive Technology Service (CATS) Newsletter

CATS serves young people with disabilities, who reside or receive rehabilitative/medical services in Virginia, who need assistive technology to assist with mobility, positioning and communication.

January 2020 Newsletter Highlights

- **Kids on the Move Expo (Demonstration and Expo)-** Get hands on experience with the latest adaptive equipment and mobility devices for children.

- **Roanoke Valley Children's Fund Grant (Grant Opportunity)-** Assistive Technology Grants for children 0 -5 years old.

To access expo information please visit: <https://hr.atdevicesforkids.org/events-page/kids-on-the-move-expo/>

To access the newsletter please visit: <https://hr.atdevicesforkids.org/2020/01/>

Down Syndrome Association of Greater Richmond (DSAGR)

Annual Conference Announcement

Parents, educators and other professionals will join together for a day of learning, networking and inspirations.

To access the event registration please visit: <https://dsagr.org/educate/conferences/>

ACE IT in College at VCU

Registration Announcement

A free 6-week course that is designed to increase paid employment for college students with intellectual or developmental disabilities.

To access the event registration please visit:

<https://transition.vcurrctc.org/training/webcourses/se.cfm>

I'm Determined

Region 1 Academy Announcement

Youth with disabilities will meet to identify ways to become better advocates and lead more self-determined lives.

Participating Region 1 Counties include: Charles City, Chesterfield, Colonial Heights, Goochland, Hanover, Henrico, Powhatan, Prince George and Richmond.

To access the event registration please visit:

<https://dbhds.box.com/s/mblgs1n0ho6lp8tjcag8zjxf3lmm0jx6>

Annual Conference Announcement

Youth with disabilities meet to network and discuss issues of importance to youth and young adults with disabilities.

To access the event registration please visit: <http://www.imdetermined.org/youth-summit/>

United States Census Bureau

Job Opportunity Announcement

Hiring thousands of people for the 2020 Census

To apply please visit: <https://www.census.gov/about/census-careers/disability.html>

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

- ❖ Center for Family Involvement:
<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/>

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 .

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<https://tinyurl.com/IFSPlistserv>.

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

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- ❖ Eastern: www.facebook.com/IFSPeasterregion/
- ❖ Northern: www.facebook.com/IFSPnorthernregion/
- ❖ Southwestern: www.facebook.com/southwesternifsp/
- ❖ Western: www.facebook.com/VirginiaIFSPWesternRegion/