



# Advocacy & Family Support

## OUR MISSION

The Arc of Spokane Advocacy & Family Support Team provides information, education, resources, support, and advocacy to people with developmental disabilities and their families. Our goal is to help people become more informed and to empower people to become better equipped to access the services and supports they need. We promote independence and choice and respect the values and perspectives of families. We strive to be responsive to the needs of families and provide the understanding and support that families need.

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## Traveling with a child with special needs: Preparation is the key to successful journey

*From the magazine Exceptional Parent  
Copyright Psy-Ed Corporation May 2006*

Summertime is vacation time for many people. If your family is among them, you can help make your travels happy ones with proper planning. If you have a child with special needs, knowing how to meet your child's needs while traveling can make your trip go smoothly. Here are some tips to help you enjoy the journey:

### Put safety first

Check with your child's doctor or with your child's specific disability organization for recommendations on medical services en route. You can find a list of disability-specific organizations at [www.pacer.org](http://www.pacer.org) under "links."

Carry duplicate medical records or letters from physicians if your child has a rare condition.

Make sure your child wears identification that includes your cell phone number.

### Prepare if traveling by air

Check airline accessibility. Make reservations as early as possible and find out about your airline's accessible services. Most airlines have information available on their websites.

Request a private security screening if necessary.

Contact the airline in advance if you will need a representative to accompany you to or from the gate.

### If your child uses a wheelchair

Ask if the wheelchair can be carried onto the plane instead of being checked.

Measure the wheelchair to make sure it fits in the aisle of the plane.

If using a power wheelchair, ask about any regulations regarding the use and type of batteries.

Service the wheelchair before the trip. Change tires if necessary and bring along tools for potential repairs.

### Plan for medications and medical equipment

Carry prescription medications in two separate bottles and pack them in separate places. Be sure to keep one set in your carry-on luggage.

Make sure the medications will not be affected by sun, heat, humidity or altitude.

Consider storage requirements for

## OUR READERS

*Advocacy & Family Support* is produced monthly and provides information to parents, grandparents, guardians, other family members, professionals and other adults who have a child with special needs in their life. Readers are encouraged to copy and share this information. Please credit *The Arc of Spokane Advocacy & Family Support* and, where possible, the author.

## SUBMISSIONS

Please send submissions for our next issue by **June 16** to:

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The Arc of Spokane  
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Spokane, WA 99201  
(509) 328-6326  
p2p@arc-spokane.org

## MAILING LIST

If you would like to be added to or removed from our mailing list, please call Terry Villalovoz at (509) 328-6326.

## E-MAILING LISTS

To receive this newsletter in PDF format via email, visit [www.arc-spokane.org/ mailinglists.htm](http://www.arc-spokane.org/ mailinglists.htm) and click on the link for *Advocacy & Family Support*. At that location you may also subscribe to lists for Local Events, Statewide Events, Legislative Advocacy and The ArcLite newsletter.

## DISCLAIMER

The inclusion of any article or resource in this newsletter does not imply endorsement. Contents are intended for informational purposes only.

# Traveling

## Continued from Page 1

medications. Most aircraft do not have refrigerators, so plan accordingly.

If your child has metal implants or needs to carry medical equipment such as syringes, bring the appropriate documentation (doctor's prescription) for security.

Ask the airline about its policy regarding service animals.

Check with the U.S. Department of Transportation for general information about the rights of air travelers with disabilities or if you need immediate assistance on a disability-related air travel issue. The department has established a toll-free hotline: (800) 778-4838 or (800) 455-9880 (TTY). Hours are 4 a.m. to 8 p.m. (Pacific time), seven days a week.

## Find accessible lodging

Call the hotel or motel directly to find out if it is accessible or has any features that could affect your child with special needs. Do not rely on the reservation clerks to answer your questions. Often they are not located in the city that you will be visiting and have never seen the facility. If you have difficulty obtaining the information you need, ask to speak with the general manager.

If your child is a challenged sleeper, consider arranging for a separate sleeping space.

If your child has difficulty with mobility, ask the hotel or motel specific questions about accessibility:

How far from the entrance is the handicapped parking? Does the entrance have steps?

Are the doors to the room wide enough to accommodate a wheelchair?

Are the recreational facilities at the hotel accessible, and if so, how? For example, does the pool have a wheelchair lift?

If a restaurant is on the premises, is it accessible?

## Scope out activities

Whatever attractions you may be visiting, check ahead to learn about accessibility and make sure the services your child needs are available.

Anticipate delays and long lines. Carry medications with you and plan how you will entertain your child while waiting. You could, for example, bring toys, play simple games, or provide a disposable camera so your child can take photos from a kid's-eye perspective.

Remember that for liability reasons staff at most parks will not transfer a child with physical needs to or from a ride. Be prepared to assume that responsibility yourself.

## Allow time for adequate rest

Provide plenty of water. Children sitting for a long time in car seats and wheelchairs often perspire a lot and need to remain hydrated.

## Practice by going on short trips

This is especially important if your child has a behavioral challenge. Plan ahead for "meltdowns" or "tantrums" using positive interventions. Practice the strategies on the mini-trips to see if they will work on longer travel or vacation.

Family vacations can be a wonderful experience. With careful planning, your trip can be filled with positive experiences for the entire family.



