



CARE PARENT NETWORK

The Link

"Linking Exceptional Families in Contra Costa County"

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News From CARE Parent Network

Support Group News

Just for Fathers is a men's group that has been meeting for over twelve years. Fathers of children (all ages and special needs) come together once a month to informally discuss their concerns and share ideas and resources on parenting a child with special needs. This wonderful group of dads is led by Bob Jacobsen, who volunteers his time to facilitate the group. The group now meets at Caffe La Scala in downtown Walnut Creek on the first Wednesday of each month. If you are interested in participating in this group, please call our office.



New Program to Assist with Inclusive Child Care

United Cerebral Palsy of the Golden Gate has a new program for parents looking for child care for children (kindergarten through grade 5) with a physical disability. This program will enable children to be supported by aides and recreation specialists in participating in after school activities and making new friends. Services are available Monday to Friday for after school programs. Parents must locate the program and then request UCP to assist by providing an aide. If you would like more information, call Mary Jo Bernardo, Executive Director, at 510-832-7430, Ext. 3.

Kids Included Together (KIT)

Kids Included Together (KIT) is coming to the Bay Area on March 31, 2007 to present a free, one-day conference to help staff in

community-based programs (e.g. childcare and preschools, after-school programs, parks, recreation and camps, Boy Scouts, Girl Scouts, Boys and Girls Clubs) learn how to include children with disabilities and to gain skills that will help all children be successful in these programs. The conference begins with a 90-minute general session, "Facing Your Fear Factor", to help participants get past fears about inclusion and help them to identify barriers that keep children with disabilities from being included in community programs. The general session will be followed by 90-minute break-out sessions on "Respectful Accommodations", "Supporting Positive Behavior", "Partnering with Families" and "Making Connections: Fostering Friendships Between Children with and without Disabilities". The conference is funded by the State Council on Developmental Disabilities and will be held at First Five Alameda, 1100 San Leandro Blvd., San Leandro, CA 94577, from 8:00 am to 4:00 pm. Contact Kids Included Together at (858) 320-2050 or by email at info@kitonline.org to register or for more information. Their website is www.kitonline.org.

Tactile Therapy and Audio-Visual Reflexes Course

Join parents, therapy and educational professionals in this essential four-day course on tactile and audio-visual integration and sensory-motor development. February 16-20, 2007, 9:00 am-6:00 pm, San Ramon Regional Medical Center, 7777 Norris Canyon Road, San Ramon. For more information contact Valeria Freitas at 925-803-8574 or email her at val-freitas@comcast.net.

News From CCS

One common question asked by parents is, *"What is the difference between physical therapy and occupational therapy?"* The goal of both therapies is to assist a child in developing as much independent function as possible. The level of independence achieved varies and may be limited by the child's impairments. The following is a general description of the difference between the two.

Physical Therapy (PT) emphasizes gross motor development, postural alignment (the ability to maintain various body positions), balance and eye-hand coordination. This includes movements that use large muscles such as rolling, sitting, standing and walking. These skills are important for moving about school, home and in the community. Physical Therapy may also focus on helping a child obtain and learn to use equipment needed for mobility such as foot and leg braces, walkers, and wheelchairs.

Occupational therapy (OT) emphasizes fine motor development, visual perceptual skills, oral motor development, and activities of daily living. This includes small, finely coordinated hand movements, responses to what is seen, appropriate sequencing of purposeful movement, oral movements needed for safe and effective feeding. Activities of daily living include self-care skills such as feeding, dressing, hygiene, and basic housekeeping skills for older children. Occupational Therapy may also help a child obtain and learn to use equipment needed to assist with daily living skills and access to home, school and community including hand splints, wheelchairs, communication devices, and adaptive devices such as specialized writing and eating utensils. Physical therapists and occupational therapists both address the following general areas in order to help the child achieve specific, individualized goals: strength and endurance, posture training, body awareness, equipment

recommendations and training and classroom consultation to assist with participation in the educational program. Both physical and occupational therapists are trained at an advanced college degree level (masters or doctorate) and are licensed by the California Department of Consumer Affairs. Occupational therapists receive more training in hand skills, oral motor/feeding skills, and psychology. Physical therapists receive more training in postural development, balance skills, and gait training (walking). Both OT and PT state licenses require that the therapists take classes to earn a certain number of continuing education units needed to renew their licenses. This helps assure that therapists stay current on the clinical skills needed to provide effective therapy services.

