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: Acronyms 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

<table>
<thead>
<tr>
<th>504 PLANS</th>
<th>IEP: Individualized Education Plans</th>
<th>IHP: Individualized Health Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>- School Social Worker/Counselor</td>
<td>- Special Education Teacher&lt;br&gt;- Fed Law &amp; funding: IDEA – Individuals with Disabilities in Educ Act&lt;br&gt;- Equal access to free &amp; appropriate public education (FAPE) in least restrictive environment (LSE)&lt;br&gt;- Academic goal-oriented: achieved via services &amp; accommodations</td>
<td>- School Nurse&lt;br&gt;- Based on nursing care plan&lt;br&gt;- Comprehensive care of child’s healthcare needs relevant to school personnel&lt;br&gt;- Outlines management for school setting; May include ECP – Emergency Care Plan&lt;br&gt;- Not a legally binding agreement like 504 Plans and IEPs are.</td>
</tr>
<tr>
<td>- Protects an individual from discrimination based on her disability</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Broader than IDEA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Accommodations-oriented: allowing her access her education (environment)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Helpful Accommodations for JM

<table>
<thead>
<tr>
<th>Chronic Illness/Fatigue</th>
<th>Medical Accommodations</th>
<th>Muscle Pain &amp; Weakness</th>
<th>Immuno-Suppression</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Extended time for tests</td>
<td>*Water bottle/snacks allowed</td>
<td>Elevator Pass</td>
<td>Alternate rest area in cold/flu season (alt. to Nurse’ Suite)</td>
</tr>
<tr>
<td>*Alternate time for tests</td>
<td>*Sun protection (hat, sunblock, etc)</td>
<td>Wheeled Backpack</td>
<td>IHP &amp; Medicine Authorizations, as needed</td>
</tr>
<tr>
<td>*Alternate place for tests</td>
<td>*Seat away from windows</td>
<td>2nd set of books (home)</td>
<td>• Excused absences</td>
</tr>
<tr>
<td>Reduced workload</td>
<td></td>
<td>Oral testing</td>
<td></td>
</tr>
<tr>
<td>Shared notes</td>
<td></td>
<td>Alternate testing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dictated HW</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adaptive technology</td>
<td></td>
</tr>
</tbody>
</table>
### Helpful Accommodations for JM

<table>
<thead>
<tr>
<th>Chronic Illness/Fatigue</th>
<th>Medical Accommodations</th>
<th>Muscle Pain &amp; Weakness/ Fatigue</th>
<th>Concentration/ Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Modified Assign-ments</td>
<td>• Movement breaks</td>
<td>• Preferential Scheduling to reduce walking</td>
<td>• Prefer-ential Seating</td>
</tr>
<tr>
<td>• Extra breaks</td>
<td>• Extra Restroom Breaks, allowed as needed</td>
<td>• Spare textbook kept in classroom</td>
<td>• “Home-work” Buddy</td>
</tr>
<tr>
<td>• Reduced workload</td>
<td>• Physical therapy or occupa-tional therapy in school (as eligible)</td>
<td>• Locker placement near classes</td>
<td>• Smaller quizzes vs larger tests</td>
</tr>
<tr>
<td>• “Self-limit” PE</td>
<td></td>
<td></td>
<td>• Oral assess-ment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Shared notes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Advance notice of field trips</td>
</tr>
</tbody>
</table>
Helpful Links: 504 Plans/IEPs/IDEA

• Cure JM School Resources webpage – http://www.curejm.org/fsn/school_info.php


• Disability Resources by state - www.disability.gov → Education → Search State/National

• Section 504 vs IDEA – www.wrightslaw.com/howey/504.Ideas.htm


• Parent Hub Resource website – www.parenthub.org
## Assistive Technology & Educational Apps

<table>
<thead>
<tr>
<th>Writing</th>
<th>Reading/Math</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Typing</td>
<td>• Books on tape</td>
<td>• Evernote</td>
</tr>
<tr>
<td>• Dictation iOS</td>
<td>• E-reader, iBooks</td>
<td>• Graphic Organizers</td>
</tr>
<tr>
<td>• Dragon Dictation Software – speak to type software</td>
<td>• Texbooks – online supplemental support include video lesson help, practice quizzes,</td>
<td>• Notecard software</td>
</tr>
<tr>
<td>• LiveScribe – pen synced with computer; uploads notes</td>
<td>•</td>
<td>• Resources/bibliography, ie – EasyBib</td>
</tr>
<tr>
<td>• Google Drive – shares files with teachers or group project members</td>
<td>•</td>
<td></td>
</tr>
</tbody>
</table>

[Image: CureJM Foundation logo]
Helpful Links: Assistive Tech/Apps

- Assistive Technology articles – apps, software, free resources, etc
  - [http://www.nclld.org/students-disabilities/assistive-technology-education](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](https://www.khanacademy.org)

- Crash Course (John & Hank Green) – World & US History, English Lit, Bio, Chem, Psych
  - [http://www.youtube.com/user/crashcourse](http://www.youtube.com/user/crashcourse)

- Top Ten Apps for High Schoolers
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://transitions.mda.org
Questions?

Best tips or practices to share?