



Parent/Guardian Support & Resource Pages
Week Ending of January 1, 2021



CASE Collaborative Community News

Hello CASE Community and Goodbye 2020!

Wow, 2020 has been quite a year! Definitely one that will not be forgotten. The pandemic has put a new perspective on so many things that I, for one, previously took for granted. We have all been stretched outside of our comfort zones and kept there for what seems like a lifetime, yet it now feels like the year went by in a flash...

It is my greatest hope that 2021 will bring with it a renewed sense of hope and optimism. So, I say onward and upward and let's move forward together as a community!

Be safe and Happy New Year!

Sue





Community Workshops and Conferences



Autism Omnibus Law Webinar

This workshop, hosted by MAC's Johanne Pino with questions read by Shalene Gupta, addresses the major components of the new Autism Omnibus Law which significantly expands services and opportunities for children and adults with Autism and their families. Download presentation slides here <https://www.massadvocates.org/webinar-autism-omnibus-law>.



Planning for a Secure Future: The Special Needs Trust (and other vital topics)

When: January 13, 2021 | Wed 6:30 pm to 8:00 pm

Format: Webinar via Zoom

Free Parent/Guardian Training. As caregivers for children with special challenges, obtaining timely information is crucial for your loved one's security, success, and above all, their happiness. Whether your goal is to maintain your family member's eligibility for government benefits and/or to ensure they are cared for after your death, it is essential that a supplemental needs trust is crafted to fit your family's needs. Discussion will also include ABLE accounts, Section 8, and the importance of updating wills and other key documents, especially in light of the pandemic. Please join us for this evening of essential information and discussion. *Meredith Greene is the chair of the Special Needs Practice Group at Fletcher Tilton and an Officer with the firm's Trust & Estate Department. As both an attorney and a mother to a child with Williams Syndrome, Meredith brings both competence and passion to her work. Her practice focuses on special needs planning, estate planning, guardianship & conservatorship, elder law, adult services advocacy, and government benefits advocacy. She was trained as a parent advocate through the Federation for Children with Special Needs and is a member of numerous professional organizations including Council of Parent Attorney and Advocates, Inc., Special Needs Advocacy Network, Inc. and National Academy of Elder Law Attorneys. Meredith is on the Board of Directors at Minute Man Arc, is a parent-mentor through MMA's Early Intervention Program, and participates in Operation House Call through the Arc of Massachusetts. To register for this workshop, R.S.V.P. by Monday, January 11th to Deirdre Bellevue: dbellevue@minutemanarc.org Please include your town, phone number and e-mail when registering. (We will send you the Zoom link following registration)



A Parent's Guide for Managing Language Processing Disorder

When: January 20, 2021 | Tue 1:00 pm

Format: Live Webinar

The speed at which a child completes tasks, their facility with language, and their ability to pay attention -- these all influence their everyday ability to function. Children develop these abilities as they mature, but those with language processing disorder can show weaknesses in all three areas over time. This affects their ability to do schoolwork, communicate socially, and get things done. Understanding these deficits, and the way they influence each other, is the first step in managing them. The next step is to accept, accommodate, and advocate for your child. Armed with the right strategies, parents can ameliorate and improve processing, language, and attention differences.

In this webinar, you will learn:

- *How language and processing speed overlap with attention
- *The co-occurrence of learning disabilities and ADHD — and their effect on language
- *The effect of slow processing speed on social communication and social skills
- *How to find professionals who can help your child manage these challenges
- *How to support children with slow processing speed at home and at school

Register here: https://goto.webcasts.com/starthere.jsp?ei=1413027&tp_key=cf7daaa8c4

Online American Sign Language (ASL) Class Schedule Winter 2021:



Online classes

All classes will be held virtually over Zoom. Our curriculum has been adapted to be taught in this format. Our strict cap of 15 students per class ensures that each student still receives individual attention.

Why learn ASL at DEAF, Inc.?

Our voice-off online classes provide a fun, relaxed, and interactive learning environment. Get support and feedback from our instructors, who are Deaf and native ASL users.

DEAF, Inc. Uses the TRUE+WAY ASL Curriculum

TRUE+WAY ASL (TWA) is a technology-driven curriculum that provides online videos and interactive activities. TWA's main objective is to promote real-world conversations related to student's daily lives with the goal of students being able to converse with Deaf people in the community.

The access code to TWA included in our registration price gives students access to the units used in their class level for 6 months.

