

# FYI Newsletter October 10, 2016



Indiana Institute on Disability and Community



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## Upcoming



Parent Meetings Focused on Autism

The Institute's [Indiana Resource Center for Autism](#) staff will present a number of parent-focused meetings in Indiana through the month of October. Topics addressed include:

- Supporting Individuals with ASD in the Home and Community Using Visual Supports
- Puberty and Sexual Health
- Strategies to Support Challenging Behavior at Home
- Tips for Addressing the Behavior Problems of Your Child on the Autism Spectrum
- Addressing Behavioral and Safety Challenges in the Home

These parent support group meetings are free and open to the public. However, the content will be geared toward family members of individuals who have a diagnosis along the autism spectrum. The information will not be geared toward professionals. If you are a professional and know of family members in your area that may benefit from such a meeting, you are encouraged to forward the relevant information. [Click](#) for more information on dates, times, and locations.

## Across the Courtyard



### Website Opens Online Doors to Resources for Indiana Transition Teachers

Hoosier middle and high school teachers now have access to hundreds of transition assessments, tutorials, checklists, presentations, and Transition IEP guides with the introduction of the updated and redesigned [Indiana Secondary Transition Resource Center \(INSTRC\)](#) website. INSTRC, a project of the Indiana Institute's [Center on Community Living and Careers](#), is funded by the Indiana Department of Education to assist transition educators and administrators as they comply with federal transition requirements and provide their students and their families with the information and experiences they need to move from high school to their postsecondary lives.

The new INSTRC website features:

- Resource Collections: Including health, sample IEPs, information for new teachers and families, and more.
- Transition Assessment Matrix: Assessments are a key component of transition planning. The new Matrix allows teachers to quickly find age-appropriate transition assessments that fit their student.
- Access to dozens of state and national education, employment, and service organizations.



## October is National Disability Employment Awareness Month

The Indiana Institute has put together a [guide](#) that includes a number of books, videos, and online resources to help you find out more about getting jobs, supporting employees, the state of employment for people with disabilities, and policies influencing employment options for people with disabilities in Indiana and nationally.



## After the Diagnosis Book Now in Spanish

The booklet, *After the Diagnosis of an Autism Spectrum Disorder: A Resource for Families Whose Child is Newly Diagnosed*, is now available in Spanish. The booklet answers the question many families ask ... "Now that we have the diagnosis, what can I do for my child?" This booklet provides a first step towards experiencing some relief, and finding hope and needed guidance for a family and child with an autism spectrum disorder diagnosis.

This booklet and other [Indiana Resource Center for Autism](#) materials can be ordered by clicking [here](#). A printer-friendly version of the *After the Diagnosis* booklet in Spanish can be found by clicking [here](#).

Content for this booklet was produced through a collaborative effort by the following agencies in Indiana: The Indiana Resource Center for Autism, [Riley Child Development Center](#), [Autism Society of Indiana](#), [Family Voices Indiana](#), [LOGAN Autism Learning Center](#), and [The Arc of Indiana](#). Additional support was provided by [Easter Seals Crossroads](#) and [Answers for Autism](#). This booklet is also made possible through donations received from family members, individuals, and organizations.

For more information, contact Dr. Cathy Pratt, BCBA-D, Director, Indiana Resource Center for Autism, at (812) 855-6508 or [prattc@indiana.edu](mailto:prattc@indiana.edu).

## Comings and Goings



### Stafford Participates on Panel Presentation

Phil Stafford, director of the Institute's [Center on Aging and Community](#) was a panel presenter at the 2016 Ohio-Kentucky-Indiana Regional Planning Conference held in Indianapolis on October 5-7, 2016.

The Baby Boom generation is becoming older adults, with more aging into retirement each year. While many have remained active and healthy, for the next 20+ years there will be significant growth in the older adult population and many will experience mobility or health challenges that significantly impact their ability to live in much of the current housing. This

doesn't mean they will necessarily need nursing care or assisted living facilities, and we can't build enough to accommodate this generation without creating obsolete housing for a generation after the Boomers (Generation X is much smaller).

[Stafford's](#) presentation titled *Housing the Silver Tsunami: Aging in Place Issues and Ideas* focuses on the concept of aging in place which allows people to stay in their communities and in their homes. Retrofitting and new construction with aging in place features and supporting build environments will allow people to extend the quality of their life, and provide fair housing choices and visitability to more people. Learn why aging in place is an important strategy and tools for improving housing choices and quality of life for older adults in your community.