**THE MISSION OF PARENT TO PARENT**

Parent to Parent programs offer emotional support and information about disabilities and community resources to parents who are just learning about or seeking new information on their child’s disability, illness or special health care needs.

*Through implementation of the Parent to Parent model:* We utilize trained veteran parents of children with disabilities and/or special health care needs called “Helping Parents” who provide one-on-one emotional and/or informational support to new or referred parents who have a child with similar needs.

**If only The Arc of Spokane had a penny for every time I searched the Internet ... Now it can!**

Search the web with [www.goodsearch.com](http://www.goodsearch.com) and each time you do The Arc will receive a donation.

A new search engine, GoodSearch.com will donate 50% of advertising revenue to the charity selected by the users. GoodSearch is powered by Yahoo and features a typical search bar.

1. Go to [www.goodsearch.com](http://www.goodsearch.com)
2. Type The Arc of Spokane into the “I support” box and click on “verify”
3. Search the Internet just like you would with any search engine
4. Since GoodSearch shares its advertising revenue with charities, every time you use it you will be earning money for us.

Add [www.goodsearch.com](http://www.goodsearch.com) to your Favorites or download it as your homepage.

Every time you use it, The Arc will receive a donation of approximately one penny, and those pennies add up and support the many programs and services we provide for people with developmental disabilities and their families. Thank you!

**Telephone Equipment Distribution (TED) program offers assistance**

Managed by the Office of the Deaf and Hard of Hearing, the Telecommunication Equipment Distribution (TED) program distributes specialized telecommunication equipment that enables Washington residents who are certified as deaf, hard of hearing, deaf-blind, or speech-disabled to have independent use of the telephone.

Equipment cost is determined by a client’s family size and income. Many clients receive the phones at no cost. Training is provided at no additional cost.

For more information visit our website: <http://odhh.dshs.wa.gov> or contact us via email: [odhh@dshs.wa.gov](mailto:odhh@dshs.wa.gov), toll free (800) 422-7930 Voice/TTY, (360) 902-8000 Voice/TTY.

**The Mobile Medical Clinic  
Community Health Enhancement and  
Support Services (CHESS)**

Our Family Practice will come to your home

We do urgent care visits in the home



- Blood draws
- Renew prescriptions
- Acute care/urgent care treatment of ear infections, sinusitis, strep throat, bronchitis and pneumonia
- Small medical procedures in-home (such as suturing and splinting)
- Physical assessments and well exams
- Diagnostic testing (X-ray and EKG)
- Counseling Services
- Preventive care and well exams
- Specialist referrals as needed
- Children, too!
- Medicare, Medicaid, most major insurances, private payment
- As about our private payment scale for patients without health insurance

**Appointment Line  
(509) 220-3048**



## Catalyst Center website offers healthcare resources

The Catalyst Center is a national center dedicated to improving health care insurance and financing for children and youth with special health care needs (CYSHCN). They are funded by the Division of Services for Children with Special Health Care Needs of the Federal Maternal and Child Health Bureau.

The Center partners with a broad range of stakeholders to:

- Expand health insurance coverage of CYSHCN across the country
- Close the gaps faced by underinsured families
- Develop and disseminate innovative financing strategies at the community, state and national levels; and
- Enhance knowledge and collaboration among key stakeholder groups around financing issues

Visit [www.hdwg.org/projects/catalyst.htm](http://www.hdwg.org/projects/catalyst.htm) for expanded information on the Catalyst Center, the latest edition of their newsletter on their activities related to health insurance and financing of care for children and youth with special health care needs.

*Pathways to Early Learning  
Early Learning Workshops*

### Under the Sea

9 a.m. to 1 p.m. Saturday, June 17, 2006

Guest Speaker: Linda Loomis  
Director of Children's Services  
Northeast Child Development Center

*Expand your curriculum on the ocean. Bring your best tricks to share. Increase your literacy, social skills, communication, math, and gross and fine motor strands. Bring your favorite fish tale!*

Cost: \$25 per class; 4 STARS credits/certificate of attendance available

Northeast Child Development Center  
4001 N. Cook St., Spokane  
RSVP: (509) 444-0374

## Check out these websites for families

**Families Together for People with Disabilities** in Pullman received a state grant and has redesigned its site, [www.familiestogether.org](http://www.familiestogether.org)

**Washington State Yellow Pages for Kids with Disabilities:** You will find educational consultants, psychologists, diagnosticians, healthcare specialists, academic tutors, speech language therapists, advocates and attorneys. You will also find government programs, grassroots organizations, special education schools, and parent support groups. Go to [www.yellowpagesforkids.com/help/wa.htm](http://www.yellowpagesforkids.com/help/wa.htm) for more information.

**Infant/Toddler Early Intervention Program (ITEIP)** is pleased to share the following website resource for providers from the TRACE Center at the Orlena Hawks Puckett Institute: [www.tracecenter.info/index.php](http://www.tracecenter.info/index.php). The major goal of TRACE is to identify and promote the use of evidence-based practices and models for improving child find, referral, early identification and eligibility determination for infants, toddlers and young children with developmental delays or disabilities, who are eligible for early intervention or preschool special education.



