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### *ASK E-Newsletter / November 2010*



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#### **2010 ASK Trainings**

##### **Roadmap to Special Education: Laws and Process**

Nov. 12th - Merrillville  
Dec. 6th - Richmond

##### **Public Health Insurance; What You Don't Know Can Cost You**

Nov. 15th - Indianapolis  
Nov. 19th - New Albany

##### **My Child Has Special Needs: Now What?**

Nov. 19th - Indianapolis

#### **Preparing for the Holidays**

*HopeLights Holiday Top Five Tips for Children With Special Needs:*

1. Make a Visual Schedule – Many children are used to routine, structure and consistency, but much of this is lost during the holidays. If your child can see it coming for days, hours and minutes before it happens, transitions from place to place or even events in your own home will be more welcoming to your child.
2. Identify “Anchor” or Transition Items – Most children have an attachment to a favorite blanket, stuffed animal, toy or other item. Make sure your child has his or her favorites nearby especially if you are traveling. Let them carry a special bag of their favorite goodies. It is a little piece of home and helps them feel grounded and secure.
3. Establish Warm Up Times and Personal Space Parameters – Holidays bring in visitors or not-so-familiar faces that your child only sees once or twice a year. It is important these visitors give your child time to warm up and re-establish a connection. Great Aunt Betty may not be familiar right away, but she will be rewarded with a warm interaction 20 minutes or so into her visit if Aunt Betty and your child are prepared for the event.
4. Create and Communicate Code Words – Special needs or not, every child hits a melting point. Too many people, too many

Additional trainings are added to our calendar as they are scheduled. To register for a training, visit our website at [www.aboutspecialkids.org](http://www.aboutspecialkids.org)

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### **Coming Soon**

ASK will be hosting a FREE Webinar titled:

#### **What's In It For You - Why Get Your Child On Medicaid Disability**

Watch your e-mail for more information coming soon.

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### **Looking for Something Fun to do over the Holiday Break?**

The Children's Museum and Conner Prairie have the following programs available to qualifying families:

Access Plan Program: This program allows families who qualify the following benefits:

- \$1 admission per family member per visit
- Access to all galleries at the museums
- Free Parking
- Fun, educational experiences for the whole family

To become a member of the Access Program you must be a recipient of the following programs: TANF, Hoosier Healthwise Insurance, Food Stamps.

The application is available at the museum and you must bring your Hoosier Works card (without Visa logo) or Hoosier Healthwise card and a photo ID when applying.

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### **ASK Office Holiday Schedule**

The ASK office will be closed on the

presents, skipping or moving a nap time can lead to the uncomfortable fit. As a parent, we can sometimes see these coming or at the very least we can intervene at the beginning. Talk with your family members before everyone gets together and establish a "Code Word" and ask them to help when you say this word or phrase. It can be as simple as "Houston, we have a problem." By establishing code words with friends and relatives, this lets them know when you and your child need a private moment. You will be amazed how well they understand and cooperate without hurt feelings and it takes the pressure off of you.

5. Set Your Own Expectations in Advance – As parents we sometimes expect too much of ourselves, and put even more expectations on the "perfect" holiday. Remember you are only one person with only one goal, to love your children and ensure they are safe and happy this holiday season. Create your own To-Do lists and schedule plenty of time between events and preparation of visitors so you are not rushing through the holiday, but savoring each moment.

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### **What is the "Medical Home" Concept?**

by: Dr. Susan Conrad

The "medical home" concept is a way of delivering primary care comprehensively and efficiently. It is slowly becoming the new "gold standard" for patient care, and may be coming to your physician's office soon. It is therefore important to understand what to expect and how this concept can improve the quality of healthcare received by you and your family.

Imagine going to a physician's appointment with your child. When you arrive, every member of the medical team (medical assistant, nurse, social worker, clinical educator, physician) knows your name and what you need from the appointment. Communication has been received from any pediatric specialists that your child may have seen over the last few weeks or months. Prescriptions have been refilled. Your physician is ready for you and ready to answer any questions you may have. Physicians and staff will also have the latest information about community organizations for resources and support. If you leave the appointment and think of an important question that needs to be answered, someone from the office is accessible by phone or e-mail.

The idea of a medical home is to have a "team" taking care of patients. Multiple different practitioners lend their expertise to the patient. This can be of great benefit to patients. By having a team take care of them, they can have social, emotional, and educational needs met as well as medical needs. It is a way of taking care of the "whole" person rather than just taking care of medical issues. This could have a large impact on the overall health of the patient and his/her family.

following dates in observance of holidays.

November 25, 2010  
November 26, 2010

December 24, 2010  
December 27, 2010  
December 28, 2010  
December 29, 2010  
December 30, 2010  
December 31, 2010

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## **Family Voices Gala**

You are invited to join Family Voices and the AMCHP in a shared celebration honoring Polly Arango and others who have dedicated their lives to families and children at a Gala dinner on Monday, February 14, 2011 at the Omni Shoreham Hotel in Washington, DC. This fundraising event will benefit both Family Voices and AMCHP.

To purchase tickets and for additional information, please visit [www.familyvoices.org](http://www.familyvoices.org).

Click [here](#) for information and photos from the 2009 Family Voices Gala.

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