



# IFSP Digest

May 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](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 Newsletter, May 2020 Highlights*

- **What is Dysphagia? Difficulty Swallowing-** Prevent dysphagia by knowing the risk factors, symptoms and how to get properly tested.
- **Dental Facts & Tips from the OIH Dental Team** – The OIH Team discusses what you need to know about cavities.

To access the newsletter please visit:

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

### Moms in Motions (Moms)

Moms is a service facilitation provider for individuals approved for Virginia's Medicaid Waivers. They offer assistance to those needing support for family members with disabilities.

#### *Moms in Motions Newsletter, May 2020 Highlight*

- **Early Intervention: A Guide-** The term early intervention describes services and supports that are available to infants and toddlers with developmental delays and disabilities. These services and supports are offered all over the US and having them early on can make a difference for your child. Learn what services and supports are available, who is eligible and what resources exist.

To access the newsletter please visit: <https://momsinmotion.net/early-intervention-a-guide/>

### Ability Unlimited

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

#### *Ability Unlimited Newsletter, May 2020 Highlights*

- **May Awareness & Advocacy-** During the month of May, some advocacy groups and organizations are recognized.
- **Stroke Awareness Month: Assistive Technology That Can Help-** In honor of Stroke Awareness Month, Ability Unlimited provides a list of assistive technology product options for rehabilitation.
- **Reminder: End of Fiscal Year! Commonwealth Coordinated Care (CCC) Plus Members, Act Now to Access Your 2019-2020 Funding-** Members are eligible for up to \$5,000 of Assistive Technology and \$5,000 of Home Modifications. The deadline to receive funding is soon approaching.
- **Family Highlights & Testimonials-** An Ability Unlimited team member provides a positive customer service experience to a family in need of an iPad.
- **Tips for Parents: The Four P's of Gait Training in the Home-** Gait training (the act of learning how to walk) can be challenging in the home. Learn how to make the process easier through practice, purpose, positioning and progress.
- **Screening Spotlight: Early and Periodic Screening, Diagnosis and Treatment**

(EPSDT)- Find out if your child needs screening for audiological services.

- **CCC Plus Waiver Fact Sheet-** The fact sheet provides information about the Commonwealth Coordinated Care (CCC) Plus Waiver. A CCC Plus Waiver serves individuals who are aging and/or living with disabilities that reside at home, rather than in an institution such as a nursing facility.

To access the newsletter please visit:

<https://secureservercdn.net/166.62.112.219/xxf.b04.myftpupload.com/wp-content/uploads/2020/05/AU-MAY-2020.pdf>

### 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, May 2020 Newsletter Highlights*

- **COVID-19 Cases at Group Homes, Institutions Going Untracked-** An advocacy group called the Autistic Self Advocacy Network is seeking to make a difference in the developmental disability community by helping track the number of people with disabilities that have contracted or died from coronavirus while living in communal environments, such as nursing homes and group homes.
- **Pets Ease Stress for Kids with ASD and Their Parents, Study Finds-** According to a recent study, having a pet dog or cat reduces stress levels in children with autism and their parents. Gretchen Carlisle, who leads the study, says pets can help increase social interaction and decrease anxiety in children with autism, while also providing comfort and support to children and their families.
- **Senator Introduces Bill to End Ventilator Discrimination During Pandemic-** In response to policies in over 20 states that could possibly discriminate against those with developmental disabilities in need of a ventilator due to coronavirus, a US senator introduces a bill to bring an end to this unjustness.
- **DSPs Worry About Protective Equipment, Changed Routines-** The coronavirus places many challenges on Direct Support Professionals (DSPs) and their patients.

To access the newsletter please visit:

<https://www.disabilityscoop.com/emailers/ds200512.html>

### ABLE National Resource Center (ANRC)

The ANRC provides information about ABLE programs and accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families. These accounts can fund disability expenses.

### *ANRC Newsletter, May/June 2020 Highlights*

- **Building Your Financial Resilience with ABLE Accounts-** Receive information on how to help maintain personal and financial safety during these times.
- **National Disability Institute (NDI) Launches Financial Resilience Center-** Free resources are available at the newly created Financial Resilience Center, which is an online tool to help people with disabilities and chronic health conditions respond to the financial challenges of the COVID-19 pandemic.
- **Ambassador Highlight: Teresa Price-** Learn why Teresa Price feels her son Logan has a secure future after opening an an ABLE account, which allows him to save money and feel financially secure and confident.
- **Tips for Individuals Who Receive Supplemental Security Income (SSI) Benefits or Concurrent Benefits-** Tips are provided for those collecting SSI Benefits or Concurrent Benefits. SSI is paid to people who have limited income and limited resources. Concurrent Benefits are paid to people who are collecting both SSI and SSDI (Social Security Disability Insurance) at the same time.
- **ABLE Accounts, Changes and COVID-19: One Size Does Not Fit All!-** The COVID-19 crisis affects each person differently. Get information from the ABLE National Resource Center blog on resources, strategies and actions to consider.
- **AchievABLE Top 4 Questions-** Get answers to some common ABLE account questions.
- **Extension of IRS ABLE-related Deadlines-** Find out which Able-related deadlines are receiving an extension.

