

KY-SPIN's Youth eNews 3/27/2025

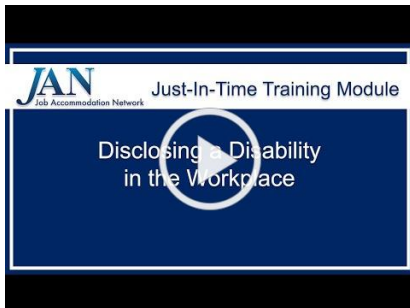


Youth News!

Get **SET**...**S**upport, **E**ducate, **T**rain 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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Choosing what to disclose and when to disclose are important decisions. Here's a great video to watch to learn your rights.

JAN (Job Accommodation Network) is a service provided by the Office of Disability Employment. They are a free service, that work with employers and individuals with disabilities and provide information on the ADA and individual rights.



Making the Choice to Disclose

Disability disclosure means telling someone, like a teacher, boss, or friend, that you have a disability. A disability could be something physical, like needing a wheelchair, or something invisible, like a learning difficulty or mental health condition. When you disclose a disability, you let others know how they can understand you better and offer the support you may need.

It's important to disclose a disability because it helps people give you the right support. For example, if a teacher knows you need extra time on tests, they can help make sure you have that time. Disclosing also helps reduce misunderstandings. When others know about your disability, they can be more patient and flexible with you. It's a way to make sure everyone is on the same page and can work together more easily.

Deciding whether to disclose your disability is a personal choice. It's important to think about what kind of support you need and who you feel comfortable telling. Sometimes, it might be helpful to share information with a teacher or boss if it helps you succeed. However, it's okay if you're not ready to disclose. You should only share what you feel safe sharing, and remember, you can always decide to tell someone later when you're ready.

Kentucky's Exceptional Youth Voices!!!

Question: I've been dealing with a disability for as long as I can remember. It's not something that's super obvious to other people, but it does affect me daily. I've been trying to manage everything on my own, but it's getting harder to keep up with some of the physical demands of my job. I'm nervous to tell them but I also need some support. *Student - age 16*

Answer: When it comes to asking for accommodations, it's important to remember that your health and well-being should always come first. Employers are legally required to provide reasonable accommodations for employees with disabilities. Here are a few steps that might help you feel more confident in bringing this up with your boss:

1. Know your rights
2. Be clear and specific
3. Focus on solutions
4. Be prepared for a conversation
5. Stay calm and confident

At the end of the day, you deserve to feel supported at work and to do your job in a way that doesn't hurt you. Asking for accommodations isn't a sign of weakness; it's a smart and responsible way to ensure you're performing your best while taking care of yourself. You've got this!



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

What should I say?

Talking about your disability is a big step, but it's an important one if you want to get the support you need. When you share information about your disability, you can help teachers or employers understand how it affects your work or school performance. It's not always easy, but being honest can make a big difference.

When people know more about what you need, they can create better solutions to help you succeed. Whether it's extra time on a test or special equipment, accommodations can make it easier for you to show what you're really capable of!

Understanding your disability is just as important as talking about it. When you know how your disability affects you, it's easier to explain what kind of help you might need. You can also be more confident when asking for accommodations. If you're unsure about your disability or what help is available, ask a parent, teacher, or doctor for advice. Once you understand your needs, you can ask for the right support and be your own best advocate!

Disability Disclosure

Complete the categories listed below. Then, use your answers to fill in the Disability Disclosure Personal Statement on the following page.

My Disabilities

Accommodations I might need

Accommodations I use

My Skills and Abilities

My Goals

My Challenges

www.k12pe.com 800-52-746



Disability Disclosure

_____ 's Personal Statement

Today I want to tell you about myself and how I work most effectively.

