

ISLAND COUNTY PARENT TO PARENT

September 2024



2024 FALL & WINTER EVENTS WITH Parent TO Parent

Mark your calendars! Save the dates! Don't miss out!

Tuesday, October 8th	<u>Resource & Transition Fair 5:00-7:15pm at Coupeville High School</u> Information and resources for individuals with disabilities and their families as they consider life in school & beyond. 20+ resource booths, presentations & dinner included. For all students on IEPs & 504 Plans and their families in Island County. 
Saturday, October 26th	<u>Halloween Dance party Noon-2:00pm at The Center (new location)</u> 51 SE Jerome St, Oak Harbor Join us! Enjoy our Annual Halloween Dance Party, Potluck, Arts & Crafts, Face Painting and More. Costumes encouraged but not required, nothing scary please. If you are able, please bring a side dish, snack or dessert to share. 
Sunday, November 17th	<u>Night to Remember Prom 2:00-4:00pm at Elks Lodge Oak Harbor</u> <u>RSVP required</u> . Scan QR Code to RSVP Let's Dance! Special Needs Prom for Ages 14 and up. Great opportunity to dress up, dance with friends and have a prom to remember. Become a Queen or King for the Day! Light snacks provided.  
Saturday, December 14th	<u>Holiday Party 3:00-5:00pm at The Center (new location)</u> 51 SE Jerome St. Oak Harbor_Come One! Come All! Celebrate the holidays with other families on a similar journey, supporting a child/adult with special needs. Free Event, Potluck, Arts & Crafts and of course, Santa. Santa will be making an appearance about 3:30ish 

All events are all ages, all abilities welcome, except Night to Remember Prom. Ages 14 & up. All events are subject to change/ cancellations. Questions? Tiffany Wheeler-Thompson (360)632-7539 call/text t.wheeler-thompson@islandcountywa.gov

****All events are subject to cancellation or rescheduling. Check our Facebook Page**

All Events
Are All Ages,
All Abilities
All Welcome
unless otherwise
stated. Follow our
Facebook &
Instagram Pages
to keep up to date
on events,
resources,
opportunities,
trainings and
more



Island County
Parent to Parent
Coordinator
Tiffany Wheeler-
Thompson
(360)632-7539
call/text



WHY SOME KIDS HAVE A MELTDOWN AFTER SCHOOL

- They've worked so hard to keep their sensory needs together at school that they literally burst when they don't have to perform any longer.
- They're overstimulated from the lights, sounds, smells, sights, and variety of touches from their school day.
- The transition from routine to free play and change in environment is hard for them.

YOURKIDSTABLE.COM

*My definition of **BRAVE** changed this morning as I watched my child go to school.*

Brave is when any child with a learning disability or any disability gets up and goes to school. Brave is when at that place of learning, it is so hard to learn and understand that they feel so very overwhelmed and isolated, and they know they learn differently from the other learners. Brave is when they face these insurmountable tasks with courage and a smile, most days. Brave is when they come home to hours of homework and do it even though it is hard. Brave is when they cry in their quiet moments because it is just too much, but they keep on going because they know that you have their back!! **I am brave because he is brave. I have to teach him that he can do hard things, & when he does, he becomes BRAVER!!**

Denise White

'After-school restraint collapse' is real. And it might have you feeling like a screaming monster jumped off the school bus.

—But look closer.

It's just a little person who's been juggling endless expectations in a complex environment all day. And they just reached their safe place.

If a bus has its stop sign out it is either loading or unloading a student. It is telling you to stop and look for students. Just STOP, IT'S THE LAW.

This can not be shared enough



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Regarding Homework and
IEPs/504s:

If you are helping your child with homework, always indicate a) how long the assignment took to complete and b) how much parental assistance was needed.

Otherwise, teachers only see a completed assignment.

ADayInOurShoes.com

TEACHERS

PLEASE MAKE SURE YOUR PARAPROFESSIONALS HAVE ACCESS TO AND HAVE READ THE STUDENT'S IEPs. THEY SHOULD BE AWARE OF ALL GOALS, BEHAVIOR PLANS, AND ACCOMMODATIONS.

JOY OF AUTISM

questions you can ask
instead of "how are you?"

"what is something interesting that happened today?"

"have there been any changes in how you're feeling?"

"If you could do any part of today over again, what would it be?"

"what have you been reading/listening to/watching lately?"

"what made you smile today?"

"what would you like to be different tomorrow?"

"how can I make your day easier right now?"

"what has been hardest for you this week?"

"when did you feel appreciated/understood /loved today?"

"what has improved for you today?"

"is there anything you want to talk about from your day?"

"what are you most excited for this week?"

"what did you do to take care of yourself today?"

"what do you wish you did a little less of today?"

"what do you wish you did more of today?"

@sitwithwhit

What is

Assistive Technology (AT)



Any piece of equipment or device used to improve the capabilities of people with disabilities.



Assistive technology can include hardware, software, and peripherals that assist people with disabilities in accessing computers or other information technologies and mobility devices such as walkers and wheelchairs, as well as .

There are several ways to borrow AAC/AT equipment in Washington State. These resources are for educational purposes. This is not an exhaustive list. Inclusion does not signify endorsement.