Equipment Available

Pony gait-trainer, size 0, with accessories (lateral supports, headrest, handlebars, tray, rear steer bar for pushing). Will consider donating to a family who needs it. Please call Mary Sears at 925-820-6877.

New Resource, Individuals with Disabilities Education Act (IDEA) Parent Guide

The Special Education Division announced in June a new resource, the Individuals with Disabilities Education Act (IDEA) Parent Guide that describes the special education process—a process that is the same regardless of a child's particular difficulties or disabilities.

The web-based IDEA Parent Guide available at <http://www.ncid.org/content/view/900/456084/> is now also available in portable document format that allows easy printing and dissemination to parents and other interested parties at http://www.ncid.org/images/stories/downloads/parent_center/idea2004parentguide.pdf.

Resources

Special Needs Cheer Program

Pyramids Cheer Gym in Concord has started a special needs cheer program. It includes tumbling, jumping, dancing, and the opportunity to compete in local competitions. Children of all ages and abilities are welcome. For more information contact Jodi at 925-685-3910.

Social Language Groups

Communication Works has openings for students of all ages who have difficulties with social situations and friendships. They work to increase children's awareness and use of social skills such as initiating and maintaining conversations, joining in existing groups, understanding and demonstrating appropriate non-verbal cues, thinking about others and much more. These small groups offer a safe environment with lots of opportunities to learn and practice a wide variety of social skills. If you are interested in a program that uses a communication-based approach to teaching social skills, visit their website at www.cwtherapy.com or call 510-530-3085 for more information.

Wheelchair Guide

A new publication produced by the Coastal Conservancy on shoreline access for people who use wheelchairs is available at: <http://www.scc.ca.gov/Publications/wheel.htm>.

Research Study Looking for Participants

Jamie Cho, a graduate student in a joint UC Berkeley-San Francisco State University special education graduate program, is looking for mothers of children with autism to participate in his dissertation study. The study will look at mothers' involvement in their child's education. To participate, you must be Anglo-

American or 2nd generation Chinese, Korean, or Japanese-American (born in the United States with immigrant parents or immigrated here before age 14), AND have a preschooler or kindergartner with autism. Participants will receive a \$15 Target gift certificate and be entered into a drawing for a \$200 gift certificate to a spa of their choice. For more information contact Jamie at 510-594-1065 or jamie118@berkeley.edu.

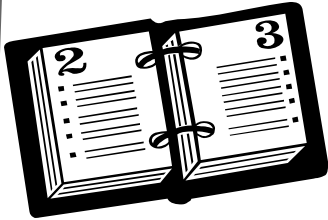
access/ABILITY Exhibition

The Bay Area Discovery Museum is opening the access/ABILITY exhibition on January 27. This is an interactive disability awareness exhibit featuring fun and engaging activities that show the similarities and differences in all of us, with or without disabilities. Visitors will learn American Sign Language, how to type in Braille, ride a hand-pedaled bike, and participate in a multi-sensory walk. A resource area will contain books and computer resources. The museum is located at 557 McReynolds Road, Fort Baker, Sausalito. There is an admission fee ranging from \$8.50 to \$6.50 depending on age.

The P.L.A.Y. Project

This new resource offers consultation, testing, and services for children with autism between 18 months and 5 years of age. On-site therapy is available with a psychologist, speech therapist, and occupational therapist. This is followed by visits based on the child's needs as well as parent education to teach parents intervention techniques aimed at helping children gain language and social skills. At the present time these services are available at no cost. If you are interested, call Barbara Snyder at 510-848-8007, email bjsnyder9@gmail.com or visit their web site at www.playproject.org.