**Project Move**  
"In Stride" Training Series  
presents

## Social Security Disability Benefits and Work Incentives

**Who:** Cathy Sacco and John Sjolund

**Where:** Spokane Teachers Credit Union  
103 W. Nora Ave., Spokane

**When:** 5 to 8 p.m. Thursday, June 8, 2006

**Why:** To learn accurate and valuable information about benefits and why "When You Work, You Win!"

Please RSVP to Tim or Cathy at (509) 328-2310  
Light snack and refreshments served

## Epilepsy Foundation Northwest's Camp Discovery set for Aug. 27-30

Camp Discovery is a program for children with epilepsy who might otherwise miss out on a childhood experience most take for granted. Camp Discovery provides these children with an opportunity to participate in camp activities and take normal childhood risks in a safe, supervised environment. Siblings can ask questions and learn about epilepsy while addressing their unique feelings and concerns about living with epilepsy. Camp Discovery promotes a sense of adventure and self-confidence, while helping children with epilepsy avoid isolation and work toward their full potential.

Camp is staffed by Epilepsy Foundation Northwest specialists, health care providers from epilepsy centers in the Northwest and other committed, trained volunteers. The ratio of camper to counselor is approximately 2:1.

Activities may include swimming, boating, archery, hiking, arts and crafts, sports, campfire games, special entertainment, signing, and epilepsy education.

Camp Discovery is open to children with epilepsy and their siblings. All children must be between the ages of 7 and 17. Children of all abilities are encouraged to attend.

Cost is \$200 per child for Epilepsy Foundation Northwest members and \$250 for non-members. Scholarships are available and an application will be included with your registration packet. For more information email [ahancock@epilepsynw.org](mailto:ahancock@epilepsynw.org) or phone toll-free (800) 752-3509 Ext. 105.



**the Kids' Korner**  
Resources for Your Child

### "Epilepsy: Out in the Open" 5th Annual Walk Saturday, June 17, 2006

Riverfront Park, Northbank Shelter

Prizes, refreshments, a raffle, and a free t-shirt for registrants.

Registration begins at 9:30 a.m.  
Call (509) 325-1128 or online at

[www.epilepsyfoundation.org/local/northwest](http://www.epilepsyfoundation.org/local/northwest)

## FREE KPBX KIDS CONCERT

Big Red Barn

*Bluegrass band Big Red Barn  
with Kevin Brown of Front Porch Bluegrass  
and SPR's Patrick Klausen. Hosted by Carlos Alden*

**12 noon, Friday, June 16**

Clocktower Meadow  
Riverfront Park, Spokane

**Individuals ages 12 and up, drop by  
The Arc Community Center this summer or  
participate full-time. We have a full calendar of  
activities to places like Silverwood, Cat Tales,  
Greenbluff and more!**

**Two Sessions a day: 8:30 to noon  
noon to 3:30 p.m.**

Cost is \$7 for drop in, \$90 for 22 sessions a month, or \$180 a month to attend full-time. We are located at 116 W. Indiana Ave.

DD funds and Family Support dollars are accepted

For more information, call Maria Goff  
at (509) 789-2247

## Summer 2006 Day Program



### We Offer:

- Arts & Crafts
- Gym Time
- Pool Table
- Cooking Classes
- Computers
- Reading & Story Time
- Music & Videos
- Outings

### We Promote:

- Choice
- Communication
- Friendships
- Appropriate Social Interactions
- Personal Growth
- Responsibility
- Positive Attitudes



# Free Behavior Workshop

presented by Tom Weddle  
Behavior Specialist for Spokane Public Schools

## Session 1

5:30 to 8:30 p.m. Wednesday, June 21

### Discussion

Parenting strategies  
Prioritizing behaviors

Determining management strategies and techniques

Understanding developmental issues  
Understanding communication issues

### Application

Selecting target behaviors  
Determining appropriate behavior strategies  
Devising a plan

## Session 2

5:30 to 8:30 p.m. Wednesday, June 28

### Discussion

Feedback on results from behavior plans  
Changing behavior  
Teaching new skills

### Application

Revising initial behavior management plan  
Picking new skills to replace inappropriate behavior  
Teaching appropriate behavior in real-life situations

Light dinner and refreshments will be provided

Clock hours will be available

Sponsored by Parent to Parent, Family Educator Partnership Project and Spokane County Parent Coalition

**RSVP by Monday, June 19, to Terry at (509) 328-6326**

# Parent to Parent Family Night Pot Luck

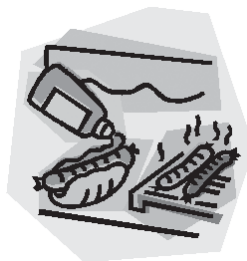
**Friday, June 23 ☼ 5:30 to 7 p.m.**

The Arc Community Center and Gym  
116 W. Indiana Ave., Spokane

*(Parking behind building on Shannon Avenue)*



- \* Fun for the Whole Family!
- \* Meet Other Special Needs Families!
- \* Eat Great Food!
- \* Crafts & Games for the Kids!



We'll Bring Burgers, Hot Dogs and Drinks

Please Bring a Side Dish or Dessert to Share!

Please **RSVP** so we can plan for food. Call Terry at (509) 328-6326.