The skills and abilities that I will bring with me are: _____

Some of the challenges I experience are: _____

But, I use the following accommodations to be successful: _____

Sincerely, _____

www.kyspin.com 800-925-7746



Online Webinars

TRANSITION TUESDAYS

Building a Strong Foundation for Youth with Disabilities

WHEN: 4TH TUESDAY MONTHLY **TIME:** 9:30AM - 10:15AM EST

April 22, 2025 Navigating the Transition from High School to College
 Presenters: Kacy Mickoff BCTC CTP and Jeanine Noshier KCPIS OMC MSD CTP teacher
 Please join us as we discuss comprehensive transition programs from two levels, dual credit and a two year college. We will discuss proactive steps, strategies and realistic expectations of this transition.

May 27, 2025 Recognizing When You Need Help
 Join us for an empowering session on recognizing when and how to seek help. We'll explore signs that indicate you may need support, how to communicate your needs, and where to find trusted resources. Gain confidence in advocating for yourself and accessing the help you deserve.

Summer break is rapidly approaching!
 Transition Tuesday webinars will resume the 4th Tuesday in September. In the meantime, visit us on the web, and follow us @kyspininc

FOLLOW US @KYSPININC ON






Educators and students encouraged to attend!

FOR MORE INFO CONTACT:
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 DAVIS@KYSPIN.COM

www.kyspin.com <https://tinyurl.com/29aics9>

REGISTER HERE





KY-SPIN has a monthly webinar that is dedicated to providing you with the information you need to have a successful transition. Join Nick, our Youth Educator, every month as he tackles topics that matter to you! [Click here to register](#)

Disability Disclosure Resources

Here are several resources you can use to find out more about disability disclosure and how to make the right choices for you.

And don't forget, [KY-SPIN](#) is always around to help you find the resources you need in your community!



KENTUCKY PROTECTION & ADVOCACY



U.S. DEPARTMENT OF LABOR

Put It In Your IEP!

Your IEP is a great place to start working on your Self Advocacy Skills, and learning how to ask for the accommodations you need.

Discuss with your **ARC (Admissions and Release Committee)** the possibility of incorporating functional

DISABILITY DISCLOSURE GOALS FOR THE IEP

It's important to have disability disclosure goals in your IEP so you can learn how to talk about your needs and get the right support. This helps you feel confident and succeed in school and beyond.

I can identify and share my disability with others for greater understanding.
 Student will practice explaining their disability and the supports they need to at least 3 different settings (e.g., classroom, meetings with teachers, or at home with parental assistance).

I know which laws protect my rights as an individual with a disability.
 Student will demonstrate understanding of their rights under the Americans with Disabilities Act (ADA) by identifying 3 accommodations or services they can request to support their learning.

I can discuss my disability in social situations appropriately when it is required.
 Student will discuss their disability to a teacher or peer when necessary, using appropriate language. It is at least 2 different social or academic situations with guidance.

I can advocate for my needs by requesting accommodations related to my disability.
 Student will independently describe their disability to a new teacher or staff member and discuss their specific needs for accommodations in a set of 5 opportunities.

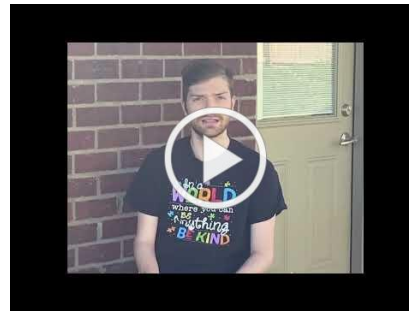
800-525-7746 800-937-6894

goals into your IEP to help you understand your rights under the ADA (American Disabilities Act) and how you can advocate for those rights.

KY-SPIN offers various examples of goals available on our [website](#) that you might find helpful.



Nick knows the 411 on employment and disabilities!! Watch this video where he talks about his real experiences with employment and shares insights about his own disability disclosures. You can watch Nick talk about this topic and many others topics that are meaningful to individuals with disabilities on [KY-SPIN Youth Talks](#).



KY-SPIN

The Secret is Out!!!

RESTRICTIVE /IRONMENT 13
 Educational Environments

A Student Guide to the IEP

SPECIAL EDUCATION SERVICES

TOP SECRET

Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.

Youth Guide to the IEP

We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.



If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call 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)

Learn more about us [KY-SPIN Infographic](#)
 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 \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



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