Winter Schedule

Classes meet once a week for 10 weeks

Level	TWA Units	Day	Time (EST)
ASL 1	1-3	Wednesdays January 13 – March 17	1:30pm – 3:30pm
ASL 1	1-3	Wednesdays January 13 – March 17	6pm – 8pm
ASL 1	1-3	Tuesdays January 12 – March 16	6pm – 8pm
ASL 2	4-6	Tuesdays January 12 – March 16	6pm – 8pm
ASL 2	4-6	Thursdays January 14 – March 18	6pm – 8pm
ASL 3	7-9	Wednesdays January 13 – March 17	6pm – 8pm
ASL 4	10-12	Thursdays January 14 – March 18	6pm – 8pm

Tuition: ASL - \$250 (includes TWA online access code)

To secure your spot, register and pay by Monday January 4, 2021

For more information and to register visit www.deafinonline.org/asl-program
 Classes require a minimum of six (6) students. Refunds only if class is cancelled.

Contact asl@deafinonline.org for questions.

***If you are having trouble viewing this flyer click on the following link**
<https://www.deafinonline.org/asl-program/course-schedule-and-registration>



Transition and Beyond (ages 14-22)



Autism Housing Pathways Turning 18 checklist

http://autismhousingpathways.org/wp-content/uploads/2020/12/Turning18checklist_12-20.pdf



ABLE Act: What You Need to Know

On December 19, 2020, we celebrate the sixth anniversary of the Stephen Beck, Jr. Achieving a Better Life Experience (ABLE) Act, which allows eligible people with disabilities to create tax-free savings and investment accounts. On November 19, 2020, the Internal Revenue Service released final ABLE regulations. The ABLE Act enables people with disabilities to have savings accounts while receiving benefits. Prior to the availability of ABLE accounts, saving money proved challenging for many people living with a disability because programs often have income and resource limits... Read full article here <https://blog.ssa.gov/able-act-what-you-need-to-know/>



iTalkDoc App Available for Download

The iTalkDoc is now available for you to download. Available on both IOS App Store and Google Play Store (iPhone and Android). This app is designed to assist communication between first responders, and families with individuals who have difficulty verbally communicating. The staff at National Autism Resources started to notice a trend that more and more hospital staff were calling for supports to help individuals with autism. This experience matched what hospitals were reporting, an increase in the number of individuals with autism visiting emergency departments. (1)

The iTalkDoc app was created to help simplify communication for individuals with autism. We designed it to be simple because too many choices can be visually over stimulating and make communication more difficult. Our goal is to create a starting point for communication. Last year at a Trauma Informed Care conference, hospital staff shared the story of a 16-year-old non-verbal teen with autism that came into the ER. They had no training and no means of communicating with him. He was a big person, clearly distressed, who needed care, but started to tear apart the assessment room. "As the mother of a young man on the spectrum, my heart broke for this teen. When I got back to the office I knew we had to do something to help this situation" said Bonnie Arnwine, president of National Autism Resources. The iTalkDoc app is free to download and does not require an internet connection to use it. We have also included a very basic PDF of a healthcare communication board that users can print out.

<https://nationalautismresources.com/italkdoc/>



Community Support



COVID19 Free Resources

We are living in unusual times. To help you navigate the COVID19 pandemic National Autism Resources is offering some free resources for your home or classroom. Thank you to the therapists who helped us create them. We hope this will help you to stay safe and healthy. <https://nationalautismresources.com/covid19-free-resources/>



Schedules for Daily Structure

The impact of having all routine disrupted is a challenge for all families but more so for families that include an individual on the spectrum. They will take their cue from those around them and the best thing we can do is present a calm and rational presence. Follow the link to view schedules for daily structure that can help you and your loved one on the spectrum <https://www.autismresourcecentral.org/schedules-for-daily-structure/>



Disability Advocates Urge People to Get Vaccinated Against COVID-19

As the first COVID-19 vaccines become available, advocates say that people with developmental disabilities should get vaccinated and they are pushing for this population to be eligible as soon as possible. In a statement, 20 advocacy groups are calling on people in the disability community to be immunized. Read full article here

<https://www.disabilityscoop.com/2020/12/17/disability-advocates-urge-people-to-get-vaccinated-against-covid-19/29126/>



MA Advocates for Children Autism Center

The number of students with autism in Massachusetts has more than doubled in the last 10 years. MAC's Autism Center is a pioneering voice in autism advocacy. Launched in 2002, The Autism Center works with elected officials and partners to create laws and regulations to ensure that children and young adults with autism have access to the services and resources they need in order to reach their full potential. Learn more here <https://www.massadvocates.org/autism?>



Fun Activities and Recreation



Virtual Playgroup for Children with Down Syndrome Ages 4 -7

When: January 6, 2021 | Wed 10:00 am

Format: Virtual via Zoom

The Massachusetts' Down Syndrome Congress virtual playgroups are for families with children ages 4 – 7.

