



SCHOOL-AGE NEWS

Hello!! School is in session and the first 9 weeks is over. I hope all the kids are enjoying school this year. On Monday November 28 we will be going on a trip to see the Wildlights at the Columbus Zoo. We will be leaving at 11:00 am and stopping for lunch on the way. Leaving early will allow us time to enjoy seeing animals by daylight. The Wildlights are turned on at 5:00. Let me know if you would like to go.



Calendar:

November 24, Thanksgiving

November 25, Closed

November 28, Wildlights trip

December 2, Christmas Walk, New Lexington

December 3, Small Town Christmas, Somerset

December 25, Christmas Day

January 1, 2017 New Year's Day

Perry County Board of DD and Help Me Grow will be closed

December 26-January 2

January 16, Martin Luther King Day

February 20, President's Day

Fall/Winter 2016



Adaptive toys are now available at your library. With initial funding from [OSU Assistive Technology of Ohio](#), this toy collection was purchased and will now be available to all library card holders through the cooperative efforts of [Perry County Help Me Grow](#) and PC District Library. Borrowing a toy is very easy. Visit the PC District Library, choose a toy from the selection card ring (available in the children's room, at the Reference Desk, and at the Check-out desk), use your library card to check out a toy.

Ohio Department of Developmental Disabilities

Family Advisory Council

Kim Weimer, Family Liaison for the Ohio Department of DD.

Family Advisory Council meetings, hosted by Kim take place each month and are open to everyone. The Family Advisory Council provides a forum for the Department to hear directly from family members about the issues that impact their lives and provides family members the opportunity to learn more about the DODD's current initiatives from executive staff.

For more information about future Family Advisory Council meetings, agendas, and schedules please join the list serve at join-family-advisory@list.dodd.ohio.gov

Let me know if you would like to start a support group here in Perry County. We could have groups with topics or information sharing.

Waiver Waiting Lists

In Ohio, each County Board manages a waiting list for Home and Community-based Waiver services. A County Board must establish a waiting list if "available resources are not sufficient to meet the needs of all individuals who request home and community-based services." This includes waiting lists for the I/O waiver, Level 1 waiver, and the Self-Empowered Life Funding (SELF) waiver.

People on the waiting list receive a waiver in this order, which is required by law:

- **Emergencies** – The law defines an emergency as any situation where there is a risk of substantial self-harm or substantial harm to others if action isn't taken within 30 days. Examples of emergencies include loss of residence, loss of a caretaker, and abuse, neglect, or exploitation.
- **Priorities** – Priority categories are defined in statute and rule. Your County Board will determine if a priority category exists on a case-by-case basis. Generally, the County Board has the ability to "refinance" local expenditures and serve emergencies, individuals with intensive needs or individuals who are living with aging caregivers are a priority.
- **Date of Request** – Waiver services also are offered based on the date you were added to the waiting list.

To determine if you should be on a waiting list and the various options that may meet your needs, contact your local County Board.

Help Me Grow

Help Me Grow is a program that serves families with children from birth to age three. Once a referral for a child under three is received, it will be determined what service would best fit the family. The services are Home Visiting, Early Intervention, and Integrating Professionals for Appalachian Children, (IPAC):

Home Visiting: The Home Visiting program provides expectant or new parents with the information, support and encouragement they need through a voluntary, high-quality home visiting service. Home Visiting aims to educate at-risk parents with the resources to understand and capitalize on the optimal early years of a child's life. By supporting the positive interaction with children in stable and stimulating environments, the Home Visiting program seeks to create a sturdy foundation for future achievement. Ultimately, this approach is essential to the educational and economic success of Ohio's children and families.

Early Intervention: Parents and caregivers with concerns regarding their child's development can have their infant or toddler evaluated by an interdisciplinary team at absolutely no cost to the family. Children are evaluated for delays in the areas of adaptive, cognitive, communication, physical, and social-emotional development using appropriate diagnostic tools. Should intervention be deemed necessary, individualized services are provided to the child and family through a Service Coordinator who guides the family through every aspect of the process, from program entry until the child transitions out by age three.