To access the newsletter please visit: <https://www.ablenrc.org/may-june-2020-achievable-newsletter/>

### **Remote Area Medical (RAM)**

RAM is a nonprofit organization that provides free, quality healthcare to those in need. Their pop-up clinics can be found throughout the United States and abroad.

### *RAM Rundown Newsletter, May 2020 Highlights*

- **Volunteer Viewpoint: Andrew-** A volunteer for COVID-19 testing discusses why he feels the need to give back to the community during the pandemic.
- **Helping the Helpers-** A brief video showcases the positive impact of RAM volunteers.

To access the newsletter please visit:

<https://app.robly.com/archive?id=a351894499f920e1f83bffe5e9d12808&v=true>

## 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, May 2020 Highlight*

- **The Dream Team-** Learn how one child benefits with inclusion in the classroom. Inclusion in education is when a student with a developmental disability spends most or all of their time in a general classroom setting. Inclusive education aims to create an environment in which all children have the opportunity to grow.

To access the blog please visit:

<https://centerforfamilyinvolvementblog.org/2020/05/08/the-dream-team/>

## National Alliance on Mental Illness (NAMI)

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

### *NAMI Blog, May 2020 Highlight*

- **My Journey to Seeing Myself as Beautiful with an Eating Disorder-** In times of quarantine and solitude, it is easy for mental health issues to arise. Learn how an individual dealing with an eating disorder overcame negative feelings and found her beauty.

To access the newsletter please visit: <https://www.nami.org/Blogs/NAMI-Blog/May-2020/My-Journey-to-Seeing-Myself-as-Beautiful-with-an-Eating-Disorder>

## National Autism Association (NAA)

NAA is a nonprofit organization that responds to the needs of the autism community.

### *Quick Tips*

- **Autism & Wandering Prevention Tips-** 49% of children and adults with autism spectrum disorder (ASD) are prone to wandering. Learn how to keep them safe.

To access the quick tips please visit:

<https://nationalautismassociation.org/wandering-quick-tips/#>

## I'm Determined

The I'm Determined Project is a state-directed project funded by the Virginia Department of Education. It helps youth with disabilities to achieve self-determined behavior.

#### *Virtual Event Announcement*

- **Youth & Parent Summit-** Save the date for the I'm Determined, 2020 Virtual Youth & Parent Summit. There is no application to fill out and the summit is free to attend.

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

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

VDOE provides public education to Virginia students.

#### *Virtual Event Announcement*

- **Capacity Building for IEP Teams-** In order for children to receive special education services in public school, they need a legal document called an Individualized Education Program (IEP) The first step of getting an IEP is to have an evaluation for special education. The process can be stressful for everyone involved. In order to help, the Parent Educational Advocacy and Training Center (PEATC), in collaboration with VDOE, is offering a virtual training on IEPs.

To access the virtual event please visit:

<https://content.govdelivery.com/accounts/VADOE/bulletins/28b2048>

#### **Autism Speaks**

Autism Speaks is an advocacy organization that promotes solutions for the needs of individuals with autism and their families through advocacy and support.

#### *Resources Announcement*

- **Toolkit-** The Autism Speaks Autism Treatment Network, a funded program of Autism Speaks, creates a parent's guide to Applied Behavioral Analysis (ABA). ABA is a therapy based on the science of learning and behavior. The toolkit provides an understanding of ABA, how children can benefit from ABA and where to go for ABA resources.

To access the resources please visit:

<https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf>

## 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](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>

Virginia Department of Social Services:

<https://covid.virginia.gov/?fbclid=IwAR1b0aifg7vTXkbwZSgJpzZjAgLP89Y5C5doZ7sp-LG3NPP4hrZNz6tyY4>

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 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/>



## 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) .

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](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/](http://www.facebook.com/IFSPRegion4/)
- ❖ Eastern: [www.facebook.com/IFSPeasternregion/](http://www.facebook.com/IFSPeasternregion/)
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