Washington Relay <https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services> (877)501-2233

Free service that provides full telephone accessibility to people who are deaf, hearing, hard of hearing, deaf-blind, late-deafened, or have a speech disability. Allows text-telephone (TTY) or captioned telephone users through specially trained relay operators.

Center on Technology and Disability <https://www.ctdinstitute.org>

Assistive and instructional technology (AT/IT) allows children across the ability spectrum to participate fully at home, in school, and in the community. The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.

Western WA University-The Ershig Assistive Technology Resource <https://wce.wwu.edu/e-atrc> (360)650-2783

Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12

Washington Assistive Technology Act Program (WATAP) (800)214-8731

Resources and expertise to obtain technology and related services needed for employment, education and Independent living.

Washington Sensory Disabilities Services (WSDS) (800)572-7000

Provail <https://provail.org/> (206)363-7303

Life opportunities for individuals with disabilities. Finding a voice with assistive technology.

Special Education Technology Center <https://specialedtechcenter.com/> (509)

963-3350 Assists with special tech needs of a special education student.

Safe in Home www.safeinhome.com (855)476-6665

Connected technology supporting lifelong learning. How Remote Supports Works: intelligent system integrates multiple technologies and sensors for superior accuracy and real-time 24-hour response.

Text 2 Speech <https://www.text2speech.org/> Text to Speech Converter- FREE

Northwest Augmentative Communication Society (NWACS)

<https://nwacs.info/for-parents>

I found this video helpful in describing Assistive Technology in a special education from Center of Technology Institute Disability

<https://www.youtube.com/user/CTDinstitute>



ACRONYMS TO KNOW AAC EDITION

1 **AT**

Assistive Technology

2 **AAC**

Augmentative & Alternative Communication

3 **SGD**

Speech Generating Device

4 **SLP**

Speech-Language Pathologist

FOR MORE INFORMATION VISIT
NWACS.INFO

Welcome Community Members, Students on
IEPs or 504 Plans & Their Families

*Interested in a Brighter Future -
Looking for Options?*

Resource & Transition Fair

Tuesday, October 8th

5:00pm-7:15pm

Coupeville High School

501 S Main St, Coupeville

Meal provided

Information/resources for individuals with
disabilities and their families as they consider
life in school & beyond

Details - Questions? Contact

Mike Etzell (360)499-5401 Dev. Disabilities

Melissa Casey (360)678-2425 CSD

Susan Armstrong (360)279-5876 OHSD

Luke Hodson (360)221-6808 xt 5131 SWSD

Night to Remember Prom

Sunday,
November
17th



Let's Dance! Night to Remember Prom. Sunday, November 17th

Elks Lodge 1155 NE Ernst St, Oak Harbor

Special Needs Prom for Ages 14 and up. Great opportunity to dress up, dance with friends and have a prom to remember. Become a Queen or King for the Day! Light snacks

SCAN ME

2:00pm-4:00pm RSVP Required



Make Prom extra special for our King & Queens with your new/gently used prom, bridesmaid & homecoming dresses, dapper suits, church clothes, etc.

Donations Needed! Out Your Closet!

Time to Clean Out Your Closet!

Time to Clean Out Your Closet!



Adobe Stock | #270241583

Donation Hours:

9:00-3:00pm

2 Locations: Island County

Human Services 105 NW 1st Street,
Coupeville.

Star Behavioral Consulting

35 SE Ely St, Oak Harbor

SCAN ME



Night to Remember Prom is November 17th at Elks Lodge in Oak Harbor. 2-4:00pm. Ages 14 & up. Scan QR Code to RSVP Questions? Tiffany (360)632-7539 call/text

Donations Requested:

Long, short, big, tall, small, all sizes, shapes and colors.

Variety of fashions.

- ◆ Fancy Dresses, chic casual dresses, skirts, blouses
- ◆ Suits, jackets, slacks, dress shirts, business casual
- ◆ Accessories such as purses/clutch, ties, jewelry, tiaras, hair accessories, etc.



Disclosure: Items will not be returned after donation. This is not a 501(c)3 donation or deduction.

Island County Parent to Parent

Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street, Coupeville, WA 98239

(360)632-7539 call/text

Email: t.wheeler-thompson@islandcountwa.gov



<https://www.islandcountywa.gov/198/Parent-to-Parent>

We have a variety of resource guides on our website:

Island County Disability Resources

- ◆ Island County Disability Resource Guide: *English and Spanish*
- ◆ Island County Autism Resource Guide: *English and Spanish*
- ◆ Island County Autism Spectrum Disorder website in *English and Spanish* <https://www.pilotace.org/>
- ◆ Special Education Resources
- ◆ Island County Behavioral/Mental Health Resource Guide: *English*

Transition Support & Resources

- ◆ Timelines and Checklists
- ◆ IEPs, Services, Planning
- ◆ Developmental Disabilities Administration (DDA)
- ◆ Employment Support
- ◆ Federal, State, & County Resources
- ◆ Legal , Guardianship, Special Needs Trusts/Financial Planning
- ◆ Healthcare, and more

Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email t.wheeler-thompson@islandcountywa.gov. Provide your contact information to ensure a reply.

Camera ` Zoom ` Tap Link

Island County Parent to Parent Website

Island County Parent to Parent Facebook Page

Island County Autism Resources for Families

