

Parent Resources

1. Behavior

Positive behavior interventions and supports (PBIS) are principles that help all children improve their behavior at school, at home, and in the community. The benefits are enormous. When children are in positive, predictable, consistent environments, they have better grades, better behavior, higher self-esteem, better school attendance, greater motivation, and more success in life. Schools practice PBIS. As a parent, you can too. This presentation will show you how to use positive approaches to teach your child new behavioral skills to use at home and in the community. These skills will be important throughout the life of your child.

Module 1 <https://www.youtube.com/watch?v=IPtUpa5Zr24&feature=youtu.be>

Module 2 <https://www.youtube.com/watch?v=aL1eHt8DR7U>

Supporting Young Children with Challenging Behaviors. In this 59-minute webinar from June 2016, Dr. Tweety Yates discusses possible causes of young children's challenging behaviors and some effective strategies for supporting these children. Connect with the webinar, a PDF of the webinar slides, and a summary of the webinar's content at:

<http://www.parentcenterhub.org/repository/supporting-young-children-challenging-behaviors/>

Behavior at school. What a gigantic topic, for families and schools alike. NICHCY is pleased to connect you with resources for helping children with disabilities with respect to behavior at school.

<http://www.parentcenterhub.org/repository/behavior-atschool/>

Having a child with challenging behavior can affect the entire family, and family members often find the need for more information and guidance in this difficult area. The resources listed below are intended to connect families with resources and support. The list isn't intended to be exhaustive of the behavior resources available, but it will certainly get you started and lead you to yet more information and resources.

<http://www.parentcenterhub.org/repository/behavior-at-home/>

2. Assistive Technology

Assistive technology is provided through the school via AIU3.

https://www.aiu3.net/wp-content/uploads/2024/08/ServicesGuide_2024-25-ADA-wCSA.pdf

Page 35 Addendum A - 1.) Services Provided - Services provided include but are not limited to those outlined in the Services Guide, such as Blind/Visually Impaired Services; Career Development Services; Deaf/Hard of Hearing Services; School-Based Educational Services at the AIU-operated Mon Valley, Pathfinder and Sunrise Schools; District-Based Classrooms;

Speech/Language-Impaired Support; Pupil Personnel Services; and Occupational and Physical Therapy.

Center for Assistive Technology www.upmc.com/CAT 412-647-1310, TDD: 412-647-1325 The Center for Assistive Technology is a joint program of UPMC and the University of Pittsburgh that provides technology assistance based on individual needs and goals for assistive technology in the areas of mobility, communication and comfort.

3. Inclusive Practices

The Framework for Access and Belonging (FAB) With Supplementary Aids and Services: A Tip Sheet for Families and Family Organizations

https://www.pattan.net/CMSPages/GetAmazonFile.aspx?path=~\pattan\media\materials\publications\files\fab-tip-sheet-families_12-24-wbl_1.pdf&hash=668bcc4556775c65cf604f800dfab5440c6dfc4232076b268b266e0c76c929a1&ext=.pdf

This tip sheet provides information about the FAB, a tool used to identify an access and/or belonging priority to expand participating and learning for a child with a disability.

What is Universal Design for Learning?

Universal Design for Learning (UDL) is a framework to improve and optimize teaching and learning for ALL learners. At the core, UDL is rooted in neuroscience. Research shows that learning occurs in three brain networks - the Affective Network, Recognition Network, and Strategic Network. Evidence supports that learners are diverse, and that learner variability is the norm and can change across contexts. Evidence also supports that barriers within learning environments can interfere with or interrupt the learning process.

Educators with a UDL mindset apply design principles to make learning accessible and beneficial to all learners. To ensure learners have equitable access to the same rigorous learning goals, educators are empowered to:

Embrace learner variability

Intentionally predict and remove barriers within the learning environment

Provide flexibility within the learning process

The UDL Guidelines from CAST are a tool for educators to use in the design phase of teaching and learning. By utilizing these guidelines, educators can proactively plan for learning opportunities to address barriers and maximize learner access; with the ultimate goal of creating

expert learners who are purposeful & motivated, resourceful & knowledgeable, and strategic & goal-directed.

