



# IFSP Digest

July 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 share your newsletter subscription recommendations with us at [ifspcom@dbhds.virginia.gov](mailto: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, July 2020 Newsletter Highlights*

- **Fatal Four-** Seizures, aspirations, constipation, and dehydration are considered fatal conditions because they pose a high risk for individuals with intellectual and developmental disabilities. Learn more about each condition and how to best deal with them.

- **Dental Facts & Tips from the OIH Dental Team-** Don't forget to floss. Flossing is just as important as brushing your teeth and should be done at least once a day.
- **ABA Snippets: Functional Behavior Assessment (FBA) Drives Function-Based Behavior Support Planning-** FBA is an approach to better understand why a student acts the way they do.

To access the newsletter, please visit:

<http://www.dbhds.virginia.gov/assets/doc/OIH/july-2020-newsletter.pdf>

### 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, June 2020 Blog Highlight*

- **Staying Safe During the Summer of 2020-** With the uncertainty surrounding COVID-19, it is hard to know the impact the virus has on adults and children with disabilities. Learn what one family does to stay safe.

To access the blog, please visit:

<https://centerforfamilyinvolvementblog.org/2020/07/10/staying-safe-during-the-summer-of-2020/>

### Ability Unlimited

Ability Unlimited provides Assistive Technology, Environmental Modifications, and Durable Medical Equipment to people with special needs through Medicaid funding.

*Ability Unlimited, July 2020 Newsletter Highlights*

- **July Awareness & Advocacy-** The following groups are recognized during the month of July: Cord Blood Awareness Month, World Hepatitis Day, BIPOC Mental Health Month, Juvenile Arthritis Awareness, and National Cleft & Craniofacial Awareness & Prevention Month.
- **Ability Unlimited Video Series-** A brief YouTube video breaks down the Virginia Medicaid Waiver process for Assistive Technology (AT), Environmental Modifications (EM), and Durable Medical Equipment (DME) services.
- **Top Assistive Technology Apps for Autism-** There are a ton of assistive technology apps on the market for those with autism. Ability Unlimited offers their top 5 picks to help you narrow things down.
- **Policy Brief: Access to Assistive Technology-** Assistive technology includes

assistive, adaptive, and rehabilitative devices. Although the need for these devices is increasing, global health and development agendas seem to disregard them.

To access the newsletter, please visit:

<https://dbhds.box.com/s/qp1o7c9uhvr8z9hea7fgz8jyey3uvj7s>

### The 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, July 2020 Newsletter Highlights*

- **Team Challenge Virtual 5K Race-** Registration is now open for the Team Challenge Virtual 5K Race. Complete the race wherever you would like and set your own route. The top 5 men and women will receive Amazon gift cards. The race will raise money for the Arc of Northern Virginia, in order for them to maintain their programs, services, and advocacy.
- **Webinar Series on Social Security-** The Arc of Loudoun presents a free webinar to help answer questions about social security. The webinar will include 2 sessions. The first session will focus on basic questions regarding social security and the second session will emphasize how social security impacts Medicaid waivers.
- **Transition Series 2020-** The annual Transition Series will be held virtually this year. This 2-day conference helps families and individuals with disabilities that are transitioning from school-provided services to community-based services for adults. The registration fee is \$25.
- **Community Events-** A list of free events are listed.

To access the newsletter, please visit:

[https://mailchi.mp/thearcofnova/resources\\_2020-07-21?e=a669c2452f](https://mailchi.mp/thearcofnova/resources_2020-07-21?e=a669c2452f)

### Mental Health America (MHA)

MHA is a nonprofit organization that is dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of everyone.

*MHA , July 2020 Highlight*

- **July is BIPOC (Black, Indigenous People, and People of Color) Mental Health Month-** Mental Health America creates a toolkit that addresses the needs of BIPOC. Recognized each July, BIPOC Mental Health Month brings awareness to the struggles that underrepresented groups face regarding mental illness in the U.S.

To access the article, please visit: <https://mhanational.org/BIPOC-mental-health-month>

### At Home Your Way (AHYW)

At Home Your Way is a Consumer-Directed Service Facilitation provider for individuals approved for Virginia's Medicaid Waivers.

#### *AHYW, July 2020 Newsletter Highlights*

- **How to Transition to Adult Living for Young Adults with Special Needs-** At Home Your Way offers 4 simple steps on how to transition to adult living as an individual with special needs.
- **Social Security (SSI/SSDI)-** Learn the difference between Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) and how to apply for them.
- **Maximizing Your Benefits-** It is important that health coverage from Virginia Medicaid is renewed each year. In the event the renewal process is not done automatically, it can be done online, by phone, by mail, or in person.
- **Virginia Medicaid Waiver Eligibility Young Adults with Disabilities-** Find out if your young adult qualifies for a Medicaid Waiver.
- **Key Roles in a Medicaid Waiver-** Knowing the main roles in a Medicaid Waiver will make it easier to navigate through the waiver process. Explanations are given for a Service Facilitator (SF), Employer of Record (EOR), Fiscal Agent, Attendant, Backup Caregiver, and Primary Caregiver.
- **Family Highlight-** A family discusses their positive experience with a facilitator after being granted a waiver for their daughter.

