

KY-SPIN's eNew's 4/23



[Video/Webinar Library](#)

[KY-SPIN Publications](#)
(Infographics, short videos & more)

Get **SET...Support, Educate, Train for Success!**

The mission of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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Happy Easter From Your Friends at KY-SPIN

Join KY-SPIN in some of these fun free activities when you are with friends and family!

Enjoy These Free Family Activities:

KY-SPIN's friends need your help!!!!

Happy Easter



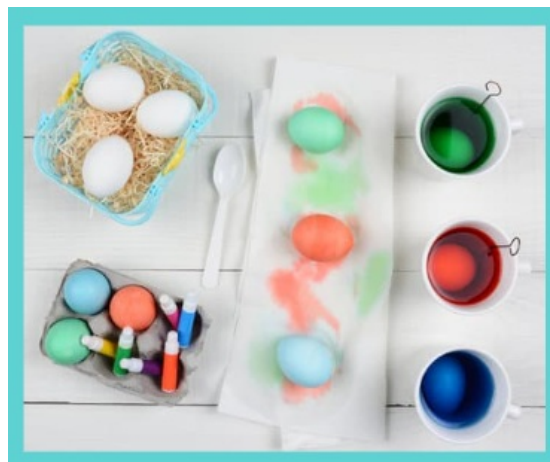
Help our KY-SPIN friends find
their 12 missing easter eggs



[Download Easter Egg Hunt](#)

KY-SPIN's Fun, Free Family Activity!!!

- April is the month of renewal.
- Easter dinner with family and friends.
- Turn Easter egg coloring into a contest for the best-decorated egg.
- Easter egg hunt! Make it fun, find the perfect hiding spots, and watch them go!



*Family, Friends
& Easter Eggs*

Your Experience Matters!
**KY-SPIN and the Office of Special Education
Programs need focus group participation!**

If your child currently (or within the last year) has an Individualized Family Service Plan (IFSP) through Part C: Kentucky's Early Intervention System (KEIS), formerly known as First Steps, your input is needed in a focus group!

Kentucky Special Parent Involvement Network (KY-SPIN) Parent Training and Information (PTI) Center is hosting a parent/family virtual focus group for the US Department of Education's Office of Special Education Programs (OSEP) in April. This is part of OSEP's Differentiated Monitoring and Support (DMS 2.0) of Part C.

The purpose of this meeting will be to better understand your experiences, including sharing challenges, strengths, and any communication issues in receiving Part C services for your child. **OSEP will NOT** gather nor share the names, or any personally identifiable information, with anyone.

The focus group will be held through a zoom meeting. Representatives from your State and local program **will not participate in the focus group**. However, OSEP will share a summary of the conversation with the State and/or include it in the DMS 2.0 report as another data point.

KY-SPIN will provide a **\$20 Walmart e-gift card for each family** that participates. If you are interested please complete this **[Interest Form](https://tinyurl.com/2mu7ptah)** (<https://tinyurl.com/2mu7ptah>).

NEW

[KY-SPIN Equity & Inclusion for Individuals with Disabilities Infographic](#)



Equity and Inclusion for Individuals with Disabilities

What are the federal laws?

Section 504 of the Rehabilitation Act of 1973

Civil Rights Law

Section 504 prohibits discrimination based on disability

- Applies to any agency receiving federal funds
- Section 504 forbids organizations and employers from excluding or denying individuals with disabilities an equal opportunity to receive program benefits and services
- Defines the rights of individuals with disabilities to participate in, and have access to, program benefits and services



The Americans with Disabilities Act (ADA) of 1990

Civil Rights Law

ADA prohibits discrimination based on disability

- Applies to any agency regardless of how funding is received
- Prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public
- The purpose of the law is to make sure that people with disabilities have equitable rights and opportunities

KY-SPIN Supporting and Serving Individuals with Disabilities Infographic



Supporting and Serving Individuals with Disabilities



Individuals with disabilities' voices, opinions and dreams matter! Value them and show the same respect you would to someone without a disability!



