

School Resources for JM Adolescents and Parents/Caregivers

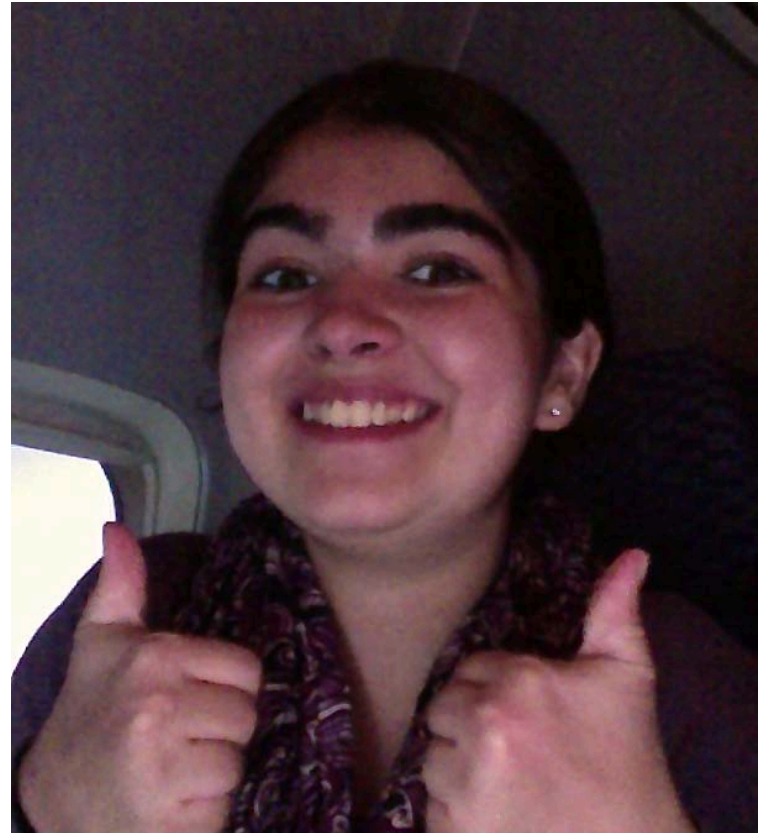
2016 Cure JM National Conference
St. Pete Beach, FL



WELCOME TO MIDDLE SCHOOL!

WELCOME TO HIGH SCHOOL!

- Multiple Teachers
- Guidance Counselors
- Increasing Personal Responsibility & Accountability for Students
- More required organizational skills
- Midterms & Final Exams
- National & State Standardized Testing: PSAT, SAT, ACT, AP, etc.
- Required courses & electives
- Graduation requirements



Topics: School Resources

Breakout Session

- Caution: Acronomyns Ahead!
- Communication
- 504, IEP, IHP, IDEA, etc.
- Accommodations
- Technology/Apps
- Schooling options & graduation credits
- To high school & BEYOND!

Caution: Acronyms Ahead!

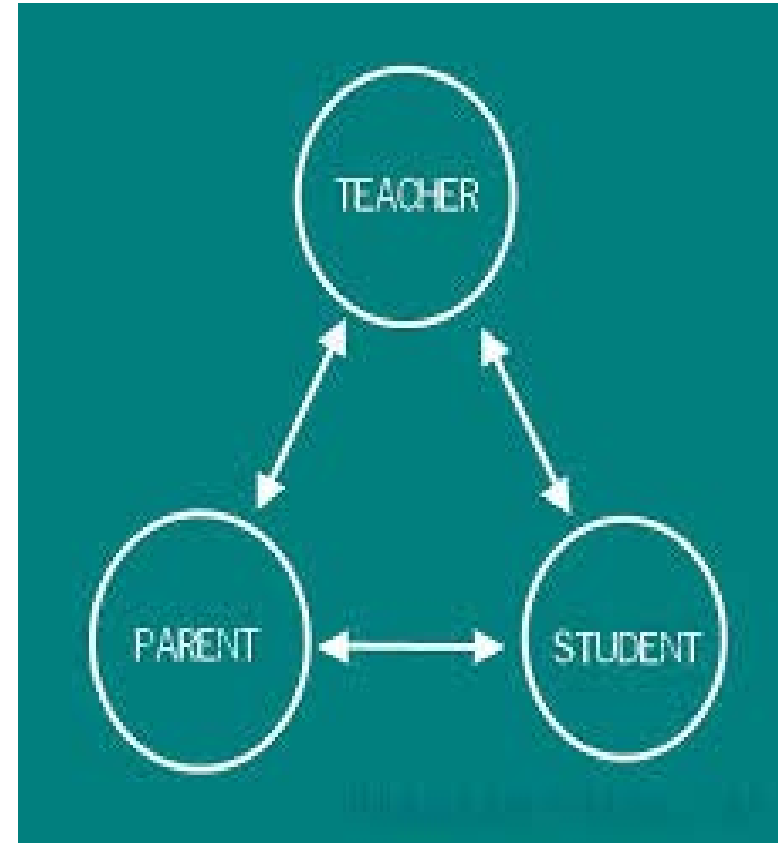
- **504 Plan** – 504 Plan is a legal document listing school accommodations. Section 504 of Rehabilitation Act of 1973 - civil rights act & national law; protects qualified individuals from discrimination based on disability.
- **IDEA** – Individuals with Disabilities in Education Act; specific disabilities qualified to receive special education services, including...
- **OHI** – Other Health Impaired – a disability classification often used by those with chronic & serious illnesses
- **IEP** – Individualized Education Program – a legal document defining a child's special education program.

Caution: Acronyms Ahead!

