



Get **SET**...
Support
Educate
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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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Director's Corner

Hi, hope all is well. As caregivers, we pour so much of our time, energy, and love into supporting others. But in the midst of caring for those we cherish, it's easy to forget something essential: we need care, too.

Taking time for your physical and mental well-being isn't selfish — it's necessary. Resting, resetting, and tending to your own needs gives you the strength to continue showing up with compassion and resilience for the people you love.

Whether it's a quiet moment to breathe, connecting with a friend, scheduling your own doctors appointments, or simply giving yourself grace, remember that your health matters. Let's continue caring for our families by also caring for

Wishing you a peaceful and restful Holiday Season!



The holidays can be joyful, but they can also be difficult. This is a gentle reminder that **you are not alone.** ☐

If you're struggling or need someone to talk to, please reach out.
☐ **Call or text 988** for immediate

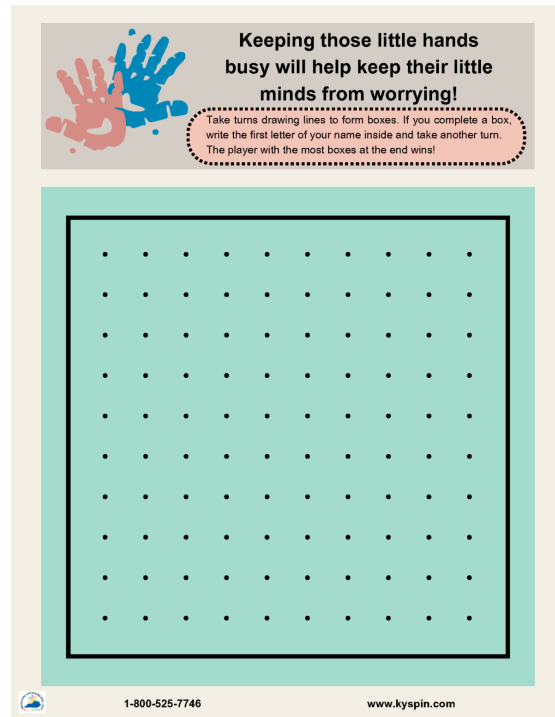
ourselves. You deserve it.

support anytime 24/7

With Love,
Rhonda Logsdon

Take care of yourself and know that
help is always available.

Family Activities



[Download](#)



Upcoming Events!

Lunch & Learn: Supporting School-Age Children Who Have Dyslexia

December 9, 2025
12-1 pm ET

Raising a child with dyslexia can feel overwhelming at times, but with the right knowledge and tools, parents can make a powerful difference in their child's journey. This webinar is designed to help parents better understand what dyslexia is, how it affects learning, and practical ways to support children both at home and at school.

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

☐ **We're Hiring! Join the KY-SPIN Team** ☐

Are you passionate about empowering families and making a difference in the lives of individuals with disabilities across Kentucky? Now's your chance! □

KY-SPIN is currently accepting applications for open positions and we'd love to welcome dedicated, compassionate individuals like YOU to our team. □

□ Application Deadline: December 12, 2025

□ Learn More and Apply:

- [Full-Time Executive Assistant](#) — Louisville, KY
- [Part-Time Parent Educator](#) (Hybrid) Seeking applicants who live in the following regions of Kentucky: eastern, western, northeastern, and south central.

Come be part of a mission-driven organization grounded in respect, education, dignity, and empowerment for all. □

Together, we can continue making a positive impact across Kentucky communities! □

Resource Central



We are excited to announce the launch of [KY-SPIN Learning Center](#), offering free online, self-paced learning courses designed to help families, youth and professionals!



Check out our first course, [KY Transition 360 for Parents](#), designed to help families better understand effective postsecondary transition practices for students with disabilities.

Developed in partnership with the Kentucky Department of

Education's Office of Special Education and Early Learning Transition Education Unit, this course provides parents with the same high-quality content offered in the KY Transition 360 for Educators program, supporting families as they prepare their students for life after high school.

Early Childhood



Preparing for Doctors/Therapist Visits

Doctors

Make a list of questions to ask your child's doctor, like...

- How experienced are you with my child's condition?
- What should I know and look for related to my child's condition?
- What specialists does my child need?
- What hospital is the doctor affiliated with (Norton, UofL, UK, etc.)
- Do you have any concerns with my child's development?
- What milestones should I be looking for and when?
- What test does my child need and what are they for?
- Is my child in the correct car seat?

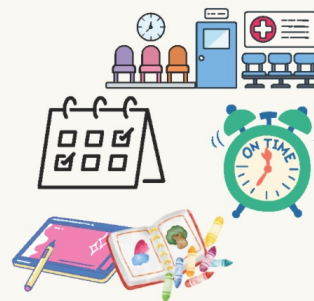
Therapist

Make a list of questions to ask your child's occupational, speech, physical therapist, and psychologist, like...

- What can I do to help my child at home with therapy?
- What do I need to do to help my child prepare for therapy?
- What are my child's goals? Are we on the same page?
- What skills can I practice with my child in our daily routines?
- How can I implement the things taught in therapy to better my child's life?
- How many visits does my insurance allow, and how long are each visit?

How to prepare for your child's visit to the doctor or therapist

- Have realistic expectations for your child and flexibility if things don't work as planned.
- Remind your child in preparation for the visits; many children have difficulty transitioning. Remind them of the appointment the day before, an hour before.
- Pack a bag with your child's favorite things, such as tablets, coloring books, snacks, and things to entertain them if the appointment runs long.



Download

[Early Childhood Tips Preparing for Doctors-Therapist Visits Infographic](#)

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>

Youth Connect

Stay Smart, Stay Safe:
Taking medication the right way



Your health matters to us! Visit [KY-SPIN](#) to find more worksheets and webinars that can help you take charge.

1
Know what
medications
you are taking

2
Take medications
on time and as
directed

3
Check
medications for
cross reactions

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Just What the Doctor Ordered



Being able to read and understand prescription labels is an important part of living on your own. Read the questions below carefully and see if you can find the answers in the prescription label.

www.kyspin.com 800-525-7746 SPININC@KYSPIN.COM Page 1

Download the complete
[Taking Medication the Right Way Infographic and Worksheet](#)
[Just what the Doctor Ordered Infographic](#) (reading and understanding
 prescription labels)

Check out more Youth Healthcare Resources [Here](#)

Youth Suite

Learn more about us
[KY-SPIN Infographic](#)
[KY-SPIN Infosheet](#)

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

[Contact Form](http://www.kyspin.com/contact/) (www.kyspin.com/contact/)
 Download Printable [KY-SPIN Referral Form Here](#)
 (<https://tinyurl.com/4t2evb59>)



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