Relationship Building

- Get to know the person as an individual outside of their disability
- Build relationships- not acquaintances
- Ask the individual what is needed to help them succeed
- Communicate often, not just when there are concerns
- Ask the individual what their strengths and weaknesses are
- Provide opportunities to engage at all levels
- View the individual as an equal partner
- Work collaboratively to solve problems
- Treat individuals with hidden disabilities with the same consideration you would individuals with visible disabilities

April Awareness

**National
Child Abuse
Prevention**

**Autism Awareness
Month**

**BUILDING
together**
PREVENTION IN PARTNERSHIP

Get involved at preventchildabuse.org/building-together-2023
because childhood lasts a lifetime.

Prevent Child Abuse
Kentucky

[Download Guide](#)

Building Together Prevention in
Partnership Guide

[PREVENT CHILD ABUSE
KENTUCKY \(PCAKY\)](#)

To Prevent the Abuse &
Neglect of Kentucky's
Children through Advocacy,
Awareness, Education and
Training

IMPULSE CONTROL
The ability to think before acting or speaking. The ability to say "wait" or "hold on" about to do or say something?
An autistic person who struggles with impulse control may interrupt conversations or say things others find inappropriate. Please have patience and if it becomes a problem, talk to them about your concerns, making clear what you would like them to do instead.

EMOTIONAL CONTROL
The ability to manage one's emotions, as well as the ability to identify one's emotions.
Autistic people can have a difficult time recognizing and "moving on" after feeling intense emotions, particularly negative ones. It can lead to stress, outbursts, and/or meltdowns. Allow the person time and space to recover. Don't try to force conversation. Ask if they want to be alone or prefer to have company. Make water and comfort items available.

WORKING MEMORY
The ability to recall recently learned information and directions. The ability to follow multistep directions.
An autistic employee might need tasks broken down into smaller parts. Try giving one assignment at a time or a list in writing.

WHAT IS EXECUTIVE FUNCTIONING?
Executive Functioning is a set of skills that enable you to do things like pay attention, remember information, and multitask. These skills are used in planning, organization, strategizing, paying attention to small details, and time management.

WHAT IS EXECUTIVE DYSFUNCTION?
Executive dysfunction is very common in autistic people. It means a lack of, or impairment of, executive functioning skills. Autistic people may appear more inflexible, have shorter attention spans, or forget things more than their non-autistic peers. They may require atypical solutions, more time, effort, or assistance to achieve their goals.

SELF-MONITORING
The ability to analyze one's own self-presentations, emotions, and behaviors in social situations.
Autistics can have difficulty with knowing how they are perceived by others. Be understanding of differences that don't harm others; offer direct advice for problems where safety is a concern.

PLANNING
The ability to break down larger projects into smaller tasks and determine importance. Also includes time management.
Autistic people are great at seeing details clearly, but can have a hard time seeing a big picture and understanding which details are most relevant to that picture. Visual aids such as charts, graphs, and tables may be helpful.

ORGANIZATION
The ability to keep materials, projects, supplies and papers properly organized so that they are easily found. Also includes the ability to keep thoughts and time in order.
The autistic worker might benefit from additional resources for organization. Examples include detailed task lists, visual reminders, calendar and reminder apps.

Schedule a consultation with ISAW to learn more at isaw.hudltd.org
Contact Ben (ben@isaw.hudltd.org) or Brittany (britney@isaw.hudltd.org)

ISAW **Human Development Institute**

[Download Infographic](#)

- [The Interagency Autism Coordinating Committee \(IACC\)](#)
- [Kentucky Autism Training Center \(KATC\)](#)
- [Kentucky Office of Autism](#)
- [Innovative Supports for Autistic Workers \(ISAW\) HDI](#)
- CDC's [2023 Community Report on Autism](#) (full report) or [An easy-to-read summary of the latest autism data](#)

CCDD's Exceptional Family Magazine Winter/Spring 2023

[English Version](#)

[Spanish Version](#)

Important Public Notice for those on Medicaid!!!

Here is what you need to know to stay covered!

If you or a family member currently has health coverage through Medicaid or the Kentucky Children's Health Insurance Program, called KCHIP, there are changes coming.