To access the newsletter, please visit:

<https://dbhds.box.com/s/3mbdmdctjjcau7vhy1assyufojq3xi9m>

### 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, July 2020 Newsletter Highlights*

- **Majority of States Failing to Meet Obligations Under IDEA-** Under the Individuals with Disabilities Education Act (IDEA), schools have to identify and evaluate students thought to have a disability, at no cost to families. If a child is found to have a disability, the school must provide the child with special education and related services. According to the U.S. Department of Education, most states are not meeting the requirements of IDEA.
- **Face Masks Exempt Cards Citing ADA Are Fake, Justice Department Says-** Beware of bogus cards and flyers that are circulating from a group called the Freedom to Breathe Agency. The materials falsely claim that individuals with disabilities do not have to wear a face mask.
- **Judge Sides with Disney Over Disability Access at Theme Park-** The mother of an autistic child sues Disney in Orlando, FL because of failure to grant him immediate access to the FastPass lines at the theme parks. Before the lawsuit, Disney did create the Disability Access Service Card which lets individuals with disabilities get return times for rides so they don't have to wait in line, which is similar to a FastPass.
- **Man's Coronavirus Death Raising Questions About Care for People with Disabilities-** The coronavirus-related death of a man with quadriplegia causes advocates from the Americans with Disabilities Action Planning Team to suspect his untimely death took place because of his condition.

To access the newsletter, please visit:

<https://www.disabilityscoop.com/emailers/ds200707.html>

### **American Association on Health and Disability (AAHD)**

The American Association on Health and Disability is a nonprofit organization that promotes the health and wellness initiatives for children and adults with disabilities.

### *AAHD, July 2020 Newsletter Highlight*

- **New Reports & Resources on AAHD COVID-19 Disability Survey-** AAHD released the results from a variety of surveys conducted earlier this year, related to the impact of COVID-19 on individuals with disabilities.

To access the newsletter, please visit:

<https://nationaldisabilitynavigator.org/2020/07/10/july-10-2020/>

### **National Alliance on Mental Illness (NAMI)**

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

#### *Virtual Event Announcement*

- **NAMI's Ask the Expert Webinar: Failing Another Test in Addressing Mental Health Disparities-** NAMI presents a free webinar that will focus on healthcare inconsistencies in general and behavioral health treatment systems, and previous efforts to reduce or eliminate them.

To access the virtual event, please visit: <https://nami.org/Blogs/NAMI-s-Ask-the-Expert/2020/NAMI-s-Ask-the-Expert-Webinar-Failing-Another-Test-in-Addressing-Mental-Health-Disparities>

#### **Virginia Department of Education (VDOE)**

VDOE provides public education to Virginia students.

#### *VDOE Bulletin, Resources Announcement*

- **Social Emotional Wellness Resources-** VDOE guide includes information and resources for a variety of school communities.

To access the resources, please visit:

<http://www.doe.virginia.gov/support/prevention/quick-guide-swd.pdf>

#### **Cover Virginia**

Cover Virginia provides information about Virginia's Medicaid and FAMIS programs, as well as information about the Federal Health Insurance Marketplace.

#### *Resources Announcement*

- **Get Help with Buying Food-** The Department of Social Services provides food assistance programs to those in need of help.

To access the resources, please visit:

<https://dbhds.box.com/s/dexsrcswi7ufohdas99z1s993fy6yuqj>

#### **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 Health:

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

Virginia Department of Social Services:

<https://covid.virginia.gov/?fbclid=IwAR1b0aifg7vTXkbwZSgJpzZjAgLP89Y5C5doZ7sp-LG3NPP4hrZNZz6tyY4>

Virginia Institute of Autism: <https://viacenters.org/resources/resources-for-families/>

Cover Virginia:

[https://coverva.org/covid19/?utm\\_medium=email&utm\\_source=govdelivery](https://coverva.org/covid19/?utm_medium=email&utm_source=govdelivery)

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 Central Virginia: <https://www.facebook.com/The-Arc-of-Central-Virginia-149058858468400/>
- ❖ 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 Speaks: <https://www.facebook.com/autismspeaks/>
- ❖ 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/>
- ❖ Remote Area Medical (RAM): <https://www.facebook.com/RAMUSA.ORG/>
- ❖ Ability Unlimited: <https://www.facebook.com/abilityunlimitedVA/>
- ❖ Able National Resource Center: <https://www.facebook.com/theABLENRC/>
- ❖ Moms in Motion: <https://www.facebook.com/MomsInMotionVA/>
- ❖ I'm Determined: <https://www.facebook.com/imdeterminedvdoe/>
- ❖ Massachusetts General Hospital: [https://www.facebook.com/massgeneral/?brand\\_redir=1423512124455810](https://www.facebook.com/massgeneral/?brand_redir=1423512124455810)
- ❖ Mental Health America (MHA): <https://www.facebook.com/mentalhealthamerica/>
- ❖ American Association on Health and Disability (AAHD): <https://www.facebook.com/aahdus/>
- ❖ Cover Virginia: <https://www.facebook.com/coverva/>

## 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](mailto:ifspcom@dbhds.virginia.gov) .

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

Be sure to like our new IFSP Community Facebook Page!

[https://www.facebook.com/virginiaprogram/?modal=admin\\_todo\\_tour](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.

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