



TWELVE COMMANDMENTS FOR PARENTS OF CHILDREN WITH DISABILITIES

1. Thou art their child's best and most consistent advocate.
2. Thou has valuable information about your child. Professionals need your input.
3. Thou shall put it in writing and keep a copy.
4. Thou shall try to resolve problems at the lowest level, but not hesitate to contact a higher authority if the problem is not resolved.
5. Thou shall keep records.
6. Thou shall seek out information when needed.
7. Thou shall take time to think through information before making a decision.
8. Thou shall have permission to be less than perfect. Important lessons are learned from both successes and failures.
9. Thou shall not become a martyr. Decide to take a break now and then.
10. Thou shall maintain a sense of humor. It is great for your emotional well-being and that of your child.
11. Thou shall always remember to tell people when they are doing a good job.
12. Thou shall encourage a child to make decisions because one day he or she will need to do so.



**Information provided by www.pacer.org

The **Kentucky State Advisory Panel for Exceptional Children (SAPEC)** provides policy guidance with respect to special education and related services for children with disabilities in Kentucky as defined by special education regulations and applicable state and federal law. The Panel advises and assists the Department of Education regarding the provision of appropriate services for children with disabilities. The authority for the Panel is mandated under the Individuals with Disabilities Act (20 U.S.C. 1400 et seq.as amended). The Panel conducts public forums as a part of their meetings. The public is encouraged to comment via e-mail or by coming to a meeting. For information, contact Johnny Collett at johnny.collett@education.ky.gov or by calling Kentucky Department of Education (KDE) at (502) 564-4970. Contact KDE for 2012 public hearing dates. [This is a time for families and professionals to voice your concerns to the panel and they will pass them along to KDE.](#)

SAFETY: IT TAKES PLANNING AND EDUCATING

You never know when or where a problem will arise. Help your child to "expect the unexpected" and to know what to do if a situation arises. Knowing how to respond when things go wrong, feel scary, or may be dangerous is important to being safe. Here are a few tips to help you and your child prepare for an unexpected situation.

Self Advocacy Help your child develop healthy boundaries and effective communication skills. Practice messages such as "No", "Leave Me Alone", "I Need...", "I Want...."

Disability Appropriate Supports People with a disability find it helpful to carry a card that can be used to communicate with others, including the police. This card may contain information such as: your child's name, a sentence stating the disability and how it may affect your child's ability to handle situations, and a phone number of someone how can be contacted.

Safety Network Help your child identify safe people and places in the community. This list might include: Neighbors, Police, Fire Fighters, Security Guards, Doctors, or Nurses. Also public places such as the police station, fire station, place of worship, hospital or clinic.

Resources Provide your child with a cell phone and emergency contact numbers to carry at all times.

Transportation Explain that if someone makes your child feel uncomfortable, they should move closer to the bus driver. Also discuss what your child should do if the bus takes a detour or breaks down. This response might include calling you or another trusted adult on the cell phone.

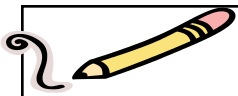
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SPIN (Special Parent Involvement Network) is a statewide project of KY-SPIN, Inc. that "HELPS YOU HELP YOUR CHILD." SPIN PTI (Parent Training & Information Project) is funded by the U.S. Dept. of Education. **SPIN** provides training, information and support to people with disabilities, their parents and families, and information on all types of disabilities and topics for all age groups. There are no fees for **SPIN** services. Consultation, resource materials, and referral services are also available. You can call us toll-free at 800-525-7746 or at 502-937-6894, our e-mail address is spininc@kyspin.com and our website is www.kyspin.com; our main office is located at 10301-B Deering Road / Louisville, KY 40272.

Did you Know

You can follow us on [Facebook](#) & [Twitter](#) go to www.kyspin.com for link



Preparation Is Key To Gain Accommodations On ACT College Entrance Exam

Planning for college requires much preparation, even more so if the student has a disability and requires accommodations on college entrance exams. Students with disabilities receiving services through the Individuals with Disabilities Education Act (IDEA) are not automatically entitled to SAT or ACT testing accommodations, but must apply for them. If accommodations are needed, families are encouraged to start planning for this when their child enters 9th grade because it can require substantial documentation and take months to process. Remember that if initial application is denied, you may re-apply with additional information such as IEP accommodations, progress notes and letters from teachers. For the ACT, students may apply for one of the following accommodations:

***Standard Time National Testing with Accommodations

***Extended Time National Testing (50% time extension)

***Special Testing: Testing at school with extended time and alternate formats available - not as part of national or international testing at a test center.

Here is a timeline for families to follow when their child enters 9th grade and through high school.

***Freshmen Year** - Make sure your child's accommodations are listed on the IEP or 504 Plan, along with data showing how they benefit your child.

***Sophomore Year** - Start gathering needed documentation. Check to see if your child's diagnosis documentation is current and meets requirements of the ACT application. If not, update it.

***Junior Year** - Begin application process in the fall. Check ACT testing dates and registration dates at actstudent.org. The ACT may be taken in the spring of the junior year. National tests are offered 6 times a year.

***Senior Year** - If need, the test can be re-taken in the fall.

*Information provided by Pacer.org



The Kentucky Family to Family Health Information Centers (F2F HIC) are located in each of the Commission for Children with Special Health Care Needs (CCSHCN) Offices. The F2F's can help you find information and services. A network of Support Parents is being developed to provide support to other parents. If you have questions or would like to help another family you can reach Sondra Gilbert in Owensboro at 877-687-7038 Ext. 2123 or in Louisville, Debbie Gilbert 800-232-1160 Ext. 279.

"JUST LIKE YOU" By Robert Kroupa Is On Sale NOW!

"Just Like You" is a children's story book created in response to the epidemic of bullying. It is the story of two forest creatures who are shunned because they do not look like everyone else. The book is being distributed from the Just Like You Foundation who's goal is educating children on the values of universal acceptance. 100% of the profits from this book are donated! By ordering the book through Pacer.org the proceeds will be donated to PACER'S National Bullying Prevention Center.

*Information provided by Pacer.org

Upcoming Events

December 12, 2011

"Time Management & Organizational Skills"

9:30 to 11:30 A.M.

Goodwill Industries

Louisville, KY

Presented by KY-SPIN

Contact: Mary Simmons

Mary.Simmons@kentuckianaworks.org

January 14, 2012

"Stress Management"

2:00 PM (Weather Permitting)

KYOVA Mall

Ashland, KY

Presented by KY-SPIN

Contact: Patti Payne 606-686-1389 or

Co-Sponsor Debbie Gilbert with

F2F-HIC at

DebbieA.Gilbert@ky.gov

(There is no charge for these workshops. Check out our website for more events. All events are subject to change.)

Happy Holidays

from all of us at

KY-SPIN!!!



KY-SPIN Consultants are present at the Commission for Children with Special Health Care Needs (CCSHCN) Clinics throughout the state at various times each month. For information on clinic visits & SPIN workshops contact us toll-free at 1-800-525-7746 or by e-mail at spininc@kyspin.com.

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