



# SPINNING WHEEL

March 2010



## Help KY-SPIN, Inc. help individuals with disabilities & their families | [Pepsi Refresh Everything](#)

We need the help of all of our friends everyday in March. Our non-profit is in the Pepsi Refresh contest beginning March 1st. Please vote for us each and every day in March and spread the word to everyone you know. This could be life changing for our small non-profit and could enable us to help many more families who have children with disabilities.

To vote go to <http://www.refresheverything.com/kyspin>

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

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 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 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 March 25, 2010 at 6:30pm at General Butler State Park in Carrollton, KY. This is a time for families and professionals to voice your concerns to the panel and they will pass them along to KDE.

## Spotlight on Kentucky: Kentucky Deaf-Blind Project, University of Kentucky, Dept. of Special Education

The Kentucky Deaf-Blind Project provides technical assistance and training on behalf of persons who have both vision and hearing challenges, in combination. Services are offered to persons birth to 22 years of age, their families and service providers. There is no fee for these services.

(new website under construction)  
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### Did you know:

The timeline for Schools to have initial Evaluations done by for age 3-21, LEA [Local Education Agency (in Kentucky it is County or Independent public school system)], shall ensure that within sixty (60) school days following the receipt of the parental consent for an initial evaluation. If the parent does not agree with evaluation that was completed then the parent shall be entitled to only one (1) independent educational evaluation (IEE) at public expense each time the public agency conducts an evaluation with which the parents disagree.

<http://www.kyspin.com/FAQ.cfm>

**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: **HOW DO I FEEL ABOUT SENDING MY CHILD TO PRESCHOOL?**

The process of moving a child from one program to another is what transition is all about. Transition is change. You will want to keep in touch with your feelings and recognize which ones help you with quality parenting and creating positive partnerships in your child's education. So . . .

**IF YOU ARE FEELING: Overwhelmed, Anxious, Anger, Less than Confident, and/or Hopeful**  
**REMEMBER:**



- ◆ Everyone has difficulty with change.
- ◆ We are often uneasy when we need more information.
- ◆ Many families profit by thinking through the process and sorting through their feelings about change.
- ◆ This handbook contains important information about the transition process, plus helpful tips from parents who have already been there.
- ◆ If you are concerned about your child being away from you for longer periods of time, you are not alone.
- ◆ Many parents recall experiencing more anxiety than their children!
- ◆ Change can be scary, but also exciting.
- ◆ You will be able to take pride in sharing new experiences with your child during the coming year.
- ◆ Adjusting to a new setting with different requirements takes a lot of energy and effort.
- ◆ Although it may take more time, families and children benefit from planning for individual needs.
- ◆ Sharing with another parent who has been there may help you sort through the transition process.
- ◆ You are an expert on your child!
- ◆ The insight you have gained from personal experience is equal to or as important as the information gathered by professionals.
- ◆ Your perceptions are needed to develop a complete picture of your child.
- ◆ Your confidence will grow as you gain experience in supporting your child's education in the new setting.
- ◆ You have good reason to be hopeful – you are entering into a new era in your life with your child.
- ◆ You will find support and encouragement as you form relationships with other parents and professionals.
- ◆ You will develop positive partnerships through your experiences and as you gain confidence in one another.

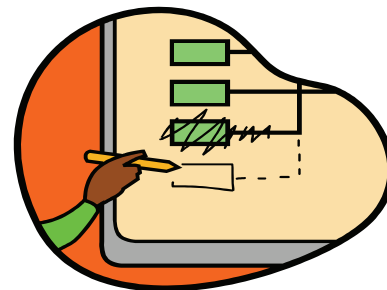
By: "Step by Step: A Family Guide for Transition into Preschool" © 2008 (updated January 2009) KECTP  
<http://chfs.ky.gov/NR/rdonlyres/F00D7C8A-9C67-48D9-ACFF-90FE6B2B07B9/191590/UpdatedStepbyStepGuideEnglishversion.pdf>

## Transition: **Independence and Transition**

The process of transition is ideally occurring at the same time parents are fostering independence. The goal of all parents is to provide emotional support while allowing their child to take responsibility for their own health care needs. It takes time to develop independence as skills develop over time.

Some of the skills required by youth to transition to an adult health care setting include:

1. Asking questions about the treatment plan
2. Time management
3. Handling money
4. Stress management and coping skills
5. How to access information and resources
6. Knowledge of their condition
7. Ability to advocate on behalf of themselves
8. Self care activities related to activities of daily living
9. Health and wellness knowledge
10. Development of a medical history



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

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Happy St. Patrick's Day!