CALENDAR 2007



January 9: Annual Transition Conference. Diablo Valley College. Registration information at Regional Center of the East Bay, 925-798-3001. (Fee)

January 26-27: Reflective Supervision and Consultation: Creating the Capacity for Authenticity and Connection, with Deborah Weatherston, Ph.D. and Bill Schafer, Ph.D. Registration information at 510-428-

3407. (Fee)

February 3: Parent University. An annual conference sponsored by Mt. Diablo Unified School District. Registration information at www.mdusd.k12.ca.us.

February 5-6: Core lib: Meeting the Needs of Children with Specific Developmental Characteristics—Vision, Hearing, Health, and Behavior, Hilton Burbank Airport & Convention Center, Burbank. Registration information at www.wested.org/cpei. (Fee, scholarships available)

February 5-6: Service Coordination Institute: Relationship-Based Practice. Hilton Burbank Airport & Convention Center, Burbank. Registration information at www.wested.org/cpei. (Fee, scholarships available)

February 16-20: Tactile Therapy and Audio-Visual Reflexes Course. San Ramon Regional Medical Center, 7777 Norris Canyon Road, San Ramon. Registration information contact Valeria Freitas at 925-803-8574 or email her at val-freitas@comcast.net. (Fee)

February 26-27: Family Resource and Supports Institute. Crowne Plaza Hotel, Foster City. Sponsored by the Family Resource Centers Network of CA. (Fee, scholarships available)

February 26-28: Symposium 2007, Lessons for Leadership. Sponsored by SEECAP. Wyndham Hotel, San Jose. Check www.sdcoe.net/seecap for further information. (Fee)

March 10: IEP Training. Presented by Melody Royal, MSW, Mt. Diablo Unified School District. Call 925-682-8000, Ext. 4297 to reserve a space. (Free)

March 22-24: Common Threads in Early Intervention: Innovations and Realities. Fairmont Hotel, San Jose. Sponsored by the Infant Development Association of California. (Fee)

March 31: Kids Included Together Conference, First Five Alameda, San Leandro. Call 858-320-2050 for reserve a spot. (Free)

April 21: Information and Resource Conference. Sponsored by Support for Families of Children With Disabilities, San Francisco. Information at www.supportforfamilies.org. (Free)

April 23-24: Core III: Putting It All Together and Service Coordination Institute: Partnering. Island Palms Hotel, San Diego. Registration information at www.wested.org/cpei. (Fee, scholarships available)

Opinions expressed in *The Link* do not necessarily reflect the endorsement of CARE Parent Network or any of its associations. We do not recommend any treatment, therapy, institution or professional system, etc.

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 - ★ Janice Newsome, RCEB
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 - ★ Paul Schneiders
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SUPPORT GROUPS

<u>Name of Group</u>	<u>Location</u>	<u>Facilitator(s)</u>	<u>Meeting Schedule</u>	<u>Comments</u>
Support for Moms	Martinez	Louise Schneiders	1st Thursday of each month	All disabilities
Support for Moms	Danville	Cheryl Clift	3rd Tuesday of each month	All disabilities
Support for Moms	Brentwood	Louise Schneiders, Elisa Hughes	1st Tuesday of each month	For parents of children with autism
Transition Information & Support	Martinez	Betsy Katz	Spring 2007	For parents of children 16 and up
Autism Family Support Project	Concord	Nicole Sanders	Monthly, check dates	For parents of children with autism
Padres Latinos (Spanish)	Martinez	Angela Quiroga	1st Saturday of each month	All disabilities
Grupo de Autismo (Spanish)	Martinez	Cecilia Zepeda	1st Friday of each month	For parents of children with autism
Voces de Amor (Spanish)	Martinez	Cecilia Zepeda Yolanda Vasquez	2nd Wednesday of each month	For parents of children with special health care needs
Just for Fathers	Walnut Creek	Bob Jacobsen	1st Wednesday of each month	All disabilities

If you are interested in attending a support group, please contact CARE Parent Network at 800-281-3023.

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