Integrating Professionals for Appalachian Children, (IPAC): Care Coordinators are available to assist pregnant Mothers in a variety of ways. Leslie Fortner and Helen Fulk are available to help with information on what to expect during pregnancy and delivery and thereafter. They can monitor the baby to make sure they are on track with development. Coordinators are available to help with finding prenatal care, assistance with transportation if needed. Gas cards may be possible as well. There are a variety of benefits to having Leslie and Helen as your coordinators of care with many perks to enjoy while being enrolled in the IPAC program. Give them a call and they can answer any questions you may have! 740-342-7722

School-Age Kids Program

The PCBDD currently serves over 70 kids ages 3-16. PCBDD offers Family Selected Services (FSS), summer camp and service coordination. The process for children that are transitioning from Help Me Grow to PCBDD services is; at 6-9 months prior to the child turning three, I will schedule a time with the Early Intervention Specialist to come into your home to visit and get acquainted with your family. Once your child turns three, they must either have an IEP or a medical diagnosis to qualify. If they qualify and the family is still wanting services, I will then schedule a time to come out and complete paperwork and discuss services through PCBDD. Children ages 6 to 15 must exhibit a substantial functional limitation in at least three of the following areas of major life activity as appropriate for their age: mobility; self-care; self-direction; capacity for independent living; learning; receptive and expressive language. An individual must experience a developmental disability or delay before age 22 that has been diagnosed by a licensed psychologist and/or physician. Service Coordination: Once you are eligible for services, we will link you to needed services and supports. A Services and Support Administrator (SSA) will work with you to develop an Individual Service Plan that outlines what types of supports are needed.

RAISING A CHILD WITH A DISABILITY

Children always bring surprises into their parents' lives but children with disabilities bring more than their fair share. The first set of challenges is likely to involve lots of contact with the medical professions. What can be done about the disability or illness? Can I have a second opinion? What is the future going to be like for my child, and how long will they live? So many questions and such a scary time! But as you deal with the medical, educational, and day-to-day crises of raising a child with a disability, don't forget your emotional responses and those of your spouse and other children. All parents worry about their children's futures, but those raising a child with a disability worry more. What about the other kids? Parents need to give the siblings plenty of information about the disability so the child can answer their own questions and their friends' questions. "Is it catching?" "Can someone fix it?" "Why do they act that way?" are common questions. Your organizational and planning skills, as well as your public speaking and advocating skills, will grow by leaps and bounds. Don't be afraid to ask questions, because asking questions will be your first step in beginning to understand more about your child.

WELCOME TO HOLLAND

By Emily Perl Kingsley.

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has wind-mills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

Fetal Alcohol Spectrum Disorders:

Drinking alcohol during pregnancy can cause a woman's baby to be born with birth defects and developmental disabilities. In fact, alcohol (beer, wine, or hard liquor) is the leading cause of preventable birth defects and developmental disabilities in the United States. Babies exposed to alcohol in the womb can develop fetal alcohol spectrum disorders (FASDs). These disorders include a wide range of physical, behavioral, and learning problems. The most severe type of FASD is fetal alcohol syndrome (FAS). It is caused by heavy drinking during pregnancy. Any amount of alcohol, even one glass of wine, passes from the mother to the developing baby. Wine, beer, or distilled spirits (vodka, rum, tequila, etc.) all pose a risk.

Diagnosis:

FASDs are diagnosed based on the symptoms (facial features, poor growth, and brain involvement), especially if it is known that the mother drank during the pregnancy. In children with milder problems, FASD can be harder to diagnose. Further evaluation and testing might be needed to rule out other conditions. A child who is thought to have an FASD may be referred to a developmental pediatrician, genetic specialist, or another specialist who can help identify the problem and confirm a diagnosis.

Meet Gabe and Jerica

They were adopted and are biologically brother and sister. Gabe loves to build things, jump and climb on anything he can. He is exceedingly outgoing and loves to help others. Sadly, FASD impacts every part of his life. He suffers from severe anxiety, ADHD, Sensory Processing Disorder and learning disabilities. Gabe's issues cause him to be in fight-or-flight mode most of the time, which makes even day-to-day activities rather taxing on his family. They need to know where he is at all times because he can quickly disappear and attempt to run away out of frustration. He doesn't realize or understand the danger that he puts himself in, in these moments. His sister Jerica often behaves like a three-year-old. She loves movies and will watch them over and over. She loves playing make-believe with her toys, as though she's in her own world at times. Jerica also loves to make us laugh; she is her family's in-house comedian. Jerica also suffers with the same issues as Gabe, along with Global Development Delays and speech problems. She has difficulty retaining learned information and will ask simple questions repeatedly. Jerica has meltdowns when she becomes overwhelmed. Her anxieties over simple things can make even short car trips difficult. These problems can be prevented by not drinking any alcohol during pregnancy. Do not drink if you are trying to get pregnant or think you may be pregnant.



Darlene Denny, School Age Service Coordinator

d.denny@perrydd.org

128 South Main Street

New Lexington, OH 43764

Phone: (740) 342-7722

Fax: (740) 342-0418

Visit our website to find resources/and local activities www.perrydd.org and check us out on Facebook.