What's changing?

Because of COVID-19, the federal government declared a public health emergency (PHE). During this time, changes were made so that Medicaid and KCHIP renewals were not required, so people did not lose their coverage.

However, Kentucky will restart Medicaid annual renewals April 1, 2023. Make sure you take the necessary steps to keep your coverage!

★ You will receive a letter when it is your time to renew.

What do you need to do?

- 1 Update your information:**
Make sure kynect.ky.gov has your correct:
✓ mailing address
✓ phone number
✓ email
This way, we can contact you without delay.
- 2 Check your mail:**
You will get a letter about your Medicaid or KCHIP renewal **when it is your time**. The letter will let you know if you need to complete a form or send in information to keep your coverage.
- 3 Send in information:**
If you get a form, fill it out, return it right away. Make sure to give us any information we request. The information will help determine if you still qualify for coverage.

Have questions? Need help?

To make sure your information is updated, visit kynect.ky.gov or call 855-4kynect (855-459-6328)

Kentucky Medicaid will reach out to you when it is your time to renew.

You can also get help from your local Department for Community Based Services (DCBS) staff and from kynectors. To find a kynector or your local DCBS office please visit <https://kynect.ky.gov/healthcoverage>.

[Download](#)

Join Us

Guardianship in Kentucky Webinar April 5, 2023 12-1pm ET

Provided by Fort Knox Exceptional Family Member Program (EFMP) & KY-SPIN

This workshop will give an overview of guardianship of adults in KY and the alternatives to guardianship.

[Flyer](#)

[Register Here](#)

KY-SPIN's Equity & Inclusion for Individuals with Disabilities

May 9, 2023

12-1pm ET

Session Agenda:

- Federal Laws
- Kentucky disability data
- What we can do
- Serving and supporting individuals with disabilities

[Flyer](#)

[Register Here](#)

KY-SPIN's Bridging the Gap in Special Education training for Parents/Families

May 15 &16, 2023 9am-4pm ET

An in-depth virtual training for Parents/Families

Topics:

Stress Management Webinar October 18, 2023 12-1pm ET

Provided by Fort Knox Exceptional Family Member Program (EFMP) & KY-SPIN

Tips, strategies and ways to help relieve the stress that comes from everyday life situations.

Building Partnerships
Overview of the Special Education
Process
Individualized Education Program
(IEP)
504 Plan
Individual Health Plan (IHP)

[Flyer](#)
[Register Now](#)

[Flyer](#)
[Register Here](#)



KY SPIN's ARC Series: Session 3: Meetings of the IEP Team Webinar Recording 3-2-23

This session also looks at:

- Reviewing and revising IEPs
- When the IEP can be amended without an IEP Team meeting
- Special IEP situations

A graphic showing three colorful blocks spelling "IEP" (red 'I', yellow 'E', blue 'P') on a wooden surface. A white play button icon is overlaid on the blocks. A small inset photo of a woman is in the top right corner. A timestamp "2023-02-02 11:08:23" is in the bottom right corner.

<https://youtu.be/U-RQAVRMj-4>

Session 4: Least Restrictive Environment LRE Decision Making Webinar Recording 3-9-23

Defining LRE

Each public agency must ensure that—

- To the maximum extent appropriate, children with disabilities are educated with children who are nondisabled

and...

§300.114, LRE requirements.

A graphic showing two hands clasped together. A white play button icon is overlaid on the hands. A small inset photo of a woman is in the top right corner. A timestamp "2023-03-09 12:06:23" is in the bottom right corner.

<https://youtu.be/ZXxybSywqGg>

If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)
Website: <https://988.ky.gov>
 - KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
 - National Suicide Prevention Lifeline (800) 273-TALK (8255)
 - Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
 - Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>
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Youth Connect:

What is a Disability and Denial



https://youtu.be/auVkoGc0_QQ

Diagnosis: Finding What Works for You and Your Super Powers



<https://youtu.be/HNx8ZgoaK5U>

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/2p8awkfu\)](https://tinyurl.com/2p8awkfu)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
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