# Monthly Support Groups and Meetings

## Autism Society of Washington GENERAL MEETING AND ADULT SOCIAL GROUP

**Wednesday, June 21** ♦ 6:30 to 8:30 p.m.  
Rosauers Center Room 112, corner of Boone Avenue and  
Dakota Street on the Gonzaga University campus  
*Message Line: (509) 624-3323*

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## Down Syndrome Family Network

### BREAKFAST RENDEZVOUS

*This no-host breakfast is a wonderful way to start your weekend. Bring your kids; this is a great environment to teach "restaurant" manners.*

**Saturday, June 10** ♦ 9 p.m.  
Jenny's Restaurant, 9425 E. Sprague Ave., Spokane Valley

### DINNER OUT

*RSVP to Carolyn and let her know whether or not you can attend.*

**Sunday, June 11** ♦ 5 p.m.  
Azteca Mexican Restaurant, Spokane Valley Mall  
*Contact: Carolyn Wright, (509) 455-7439*

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## Epilepsy Foundation Northwest

### EPILEPSY WALK

*Join the Epilepsy Foundation Northwest for the 5th annual "Epilepsy: Out in the Open" walk. The walk is part of an effort to raise funds for critical epilepsy services. This year's event will feature two keynote speakers and offer prizes, refreshments, a raffle, and a t-shirt for everyone who registers. Those who wish to register for the walk or make donations may do so online at [www.epilepsyfoundation.org/local/northwest](http://www.epilepsyfoundation.org/local/northwest).*

**Saturday, June 17** ♦ 9:30 a.m.  
Riverfront Park, at the Northbank Shelter., Spokane  
*Contact: Sharon Johnston, (509) 325-1128*

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## Evergreen Spina Bifida Support Group

*Come discuss issues that affect persons with spina bifida and their family and friends.*

**Call for meeting time and location.**  
*Contact: Ed Kennedy, (509) 326-6355,  
or Susan Curalli, (509) 892-6756*

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## Lean on Me PARENT/CAREGIVER SUPPORT GROUP

*Potluck dinner and meeting. Childcare is provided. Christian-based meeting. To ensure appropriate childcare, families should RSVP to Ron Lloyd, (509) 325-8363.*

**Saturday, June 24** ♦ 6:30 p.m.  
\* Call for location  
*Contact: Ron Lloyd, (509) 325-8363*

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## Parent to Parent SUMMER BARBECUE AND POTLUCK

*Meet other families. Crafts and games for the kids. We'll bring burgers, hot dogs and drinks. Please bring a side dish or dessert to share! Please RSVP so we can plan for food.*

**Friday, June 23** ♦ 5:30 to 7 p.m.  
The Arc of Spokane Community Center, 116 W. Indiana  
*RSVP to Terry Villalovoz, (509) 328-6326*

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## Parent to Parent MONTHLY SUPPORT GROUP

*Open to any parent/guardian who has a child with special needs. Refreshments provided.*

**Tuesday, June 27** ♦ 6:30 to 8 p.m.  
Northeast Community Center, 4001 N. Cook St.  
*Contact: Terry Villalovoz, 328-6326*

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## Senior Parent Support Group

*A support group for parents who have an adult son or daughter with a developmental disability.*

**Wednesday, June 21** ♦ 11:30 a.m. to 1 p.m.  
The Arc/IERR Community Building, 116 W. Indiana Ave.  
*Contact: Helen Leighton, (509) 448-0392*

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## Spokane Fathers Network

*For fathers of children with special health care needs.*

**Saturday, June 17** ♦ 10 a.m.  
Denny's, 6 N. Pines Road, Spokane Valley  
*Contact: Lance Morehouse, (509) 328-6326*

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## What is the Parent Coalition?

**T**he Spokane County Parent Coalition is an organization designed to provide information and resources to families who have sons/daughters with developmental disabilities. The purpose of the Parent Coalition is to provide information about:

- Services and supports available in our local community.
- Education, health, housing, transportation and other resources.
- Local parent support groups, meetings, conferences.
- Current Legislative issues local, statewide, and federal.
- How to become involved in the legislative process.

### **Other activities of the coalition include:**

- Identify concerns of people with disabilities and their families in Spokane County.
- Advocate for the collective concerns of families.
- Provide a local contact for additional information.
- Provide presentations/workshops on issues important to families.
- Present a family perspective on policy issues.
- Provide a Family Scholarship Fund available to parents.

## The changes continue

By **LANCE MOREHOUSE**

**Director of Advocacy and Family Support**

For the past several years, the Division of Developmental Disabilities has been going through changes that affect people and families. Besides the turnover of case managers that many people experience, there are changes to services and how people are notified about those changes. We want to inform you about these changes ahead of time to get your input and avoid surprises in the future.

Over the past two years, we have seen major changes in the Medicaid Waivers and the CARE Assessment. Many people and their families have contacted us with major concerns about these changes and we have responded with advocacy with the system and Legislature.

Our state made changes to the Community Alternatives Program (CAP) Medicaid Waiver. DDD implemented four new Waivers (Basic, Basic Plus, Core, Community Protection) and transferred people from the CAP Waiver onto one of these four waivers based on historical usage of services. The reality is about 1,000 people have been taken off the Medicaid waivers statewide in the past two years. We have and will continue to advocate that people with high needs be added to these waivers so they can receive the services and support that they need.