- **IHP** – Individual Health Plan; not legally binding document.
- **ECP** – Emergency Care Plan; care plan for emergent situations, ie – serious allergies, asthma, diabetes, etc.
- **ADA** – Americans with Disabilities Act of 1990 – The 1st comprehensive civil rights legislation for people with disabilities. Requires “reasonable accommodation” for
- **PSAT/SAT & ACT** – National standardized tests required for college admission (some colleges now have a non-test-based admission process).

Good Communication is KEY!

- Note teachers' preferred method of communication:
 - Email, phone, meetings
- School Communication Tools:
 - Assignments/Notes: Online Blackboards/wikis; Google drive
 - Grades: PowerSchool, etc
 - School Website has helpful resources -- calendar, staff email addresses, parent portal



Teaching Good Communication is Key!

- Model & teach good communications skills
- Include your child in school meetings with
- Increased their participation & responsibility each year
- *Goal:* Empowered Adolescent/Young Adult communicators & advocates



504 PLANS vs. IEPs vs. IHPs

504 PLANS

- School Social Worker/Counselor
- Federal Law: Rehabilitation Act of 1973 – a civil rights act
- Protects an individual from discrimination based on her disability
- Broader than IDEA
- Accommodations-oriented: allowing her access her education (environment)

IEP: Individualized Education Plans

- Special Education Teacher
- Fed Law & funding: IDEA – Individuals with Disabilities in Educ Act
- Equal access to free & appropriate public education (FAPE) in least restrictive environment (LSE)
- Academic goal-oriented: achieved via services & accommodations

IHP: Individualized Health Plans

- School Nurse
- Based on nursing care plan
- Comprehensive care of child's healthcare needs relevant to school personnel
- Outlines management for school setting; May include ECP – Emergency Care Plan
- Not a legally binding agreement like 504 Plans and IEPs are.

Helpful Accommodations for JM

Chronic Illness/Fatigue	Medical Accommodations	Muscle Pain & Weakness	Immuno-Suppression
<ul style="list-style-type: none"> • *Extended time for tests • *Alternate time for tests • *Alternate place for tests • Reduced workload • Shared notes 	<ul style="list-style-type: none"> • Water bottle/snacks allowed • Sun protection (hat, sunblock, etc) • Seat away from windows 	<ul style="list-style-type: none"> • Elevator Pass • Wheeled Backpack • 2nd set of books (home) • Oral testing • Alternate testing • Dictated HW • Adaptive technology 	<ul style="list-style-type: none"> • Alternate rest area in cold/flu season (alt. to Nurse' Suite) • IHP & Medicine Authorizations, as needed • Excused absences

Helpful Accommodations for JM

Chronic Illness/Fatigue	Medical Accommodations	Muscle Pain & Weakness/ Fatigue	Concentration/ Organization
<ul style="list-style-type: none"> • Modified Assign-ments • Extra breaks • Reduced workload • “Self-limit” PE 	<ul style="list-style-type: none"> • Movement breaks • Extra Restroom Breaks, allowed as needed • Physical therapy or occupa-tional therapy in school (as eligible) 	<ul style="list-style-type: none"> • Preferential Scheduling to reduce walking • Spare textbook kept in classroom • Locker placement near classes 	<ul style="list-style-type: none"> • Prefer-ential Seating • “Home-work” Buddy • Smaller quizzes vs larger tests • Oral assess-ment • Shared notes • Advance notice of field trips

Helpful Links: 504 Plans/IEPs/IDEA

- **Cure JM School Resources webpage –** http://www.curejm.org/fsn/school_info.php
- **US Department of Education - Guideline to IEP –** www.ed.gov/parents/needs/speced/iepguide/index.html
- **Disability Resources by state -** www.disability.gov → Education → Search State/National
- **Section 504 vs IDEA –** www.wrightslaw.com/howey/504.Ideas.htm
- **504 Plan vs. IEP Comparison Chart -** <http://www.nclد.org/disability-advocacy/learn-ld-laws/adaaa-section-504/section-504-idea-comparison-chart>
- **Parent Hub Resource website –** www.parenthub.org

Assistive Technology & Educational Apps

Writing

- Typing
- Dictation iOS
- Dragon Dictation Software – speak to type software
- LiveScribe – pen synced with computer; uploads notes
- Google Drive – shares files with teachers or group project members

Reading/Math

- Books on tape
- E-reader, iBooks
- Textbooks – online supplemental support include video lesson help, practice quizzes,
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Organization

- Evernote
- Graphic Organizers
- Notecard software
- Resources/bibliography, ie – EasyBib

Helpful Links: Assistive Tech/Apps

- **Assistive Technology articles** – apps, software, free resources, etc - <http://www.nclld.org/students-disabilities/assistive-technology-education>
- **Khan Academy** – Math, science, arts/humanities, test prep, economics & finance, computing, college search, etc - <https://www.khanacademy.org>
- **Crash Course (John & Hank Green)** - World & US History, English Lit, Bio, Chem, Psych
- <http://www.youtube.com/user/crashcourse>
- **Top Ten Apps for High Schoolers** - <http://mashable.com/2012/08/27/apps-for-high-school-students/>

Schooling: Options & Graduation Credits

- Full-time school vs. part-time school
- Online schooling – www.k12.com
- Homebound School
- Dual Enrollment: local college classes
- Hospital School/Teacher – a great resource

To High School & Beyond: College & Career

- National Testing
 - SAT & AP – www.collegeboard.org
 - ACT – www.act.org
- College:
 - ADA& Section 504 vs. IDEA
 - Office of Disability Support Services
- Financial Aid/Scholarships
 - www.fastweb.com
 - www.disaboom.com
 - <http://www.wrightslaw.com/info/fin.aid.index.htm>
 - <http://transitions.mda.org>

Questions?

Best tips or practices to share?