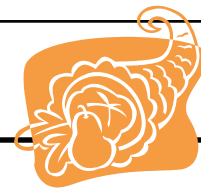




# SPINNING WHEEL

## November 2009



### National News

**CELL Practice Guide: Baby's First Games:** *Baby's First Games* is a Center for Early Learning Literacy Practice Guide for Parents that promotes back-and-forth interaction between an infant and parent or caregiver. The handout includes several examples of games appropriate for infants and ways parents can know the practice is working.  
[http://www.earlyliteracylearning.org/cellpractice\\_pages/babys\\_first\\_games/index.php](http://www.earlyliteracylearning.org/cellpractice_pages/babys_first_games/index.php)

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](mailto:spininc@kyspin.com).

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 aged birth through twenty. 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 via e-mail, contact Renee Scott at [renee.scott@education.ky.gov](mailto:renee.scott@education.ky.gov) or by calling Kentucky Department of Education (KDE) at (502) 564-4970.

The next SAPEC public forum is scheduled for

January 14, 2009, 6:30pm at Capital Plaza Hotel in Frankfort, KY

This is a time for families and professionals to voice your concerns to the panel and they will pass them along to Kentucky Department of Education.



### **Spotlight on Kentucky** Family to Family Health Information Centers (F2F HICs)

The Commission for Children with Special Health Care Needs has received a grant from HRSA to create Family to Family Health Information Centers throughout the Commission offices. The Centers will be staffed by "Support Parents" (mentors), who are parents of children with special needs. "Support Parents" provide key support to families of individuals with special needs. They offer parents/caregivers the opportunity to connect with another parent/caregiver with a similar situation or special health care need — someone who has "been there."

A "Support Parent" is a veteran parent or primary caregiver of an individual with special health care needs who is willing to help other families in similar situations to those they have faced.

A "Support Parent" is a person who wants to reduce the feelings of isolation for other families of individuals with special health care needs and allow others to benefit from their experiences. A Support Parent provides a safe listening environment and a wealth of information to other families.

Would you like to share your expertise and help other families with children and youth with special health care needs navigate the health care maze?

If you would like more information about the Kentucky Family to Family Health Information Center please contact them at:

**Western Region**  
**Sondra Gilbert**  
[Sondra.Gilbert@ky.gov](mailto:Sondra.Gilbert@ky.gov)  
**270-852-2918**  
**877-687-7038 Ext. 2123**

**Eastern Region (Including Louisville)**  
**Debbie Gilbert**  
[DebbieA.Gilbert@ky.gov](mailto:DebbieA.Gilbert@ky.gov)  
**502-429-4430 Ext. 279**  
**800-232-1160 Ext. 279**

**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](mailto:spininc@kyspin.com) and our website is [www.kyspin.com](http://www.kyspin.com); our main office is located at 10301-B Deering Road / Louisville, KY 40272.



## Early Childhood: First Steps

### **What is First Steps?**

First Steps is Kentucky's Early Intervention System (KEIS) that serves children from birth to age 3 who have a developmental delay or a particular medical condition that is known to cause a developmental delay. First Steps services are provided statewide and coordinated by the Cabinet for Health and Family Services, which is the lead agency. You or anyone in your community can call the district's First Steps Point of Entry (POE) office to make a referral if there is a concern that a child you know may have a developmental delay.



### **Is my child eligible for First Steps services?**

At your request, staff from the district POE office will visit your family, explain the First Steps program, assign a Service Coordinator, and arrange for an evaluation, if needed, to determine whether your child will be eligible for services. The eligibility evaluation helps determine whether your child has a significant delay in one or more of the following skill areas: communication, mobility, learning, social, emotional, and adaptive/self-help. If the evaluation shows that your child is eligible because of a developmental delay or established risk condition, (particular medical condition) then the POE will work with you and your child to arrange early intervention services.

### **What is the Individual Family Service Plan?**

The POE Service Coordinator, along with your family, physician, and the evaluation team, will design an Individual Family Service Plan (IFSP), identify needed resources, then obtain and coordinate early intervention services for your child and your family. For example, if the evaluation shows a delay in communication, speech therapy might be necessary. Therefore, the Service Coordinator will inform you about all the speech therapists in your area, and you may choose the therapist that fits your needs. Once all the service providers are identified, this team meets with you to complete the IFSP. This should be done within 45 days. Services are individualized and based on your child's need. The IFSP will be reviewed at least every 6 months and adjusted by the Service Coordinator and family as needed.

Anyone can refer a child for First Steps services by calling (800) 442-0087.

<http://chfs.ky.gov/dph/firstSteps/default.htm>

By: First Steps "[Family Guide to Services](http://chfs.ky.gov/NR/rdonlyres/F00D7C8A-9C67-48D9-ACFF-90FE6B2B07B9/143985/FamilyGuidetoServicescolorEnglish21408.pdf)," (<http://chfs.ky.gov/NR/rdonlyres/F00D7C8A-9C67-48D9-ACFF-90FE6B2B07B9/143985/FamilyGuidetoServicescolorEnglish21408.pdf>)

## Did you know

That as a parent/caregiver you can request an IEP/ARC meeting at anytime. There has to be at least an annual IEP/ARC meeting each year. But if things have changed or you feel that an update to the IEP is necessary, you should know that it is important to address your concerns now instead of waiting until year has past by.

To prepare for an IEP/ARC meeting create a list of concerns to go over in the meeting. This is also helpful to do for doctors appointments. Sometimes we get overwhelmed and may forget to ask or discuss things that are going on with our child and a list will help keep you on track. It is important to make sure you feel your child's Present Level of Performance accurately describes where he or she is now so that you can effectively write new/updated goals and objectives. **Remember an IEP is a living program for your child and needs to be updated as the child's needs change.**

## Transition Health Care Skills Checklist

The following checklist can be used to assist in planning for your transition to adulthood. Please check the boxes that apply at this time.

- 1. Understands medical condition/diagnosis
- 2. Planned for adult primary care
- 3. Can describe medical condition
- 4. Makes/schedules medical appointments
- 5. Understands insurance coverage
- 6. Manages medications and understands side effects
- 7. Refills medications/supplies
- 8. Planned for adult specialty care
- 9. Advocates for self
- 10. Able to perform self care activities



After the checklist is completed it can be used to assess what needs to be done for transition.

Prepared by Judy Blackwell, MSW with the Commission For Children With Special Health Care Needs in Lexington, Ky.

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Happy Thanksgiving!