We have received more calls about the loss of personal care hours through the CARE Assessment than any other issue since we started the Parent Coalition in 1998. We have been successful in advocating for small changes in the CARE Assessment and have a commitment from DSHS that they will propose additional changes to the Legislature next year.

The Legislature also funded a Family Support Pilot program last year that takes into account parent income in determining eligibility and the amount of flexible funding a family might receive. It also comes with an additional requirement that you cannot be receiving any other service or the family would not be eligible. At this point, about two hundred families across the state have been added to services.

Another very recent change is a result of a budget deficit in the residential services budget within DDD. There are now strict criteria in place for a community residential placement. This causes difficulties for individuals and families trying to plan for the future and the crisis situations that we know exist. Advocates across the state are addressing this situation and we will keep you informed as we may need your help!!!

There are two additional recent changes that we are addressing in this newsletter. They are Planned Action Notices (PAN) and Necessary Supplemen-

# Changes

Continued from Page 8

tal Accommodation (NSA). Basically, you need to be notified of any changes and that notification must be sent to a third party. Please see additional articles in this newsletter for more information.

If this is not enough, here are a few more changes in store for the near future that we want to make you aware of:

DDD is working on a "Full Assessment" which integrates the current CARE Assessment with other factors to identify needs of a person with developmental disabilities and their family. This new assessment will be used to determine personal care hours as well as the need for family support. It will also include a question about family income and if this question is not answered, the person will not be eligible for paid services. This assessment is scheduled to begin in 2007 and will probably take years for everyone who are eligible for services to be assessed.

I have also attended two days of meetings about the future of the Family Support Program. DSHS must make recommendations to the Legislature by November of this year about combining all Family Support Programs into a single program. We want to make sure the perspective of families is represented at these meetings and there are six parent coalition representatives from across the state involved including myself.

I hope that we will make it through all these changes and get to a consistent system where people with developmental disabilities and their families will know what they can expect. I will stay involved at a state level to represent the needs of families from Spokane. Please watch for future updates and your opportunity to become involved in advocating for these issues and others.

## The Arc urges families to request Mini Assessment from DDD

Individuals who are enrolled in the state Division of Developmental Disabilities (have gone through the eligibility process) and who receive no paid services from DDD, are being assessed by DDD case managers.

The case managers are using a new assessment tool called



## Necessary Supplemental Accommodation (NSA) policy from the Division of Developmental Disabilities.

### Purpose

This policy establishes procedures for promoting equal access to eligibility and services from the Division of Developmental Disabilities (DDD) and to the appeal process for DDD eligibility, service, and provider decisions.

### Scope

The policy applies to DDD employees who:

1. provide information and/or services to applicants or clients of the Division of Developmental Disabilities; and/or
2. Determine decisions for clients who have appeal rights for eligibility termination, service denial, reduction, or termination, and denial of provider of choice.

### Policy

DDD will promote policies, procedures, and practices that foster equal access to services for applicants and clients.

1. Under DSHS rules, applicants and clients eligible for "Necessary Supplemental Accommodation" (NSA) services, designed to afford them equal access to department services; and
2. DDD clients are entitled to a representative who is willing to receive copies of Planned Action Notices (PAN) of eligibility decisions, reduction, denial, or termination of services; denial or termination of provider of choice, and assist them with understanding and exercising their appeal rights.

the Mini Assessment. These Mini Assessments are being done on people who call and ask for it or who call and ask for a service.

The Arc urges all parents to call and request this assessment so that the needs of your son or daughter are documented with DDD. In Spokane, the number for the DDD is (509) 329-2900.

# Informing Families

## *Building Trust*

*A Partnership for Better Communication  
on Developmental Disabilities Issues*



April 26, 2006

### **Division's new Planned Action Notice system will alert DDD clients of eligibility and service denials, reductions or terminations**

As part of a lawsuit settlement, the Division of Developmental Disabilities is replacing its current client service notice system with a series of Planned Action Notices to provide participants and families with a written notice of decisions that result in denial, reduction or termination of DDD eligibility or services.

The change in the notification system is meant to improve communication with individuals, families and guardians about changes in eligibility and services; as well as better explain an individual's or family's rights to appeal those decisions.

The Planned Action Notices (PAN) cover changes in topics such as:

- Waiver Enrollment and Termination
- Waiver Services
- Provider Denial or Termination
- Medicaid Services
- Eligibility Determination
- State-Only Funded Services
- Eligibility Denial, Termination or Expiration.

Each multi-page notice explains the decision that resulted in a change in eligibility or service delivery. The individual's or family's appeal rights are explained and contact information for a case manager who may answer additional questions is included. Forms to begin the appeal process and request a hearing are also available in the notice.

The new system requires that Planned Action Notices be sent within 5 working days of the decision date that resulted in a change in eligibility or services. In all cases, the PAN will be addressed to the client regardless of his or her age and to the client's representative (which may be a parent, guardian, legal representative, relative, or other person or advocacy agency selected by the client).

The client's representative should receive a phone call from DDD before the PAN is mailed to answer any questions. When clients or their representatives receive a Planned Action Notice it is important they review the notice immediately and call the listed case manager with any questions. If the individual or representative wants to appeal the decision, complete the appeal paperwork right away to ensure a thorough review of the decision. If the individual does not tell DDD to discontinue services during the appeal, services will be continued until the appeal is over. However, if the individual loses the appeal, he or she may have to pay back up to 60 days of the costs of those services.