4. Transition

Getting Ready for Age Majority

This webinar discusses:

- why age of majority is a critical issue for parents and youth with disabilities alike;
- the importance of starting early and building young people's decision-making skills;
- resources, strategies, and tools for preparing youth for reaching their age of majority;
- the valuable role that supported decision-making and person-centered planning can play in supporting the young person after he or she gains their majority; and
- the part that Parent Centers can play in moving this message forward.

Presenters | Sue Swenson, Dawn Rowe, and Cathy Haarstad

<https://www.youtube.com/watch?v=M0NjXZxTOtQ&feature=youtu.be>

Moving on Using Person-Centered Planning to Support Transitions

Presented by Cheryl M. Jorgensen Ph.D at the 2015 PEAL Conference

https://www.youtube.com/watch?v=c_KJ2tRznXc

This website, which is continually updated, provides youth, young adults, parents, and professionals with secondary transition resources to facilitate a young person's progress towards post-secondary goals related to education, employment, and community living. Scroll through this homepage to find topics that are of interest to you.

<https://www.pasecondarytransition.com/>

K- 16 Special Education and Preparing your child for Adult Life

Two-part online learning course: Beginning With the End in Mind

Module One: Developing a Strong IEP

This course will give you a better understanding of the Individual Education Program (IEP). You will learn about the components of an IEP, how to use the IEP to get an appropriate education, and a parent's role in developing the IEP.

<https://www.youtube.com/watch?v=XNNVpK0Gh04>

Module Two: Making Inclusive Education a Reality

This course will provide parents with the tools necessary to work collaboratively with school teams. Questions that will be answered include, "How can I work with my school district to develop education services for my child that are based on high expectations and prepare my child for a productive life?" and, "How can we build a school team committed to classrooms where all

students participate in learning?"

<https://www.youtube.com/watch?v=hY3jdsgp81Q>

5. Social

Are You Thinking What I Think You're Thinking? Nurturing Social Thinking In Children. For children who struggle with social learning, day to day life in school can be an enormous challenge. In this webinar, noted author and lecturer, Michelle Garcia Winner, shares some practical ideas for educators and parents to help children with social cognition challenges become better social thinkers and communicators. This session will focus on elementary school age children.

https://www.hiddensparks.org/wow_registrations/are-you-thinking-what-i-think-youre-thinking-nurturing-social-thinking-in-children-2/

See the Charade: What we Need to Do and Not Do to Make Friendships Happen.

Presented by Chreyll M. Jorgensen Ph.D at the 2015 PEAL Conference

6. Response To Intervention

<https://www.youtube.com/watch?v=6MuTORbbzus>

RTI & Family Engagement: A Construct for Intentionality. In this webinar, Dr. Darren Woodruff, former co-director for the National Center on Response to Intervention, and Debra Jennings, co-director of the Region 1 Parent Technical Assistance Center in New Jersey, discuss research related to parent involvement in the RTI process. They provide a general overview of research related to family engagement, a construct for developing strategies for intentional family engagement when implementing RTI, and discuss the importance of collaborating with OSEP-funded Parent Centers in addressing family engagement.

<https://mtss4success.org/essential-components>

This collection of resources provides information for parents and families about RTI as well as information for schools about working with parents and families throughout RTI implementation. As a result of revisions to the website, links embedded within documents may no longer be correct. To ensure you are able to access supplemental or related materials search by the title of the document on the website.

7. Interagency

The Allegheny County Department of Human Services (DHS) is offering a free education series, Powerful Tools for Caregivers, for family caregivers of older adults, younger adults and children with disabilities. This series is designed to help nonprofessional caregivers learn how to take care of themselves while caring for a relative or friend.

The series will provide family caregivers tools to:

- Help reduce stress and relax
- Take care of yourself

- Reduce guilt, anger and depression
- Communicate effectively with other family members, doctors and paid help
- Make set goals, problem-solve and make tough decisions

To ask questions or to register, call 412-350-4996.