Co-presenters included Rose Scovel, AICP, Indiana Association for Community Economic Development and Amy Nelson, Fair Housing Center of Central Indiana.



### Early Childhood Team Heads Out for First Steps Quality Review Visits

In 2015 the Indiana Institute's [Early Childhood Center](#) (ECC) received a grant from the State to monitor the quality of First Steps. [First Steps](#) is a family-centered, locally-based, coordinated system that provides early intervention services to infants and young children with disabilities or who are developmentally vulnerable.

The ECC team is tasked with ensuring program compliance with state and federal requirements and reporting data to both the state and federal government. In addition to monitoring and promoting compliance, ECC will work in collaboration with state staff to identify and encourage best practices. Last week the team, along with state staff, began on-site quality review visits across the state. These visits provide baseline data for the year and will inform the ECC team as they assist programs with writing Quality Improvement Plans.

## Library Corner



### Library Corner

- Combs, L., Dittoe, C., & Aebker, S. (2016). *Gear up for success: A three-tiered planning model for supporting learners on the autism spectrum*. Lenexa, KS: AAPC Publishing.

*Gear up for success: A three-tiered planning model for supporting learners on the autism spectrum* is a 152-page guide that offers evidence-based practices for teachers who have students on the autism spectrum in their classroom. Using the analogy of the gears on a bicycle to explain the three-tiered model, the authors,

all professionals working in the field of autism, offer support for educators looking to adjust the intensity of interventions used based on their students' needs.

The aim of the book is to offer a conceptual framework to help education teams plan for interventions through general, class-wide supports, targeted small-group interventions, and specially designed one-on-one support. Detail is given on how to adjust the intensity level of interventions using the Gear Up model depending on the environmental conditions throughout the school day. Each bicycle representation is well-described and thoughtfully interwoven into the discussion.

- Lara, J., Shils, B., Robinson, K., Asner, E., Shore, S. M., Batra, A., Grandin, T., ... Goldstreet Pictures. (2014). *Generation A: Portraits of autism and the arts* [Motion picture]. [Van Nuys, CA]: Autism Movement Therapy, [Warren, NJ]: Passion River [Distributor].

*Generation A* is a film about people on the autism spectrum and the different types of art therapy that can be used to stimulate the brain and help them lead successful lives. Young kids as well as older ones are seen at their craft and includes their struggles and their successes. Therapies and art programs in areas such as music, dance, art, animation, and more are being used to encourage meaningful connections and social interaction, enhance speech and language, and build self-esteem. Additionally, other topics, such as the use of medications and a dual diagnosis (autism plus cerebral palsy) are included in the film.

Eight people on the spectrum are interviewed and given a chance to talk about their therapy, their challenges, and their hope for the future. Autism experts are also interviewed such as: Dr. Temple Grandin, Dr. Stephen Shore, author, Ed Asner, autism spokesperson, Joanne Lara, MA, founder, Autism Movement Therapy, as well as professors, therapists, and a psychiatrist.

- Robison, J. E. (2016). *Switched on: A memoir of brain change and emotional awakening*. New York: Spiegel & Grau.

*Switched On* is a 320-page memoir of a man with Asperger's who was given the opportunity to transform his life by way of an experimental brain therapy. This book is an examination of how that therapy changed his brain, his relationships and his ability to empathize. His story is sometimes serious, sometimes laugh-out-loud humorous, and intensely personal.

The author spent his first fifty years with Asperger's syndrome working with electronics at music events and then owning a small car repair business while working as a professional photographer. Despite his successes in life, when a scientist from Beth Israel Hospital spoke to him about a study that uses TMS (Transcranial Magnetic Stimulation) to unlock emotional intelligence, Robison

needed to know more. Their theory is that emotional intelligence is not “missing” in individuals on the autism spectrum but somehow “locked away” and that therapy using magnets to stimulate the area of the brain that controls EI can help a person access it. Robison shares with us his journey through the therapy and beyond.

These new materials may be borrowed from the [Center for Disability Information and Referral](#) (CeDIR) at the Institute. To check out materials, contact the library at 800-437-7924, send an e-mail to [cedir@indiana.edu](mailto:cedir@indiana.edu), or visit us at 1905 North Range Road in Bloomington.