***In order to appeal the decision, clients or their representatives must appeal within 90 days of receiving the Planned Action Notice.***

For a copy of the Fair Hearing Process DVD that describes the appeal process, call the Developmental Disabilities Council at 1-800-634-4473.



From left to right - Jim Plourde, TJ O'Dell, Catherine Byrd, Darci Osborne, Lance Morehouse, Debbie Chapman, Kate Jackson, Jodi Ward, Amanda Layton, Ron Helgesen and John Lemus. Not pictured: Grace Ellestad, Marissa Ellestad.

## Leadership Development Program graduates 12

On May 13 we honored 12 graduates from the Spokane County Leadership Development Program. Over the past seven months, these graduates committed 60 hours of classroom time, two trips to Olympia, and implementation of a community service project of their choice. This group concentrated efforts during the 2006 legislative session on the passing of the Birth to 3 Early Intervention bill.

This group of committed people will continue to make a difference in the lives of people with developmental disabilities and their families for years to come. We would like to say thanks to the support of their families for allowing them to participate in this very important program and join us in recognizing these people for the accomplishments they have already made!

This program was made possible by a grant from the Washington State Developmental Disabilities Council and local commitments from Spokane County Community Services, The Spokane Guilds School, Children First, Inland Empire Residential Resources and The Arc of Spokane.

## 29th Ellensburg Employment Conference set for June 21-23

The 29th Annual Employment Conference, "A Matter of Time," will take place June 21-23 at Central Washington University in Ellensburg.

Featured speakers for this year's conference are:

■ "Hi, My Name is Scott!" Scott

Ginsburg, author, speaker, "The Guy With the Nametag."

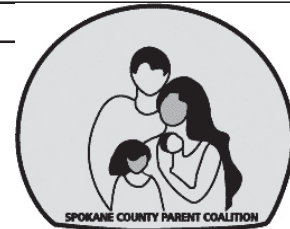
■ Teresa Grossi, a leader in the field of supported employment.

■ Kathy Condon. Expert trainer on connecting and developing potential in people.

■ Billy Strean, PHD (Professional Humor Dude), closing speaker.

Cost of the conference only is \$160. Lodging packages are available.

Download a registration form at [www.theinitiative.ws/files/docs/REG2006.pdf](http://www.theinitiative.ws/files/docs/REG2006.pdf).



# SCPC Family Scholarship Fund

The SCPC Family Scholarship Fund was established in 1999. The purpose of this fund is to assist parents, foster parents, guardians, siblings, or other family members of children with developmental disabilities in Spokane County to attend workshops, conferences, seminars, or other trainings specific to the disability of their family member. Funding can be used for registration fees, respite care, travel expenses, fuel expenses, and/or lodging involved with attending an approved event.

## How do you apply for a scholarship?

Individuals applying for a scholarship will submit a short letter stating why they want to attend the event, what they hope to learn, their relationship to the person with a disability, the age of the person with a disability, and the amount of funding they are requesting. Requests should also include information about the event and how it is specific to the disability of their family member. Requests can be sent to the SCPC at the address listed below or by e-mail at [lance@spokaneparentcoalition.org](mailto:lance@spokaneparentcoalition.org). A family is only eligible for one scholarship per year.

## How is a scholarship approved?

Requests for funding are evaluated by the SCPC Steering Committee and a final decision made. Requests may be fully or partially funded and no requests will be approved beyond the financial resources of the fund.

## What are the expectations of receiving a scholarship?

When a request is approved, the recipient will sign an agreement stating that they agree to be a resource for other families in our community. After the person attends the event, they will also share their experience by either writing a short summary or attending a meeting of the Spokane County DD Board or ICC. Copies of receipts are required on scholarships over \$500. Most importantly, the person is expected to attend the event, gain valuable knowledge, and enjoy this opportunity to learn!

**For more information contact Lance Morehouse at (509) 328-6326 or [lance@spokaneparentcoalition.org](mailto:lance@spokaneparentcoalition.org)**



## Summer Family Picnic

**Saturday, July 15, 2006 - noon until 2 p.m.**

**Shadle Park Picnic Shelter**



Please be our guest at the 8th annual **Spokane Fathers Network** and **Spokane County Parent Coalition** Summer Family Picnic. We will have door prizes, Activities for the kids, and more! Hamburgers and hot dogs will be provided, bring a side dish to share.

***There will be plenty to eat and great people to meet! Bring the whole family!***

***RSVP to Kate or Lance at (509) 328-6326***

## Family Educator Partnership Project of ESD 101

127 W. Boone Ave., Spokane, WA 99201  
(509) 328-6326 [kjackson@arc-spokane.org](mailto:kjackson@arc-spokane.org)

JUNE 2006 NEWSLETTER



# The hierarchy of insults

Revolutionary Common Sense by Kathie Snow

By KATHIE SNOW

[www.disabilityisnatural.com](http://www.disabilityisnatural.com)

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Listen to talk radio, watch a sitcom, or just pay attention to your own conversations at home or work, and you'll hear "retard," "idiot," "moron," "imbecile," "lame," "crazy," "schizo," "spaz" and more. The American public has decided that these – and many others – are great words to use as insults and slurs. They roll off the tongue so easily, while the brain gives little thought to what these words mean, where they came from, or what impact they have.