* This group is part of the MDSC's Parents First Call Program – a national model for serving and supporting parents of children with Down syndrome, including new & expectant parents.

* Parents First Call provides opportunities to connect with others who have had the same experience to listen, share, answer questions, and provide valuable information.

* The MDSC family support team is now actively supporting families virtually and has many online support groups now forming.

To register for this group and the ZOOM link, or for more information, contact Sarah Cullen at scullen@mdsc.org.

*information provided by www.spedchildmass.com



Local Sledding Hills

Click on the following link to view an interactive map that shows the best sledding hills in the Boston and Greater Boston area. The map is broken down into small hill, large hill, and intense thrill.

https://communitykangaroo.com/sledding/?blm_aid=34829



Ring in the New Year! Yoga and Meditation

When: January 8, 2021 | Fri 2:00 pm

Format: Virtual via Zoom

Part of The Arc's ongoing Caregiving Around the Clock series to provide resources for caregivers, in coordination with the Department of Developmental Services. Join The Arc's Maura Sullivan, a certified Yogi, as she demonstrates basic positions, stretches, and meditation techniques to incorporate into your daily routine. Register here:

https://arcmass.zoom.us/webinar/register/WN_ibeuCLVnQvyPd2i2S1peOQ.



Beyond the Spectrum Class – Memory Vessels (Teens)

When: January 16, 2021 | Sat 10:30 am to 11:30 am

Format: Virtual via Zoom

Clay containers are important in many cultures, both as functional vessels and as ceremonial objects. Learn about the uses and importance of pottery vessels throughout history and in modern life. Then, make your own vessel to hold an important memory. If you would like to receive a materials kit, please make sure to provide a mailing address when you purchase your ticket. You can update your address information in your MFA account settings. Don't miss it! Sign up for the class now! Click on the following to book your tickets before Monday, January 11th at 1 pm. <https://www.mfa.org/programs/community-programs/beyond-the-spectrum>



Family Support & Special Interest



PPAL January Support Groups - Open to All

***Hispanic Family Support Group Social - Welcoming Noraima Rivera, LICSW, Dept Public Health**

When: January 5, 2021 | Tue 10:00 am to 12:00 pm

Format: Virtual via Zoom - <https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdiS1lvV1F2bURGdHJtZz09>

Meeting ID: 958 6633 3379 / Password: 246553 / +16465588656 Questions? Email Irelsa and Joel at Parentsupport@ppal.net

***Parents of Transition Age Youth Support Group Social - Welcoming Vesper Moore, KIVA Center**

When: January 6, 2021 | Wed 6:00 pm to 8:00 pm

Format: Virtual via Zoom - <https://zoom.us/j/99976478858>

Meeting ID: 999 7647 8858 / +1 646-558-8656 (no password needed)

Join us to learn what makes KIVA Center unique and how their individualized person-centered peer support can benefit your young adult. Providers welcome! Questions? Email Kathy and Ann at Parentsupport@ppal.net

***Sibling Support Program: A Family-Centered Mental Health Initiative**

When: January 7, 2021 | Thu 5:30 pm to 7:00 pm

Format: Virtual via Zoom

Supporting Siblings During COVID-19 is a program for caregivers AND siblings.

Registration is required call (857) 523-1145. This event is a collaboration of UMass Medical School, PPAL, MCPAP, and Greater Worcester Community Foundation.

***Family Network Social - Parent Peer Support & Information Sharing**

When: January 14, 2021 | Thu 6:00 pm to 8:00 pm

Format: Virtual via Zoom <https://zoom.us/j/98798978222?pwd=aWVzYndNeUp3Q1ZtUkZscWEwaHd5QT09>

Meeting ID: 987 9897 8222, Password: 708467 +1 646-558-8656



NOT AN AUTISM MOM

Parenting... With a Dash of Awareness

100-ish Books on Autism and Neurodiversity

If you want to learn about autism and neurodiversity, there are plenty of resources to choose from! You can consider these titles vetted. We've been compiling this book list for over a year in That Au-Some Book Club. All of the titles have been discussed and approved by our autistic members and allies. There are a few categories. Other than that, these books are in no particular order. Consider this a working document. It is in no way complete, and I'll be adding to it continuously. Feel free to leave a comment with your suggestions! Happy Reading!

https://notanautismmom.com/2020/07/20/autism-books/?blm_aid=34829

Please Note: These resources are provided for informational purposes only.

Please do your own due diligence and research.