The 2016 Caregiver Resource Guide is the result of the collaborative efforts of various agencies represented on the AAA Caregiver Resource Committee. It is the committee's hope that this tool will increase the caregiver's knowledge of resources, caregiver skills and access to services.

Find the guide on the Allegheny County DHS website Caregiver Support Page.

<https://connect.alleghenycounty.us/>

There are resources in the guide that may be of benefit to both family and professional caregivers as well as care receivers of all ages.

Achieva Family Trust Work Shop

Join ACHIEVA for several new upcoming sessions on a variety of topics related to future planning for special needs. The sessions will be held on Fridays at ACHIEVA, 711 Bingham Street, South Side 15203 from 9 - 11 a.m. A light breakfast will be provided, but space is limited. Parking is free and accessible.

8. General Parent Resources

ABOARD Autism Support

<https://autism-support.org/>

ABOARD provides a lifeline to support families and individuals affected by autism. We provide hope and information to families and professionals by connecting them with each other, and to the resources that enable them to navigate their unique challenges.

Autism Speaks

https://www.autismspeaks.org/resource-guide?utm_source=social-media&utm_medium=E-speaks&utm_campaign=102811

At Autism Speaks, our goal is to change the future for all who struggle with autism spectrum disorders. We are dedicated to funding global biomedical research into the causes, prevention, treatments, and cure for autism; to raising public awareness about autism and its effects on individuals, families, and society; and to bringing hope to all who deal with the hardships of this disorder

ACHIEVA

<https://www.achieva.info/>

ACHIEVA is a leader in the field of disabilities, an organization known for its innovative programs and steadfast dedication to children and adults with disabilities and their families. With advocacy as its core, ACHIEVA has branched out, creating a lifelong partnership with individuals with disabilities and their families, by providing early intervention services, weekend and day trips, residential supports, home and respite care, vocational supports, family trust services, lifelong advocacy and family supports.

To learn more about Medicaid Home and Community Based Waiver Programs in Pennsylvania use the link below:

https://resources.finalsite.net/images/v1717002538/uscsdk12paus/rtivsnsklvkdudzodkwr/acheiva_family_trust.pdf

RESOLVE Crisis Network

<https://www.upmc.com/services/behavioral-health/programs/emergency-crisis/resolve-crisis-services>

Driving Program Support

Adaptive Driving Program - University of Pittsburgh

Ms. Amy K. Lane, 412-864-3068 | laneak@upmc.edu

ADHD Resource

<https://www.additudemag.com/>

Sign up to receive free e-Newsletters, subscribe to the magazine, or simply refer to the website for an endless list of resources for individuals with ADD and their parents.

<https://www.ldonline.org/getting-started/adhd-basics>

Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and often persists into adulthood. This link to LDonline offers answers to some basic questions one might have about ADHD.

Allegheny County Department of Human Services

DHS provides a wide range of services, including services for individuals with intellectual disabilities and developmental disabilities, mental health and drug and alcohol services (includes 24-hour crisis counseling); child protective services; at-risk child development and education; hunger services; emergency shelters and housing for the homeless; energy assistance; non-emergency medical transportation; job training and placement for youth and adults and services for the elderly. Information related to Medical Assistance can also be accessed via this site. <http://www.alleghenycounty.us/DHS/index.aspx>

<https://www.alleghenycounty.us/Services/Human-Services-DHS/Publications/Resource-Guides>

Allegheny County Information on Autism

<https://connect.alleghenycounty.us/disability-autism-supports/intellectual-disability-or-autism-resources-by-age/>

Allegheny County Office of Behavioral Health

<http://www.alleghenycounty.us/dhs/mhservices.aspx>

Allegheny County Office of Intellectual Disability

- <http://www.alleghenycounty.us/dhs/mr.aspx>
- [How to Register for Mental Retardation Services](#)
- [Supports Coordination](#)
- [Transition to Adult Life](#)

Best Buddies of Pennsylvania

<https://www.bestbuddies.org/pennsylvania/?fbclid=IwAR11LLIFqTn8NpibcjBYz92AKsNmjAkQB-1SWTeQXvd0ich3HpFx7H7Nf7o>

Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for people with intellectual and developmental disabilities (IDD).