What these and other words have in common is they were, or are, *medical diagnoses*. And in our society, these particular diagnoses fall under the category of "disability." But we don't use *other* medical diagnoses as slurs or insults, do we? I've never heard a child on a playground yell, "You're such a *diabetic* – you can't play with us!" No, *retard* is the insult of choice.

I've never heard a radio talk show host describe Congress as "a bunch of *sciatics*." No, "a bunch of *idiots*" is a favorite descriptor. On a sitcom, I've never heard an actor recite, "That guy's a *cancer patient*!" No, "That guy's a *moron*" will

get a bigger laugh.

Decades ago, my friends and I hurled "spaz" down school hallways – it seemed such a juicy insult, even though we had no idea what it meant. Irony of ironies, my son has spastic displexia cerebral palsy.

Upon his birth and my entrance into disability activism, I began caring deeply about language and its impact on people. I've worked hard to clean up my own vocabulary, and have tried to raise my children to be more aware of hurtful words. So when my then-sixth-grade daughter used the word "lame" in describing what happened at school one day, a heart-to-heart was in order. When questioned, she revealed that in her circle of friends, lame meant dumb or stupid. We looked up the dictionary definition of this antiquated word, and I explained that some people would *still* use that word about her brother, since he uses a wheelchair. I then asked what she was saying about her brother, and others with physical disabilities, when she used lame to mean dumb or stupid. She got the message loud and clear, and that word – and others – were excised from her brain.

We need to think about why so many people use this category of words in a derogatory fashion. Could it be that in the hierarchy of insults,

these words are at the top of the list; higher than "jerk," "creep," "stupid" and even profanity?

When a child screams "retard" across the playground for all to hear, he's chosen to use a word that will inflict the *most emotional damage* to another. In his mind, a "retard" is obviously the lowest of the low. And this example (as well as many others) should trouble us – deeply. For the use of these words as insults represents the extreme devaluation of people with disabilities – men, women, boys and girls – who happen to have certain medical diagnoses. Does anyone consider how the use of these words hurts those who actually have the medical diagnosis represented by these slurs?

Collateral damage can be just as harmful as a direct hit. And when these verbal missiles are launched again and again – on the playground, at the workplace, in our own homes, and on the radio and TV, the wound never has a chance to heal.

As a society, most of us – I hope – have evolved in our thinking. We recognize the danger in using slurs related to ethnicity, religion, gender or other characteristics, and we've taken those words out of our vocabularies. Isn't it tie to do the same with disability-related words?

# Combined Summer Institute on Special Education (CSI)

## 2006 CONFERENCE

July 17 - Preconference  
July 17 - Conference Kickoff Banquet  
July 18-20 - Conference

Yakima Convention Center  
Yakima, Washington

New this year is an **all-day preconference** to provide training in four areas:

- Functional Behavioral Support Plans
- Communication Strategies for Students with Significant Communication
- Barriers
- Secondary Transition Planning and Implementation
- Educational Interpreter Skill Building

The full conference will kick off Monday night with **keynote speaker Susie Rutkowski** talking about successful school-to-work models used in Ohio. Then, spend three full days gaining knowledge in practical applications for meeting the needs of children ages 3-21 with autism, significant disabilities, deafness and/or vision impairments.

### Quotes from past attendees:

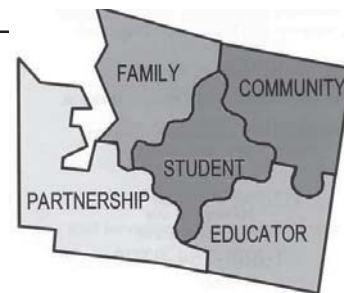
"This was the best and most practical conference I have been to in 30 years."

"Teaming with state professionals has been wonderful."

"I finally 'get it!' There is so much more we can do for 'our' kids."

Parent scholarships are available for conference registration fees only. Contact Jackie Messer at (509) 665-2630 or e-mail [jackiem@ncesd.org](mailto:jackiem@ncesd.org) for more information.

**For more information  
about the conference and registration,  
visit [www.ncesd.org/csi/](http://www.ncesd.org/csi/)**



### OUR MISSION

The **Family Educator Partnership Project (FEPP)** is funded by the Office of the Superintendent of Public Instruction (OSPI). Our purpose is to help create partnerships between families, educators and community agencies to support children and youth that need special education services. Family educator partnerships are changing the ways that families and educators work together to ensure educational success for children with disabilities.

### Upcoming Training for Parents and Educators

June 14-16: Washington Behavioral Healthcare Conference, Wenatchee. **Scholarships available to cover registration cost!** More information at [www.wcmhcnnet.org](http://www.wcmhcnnet.org) or phone (206) 628-4608 x13.

June 16-17: Clinical Approaches to Chronic Self-Injury, Self-Mutilation & Self-Harm Syndromes, Red Lion River Inn, Spokane. For information, visit [www.PalmerDavisInstitute.com](http://www.PalmerDavisInstitute.com).

