

ASK

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Resource Directory



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Member of the Parent to Parent USA Alliance,
Committed to Parent to Parent USA-Endorsed Practices

Adaptive PE Resources

The Center on Technology and Disability has several resources available to help coaches, PE teachers, and activity leaders adapt and modify sports and activities to include everyone.



It is that time again, when alarm clocks go off a little earlier, there is a mad rush to find the missing shoe before the bus arrives, and homework returns. For a family of a child with special needs, the beginning of the year is a critical time for planning the transition back into the school year.

For many children with special needs, transitions of any type can be especially hard. Regardless of the disability, trying to readjust from the carefree days of summer to the structure of a typical school day can be difficult. The key to making it as easy as possible is planning. As parents of children with special needs, we offer several tips.

- Review the previous year's Individualized Education Plan for any possible changes. What has worked and what hasn't? Are there any new strengths or weaknesses that need to be addressed?
- Find trainings in your area to increase your knowledge of special education regulations, rights as a parent, and advocacy techniques. About Special Kids has several [webinars](#) and [online trainings](#) available on Special Education Law and working with the schools. ASK also holds trainings throughout the state. Please visit our website for a calendar of trainings. The calendar is constantly being updated as new trainings are added, so check back often.
- Contact the school to introduce yourself. Discuss any concerns and offer suggestions on what works with your child. Make sure to include all personnel that may have contact with your child such as teachers, principals, therapists, or nurses.
- Review all contact information and forms the school might have on file for your child.
- Remember that ASK can be a resource for you. Our parent liaisons can answer questions that you may have regarding IEPs and working with the schools.

How to Adapt and Modify Your Sport Activities to Include All

Coaches, program planners and administrators can all benefit from this article from Inclusive Sport Design. It covers four frameworks for seeing how to approach inclusive sport design.

Adapted Physical Education Resources for Teacher's Toolbox

The Shape America website offers this Teacher's Toolbox for physical educators who teach students with disabilities. The toolbox provides comprehensive resources for practices and curriculum planning. These resources include activity ideas, templates, and professional development opportunities such as networking.



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Special Education Symposium

Join About Special Kids, INSOURCE, and The Arc of Indiana on September 15th from 10:00 - 3:00 for an informational day for parents of K-12 students with special needs. Cost: \$20 per person - includes lunch for participants. This is being held at Oak Trace Elementary in Westfield,

For more details, complete schedule, and to register, visit www.arcind.org/events

Trending at ASK

Building Bridges: Supporting Families and Self-Advocates Through Engagement

The Bureau of Developmental Disabilities Services has four more Building Bridges events scheduled. Building Bridges events are new opportunities for families and self-advocates to meet and speak with BDDS' state staff. These sessions are an important part of the Bureau's efforts to create direct avenues for individuals and families to share their feedback. These meetings are solely for families and individuals with disabilities to provide a forum for constructive and valuable conversations on successes, concerns, as well as suggestions or input regarding BDDS programs and services.

At each meeting state staff will provide brief updates from the Bureau as well as field questions about services and programs administered by BDDS. It is the desire of BDDS that these meetings will allow for meaningful conversations that result in positive outcomes and stronger relationships. We hope you will consider joining us!

- **August 16:** Allen County Public Library, 900 Library Plaza, Fort Wayne, IN 46802
- **August 28:** Kokomo-Howard County Public Library South, 1755 E Center Road, Kokomo, IN 46902
- **September 13:** Crown Point Community Library, 122 N Main Street, Crown Point, IN 46307
- **September 20:** Easterseals Crossroads, 4740 Kingsway Drive, Indianapolis, IN 46205



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