PATTAN Parent Education and Advocacy Leadership (PEAL) Center

The PEAL Center is an organization of parents of children with disabilities reaching out to assist other parents and professionals. The PEAL Center provides workshops, training, and information about early intervention, special education, and inclusive education to the western and central regions of Pennsylvania. Parent advisors assist families with information about the special education process and problem-solving strategies. The PEAL Center partners with PaTTAN on the State Improvement Grant.

Address:

1119 Penn Avenue, Suite 400
Pittsburgh, PA 15222

Voice: 412-281-4404

TTY: 412-281-4409

Toll Free: 866-950-1040

FAX: 412-281-4408

Email: info@pealcenter.org

PEAL Center Website 

Down Syndrome Association of Pittsburgh

site with events <http://www.dsapgh.org/>

Dyslexia

<https://www.ldonline.org/ld-topics/reading-dyslexia/top-10-resources-dyslexia>

Top 10 Resources on Dyslexia- An article by Reading Rockets

Medical Assistance

Medical Assistance has the broadest coverage of medical and mental health services for persons under the age of 18. It covers services rarely covered by employer provided insurance such as: Behavioral Health Services, In-Home Shift Nursing, diapers, nutritional supplements, prescriptions, transportation to/from medical appointments, and more. It covers services like Speech, Occupational Therapy, and Physical Therapy without annual or lifetime caps often imposed by other insurance plans. Your child may qualify for Medical Assistance for a child (under 18) with a severe disability, behavioral or autism spectrum disorder under the "loophole".

- [Click here for the Online Application](#) for Medical Assistance
- <https://www.compass.dhs.pa.gov/home/#/>

Office of Special Education and Rehabilitative Services (OSERS)

<https://www.ed.gov/about/ed-offices/osers/osep>

Office of Developmental Programs

The mission for the Office of Developmental Programs is to provide individuals with intellectual disabilities, autism, and their families the services and supports they need and the opportunity to make real choices about living, working and options for social activities to enable them to live in and participate fully in the life of their communities.

<https://www.pa.gov/agencies/dhs/departments-offices/odp-info>

PA Connecting Communities

<https://paconnectingcommunities.org/>

Pennsylvania Secondary Transition Guide

Transition from school to adult life requires an important series of steps. To help you map out this process, the Bureau of Special Education has developed this website for you, your family, and school.

<https://www.pa.gov/agencies/education/programs-and-services/instruction/postsecondary-and-adult-education>

Parent to Parent

An organization that links families of children and adults with disabilities and special needs. Goals of the program are: 1) To decrease family stress and isolation by matching experienced families, 2) To increase families' knowledge and use of resources, 3) To increase families' confidence and skills and 4) To enhance the education, understanding, and sensitivity of those working with children

<https://www.parenttoparent.org/>

Parents Guide to IDEA

The Individuals with Disabilities Education Act is the key federal education law that serves students with learning disabilities. This chapter-by-chapter presentation is a comprehensive guide will help you be an informed and effective partner with school personnel in supporting your child's learning needs. <https://ncld.org/at-school/your-childs-rights/parents-guide-to-idea>

Special Olympics

<https://specialolympicspa.org/>

Therapeutic Horseback Riding

Horses with Hope <https://horsensoul.com/therapy/>

Watson LIFE Resources; Learning and Information for Families and Educators

A comprehensive, research-based resource for families and educators of individuals with disabilities
<https://www.thewatsoninstitute.org/watson-life-resources/>

Woodlands Foundation

The Woodlands is a non-profit organization dedicated to enriching the lives of children and young adults with disability and chronic illness. Its fully accessible and barrier-free facilities enable participants to experience social, cultural, environmental, recreational and spiritual growth.
<https://www.veryspecialcamps.com/summer-camps/The-Woodlands-2266.html>