July 10-14: Summer Special Education Boot Cam, ESD 101, Spokane. Nationally recognized curriculum. Limited to 35 participants. Sponsored by Washington State Special Education Training for All Educators and Families. For more information, contact Janie Moxley at (800) 622-3393, Ext. 7074 or email [jmoxley@washingtonea.org](mailto:jmoxley@washingtonea.org).

July 17-21: Combined Summer Institute, Wenatchee (see information at left). Strands on autism, significant disabilities deaf/hard of hearing, blind and visually only. Contact Jackie Messer at (509) 665-2630 or e-mail [jackiem@ncesd.org](mailto:jackiem@ncesd.org) for more information.

July 24-26: Secondary Schools Conference: Closing the Achievement Gap, Seattle University. Sponsored by Puget Sound ESD and Seattle University. Visit [www.psesd.org/It/2006smc.html](http://www.psesd.org/It/2006smc.html) or call (800) 664-4549, Ext. 7815 for information.

## Cathie's Notes

By CATHIE GRIFFITH

As winter moves into spring the activity of families interested in homeownership is stepping up. Just as interest in homeownership is getting stronger the prices of houses are also rising as the supply and demand becomes greater. I am telling you this not to put a damper on your hopes of homeownership but to encourage you to get your credit in order so that you will have a shorter wait to ownership.

Credit is one of several barriers to homeownership that my program has identified. I can't stress how important it is to pay bills on time each month and not ignore your obligations. Any lender who might be willing to loan you money to purchase the home of your dreams will want to know that you will repay the money through consistent mortgage payments.

By paying your phone, cable, rent payments and other bills on time each month you are telling the community that you are a responsible person worthy of the risk that lenders take when they give you money to purchase a house.

If you have had trouble with your credit in the past or currently are struggling with your finances I encourage you to make an appointment with me to discuss how you could improve your ability to obtain funding one day. Together we can make a plan for consistent payments and regular saving of a small amount in a fund designated for a future able to realize that dream.

The second thing I wanted to talk to you about in this issue comes as a result of the voting that took place at the "leap into action" assembly that was held recently. Housing was designated the number 1 concern with 57 votes being cast for it. In the coming year, I can assure you I will be actively involved trying to address many of the concerns around housing that was brought to that meeting. Please do not hesitate to share your thoughts with me directly.

Are you a young person 18-23 who wants to live in a more independent setting? Do you need some help in learning how to budget your money, cook for yourself, and be safe in the community without the help of family members all the time? Then I want to talk to you!!! I want to discuss ways that you would need support in order to live in an apartment or house without your family. You might feel that you would need a roommate for companionship or that you would need to practice shopping and cooking for yourself for a few months before living on your own.

I am very interested in talking to families who want their family member to be able to live outside of the family home but who are unsure how that could happen safely. Please enter into an open discussion with me about the possibilities. Together, I think we can create new opportunities for more independent living options in Spokane County.

I can be reached at the Boone office (509) 328-6326.

## HomeOwnership Opportunities



## Housing Safety Tips

### **INVEST IN SMOKE DETECTORS.**

Install one with a new battery on every level of your house and outside each sleeping area and replace the batteries twice a year. Change them when you turn the clocks ahead or back for daylight-savings time.

### **GET A CARBON MONOXIDE ALARM.**

They protect you against this odorless gas produced by defective heaters burning natural gas, oil, propane, wood, or kerosene. Immediately call the fuel company if the alarm goes off.

**KEEP THE AREA CLEAR AROUND YOUR FURNACE.** It needs air to burn the fuel and remember, never store combustibles near the furnace.

**NEVER LEAVE ENGINES RUNNING IN AN ATTACHED GARAGE.** This means snow blowers, lawn mowers, cars or anything else with an internal combustion engine. Don't even do it if the garage door is open.

**CHECK WIRES FOR SIGNS OF WEAR.** They should be replaced if they are cracked or frayed.

**USE PLASTIC SAFETY CAPS IN ELECTRICAL OUTLETS.** Especially when there are small children in your home.

**DON'T INSERT METAL OBJECTS INTO AN APPLIANCE—LIKE A KNIFE INTO A TOASTER—WITHOUT UNPLUGGING THE APPLIANCE FIRST.**

**KEEP EVERYONE AWAY FROM DOWNED WIRES AND CALL 911.**

# Important Dates to Remember



## PARENT TO PARENT MONTHLY GROUP MEETING

*Open to any parent/guardian who has a child with special needs. Refreshments provided. If you need child care, please make a reservation by May 22.*

**Tuesday, June 27**

**6:30 to 8 p.m.**

Northeast Community Center  
4001 N. Cook St., Spokane

Contact: Terry Villalovoz, (509) 328-6326

## FREE ADVOCACY TRAINING

### **COME AND LEARN HOW TO SPEAK UP FOR YOURSELF AND OTHERS**

Learn how to get involved in legislative advocacy  
Discover how to join boards and commissions  
Register to vote and make your voice heard

DATE: Tuesday, June 20, 2006

TIME: 6:30 to 8 p.m.

PLACE: St. Luke's Conference Room

**FOR MORE INFORMATION:**

Call Kate Jackson at (509) 328-6326

**Join The Arc of Spokane – Send your \$15 membership fee today  
to Membership, The Arc of Spokane, 127 W. Boone Ave., Spokane, WA 99201**

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