



Please consider a year-end gift to ASK. Just a \$50.00 gift from you, will allow us to expand our reach to Indiana's children with special needs.

<http://www.aboutspecialkids.org/Donate-Now.aspx>

The 2015 Training calendar will be available in December

### Protect Yourself This Flu Season

By Erin Khan, MD

The flu is an illness caused by the influenza virus. It causes a variety of ill symptoms, including fevers, cough, sore throat, runny nose, headaches, body aches, fatigue, chills, nausea, vomiting, and diarrhea. Anyone who has ever had the flu knows it is not a fun illness!

Many patients and families are scared of getting the flu. Did you know the dreaded flu season begins as early as September and can last through the beginning of March? Here are ways to protect yourself against influenza.

> **Get vaccinated!** The best prevention against influenza is to get your annual flu vaccine. It's safe and effective. Everyone over the age of 6 months should get a flu vaccine every year!

> Wash your hands!

> Practice healthy daily habits – get plenty of sleep, exercise, and eat a healthy diet to keep your immune system strong.

> Avoid sick people.

> If you are sick, avoid going to school or work until your fever is gone for more than 24 hours.

## Put Your Mask on First

Care for yourself so you can care for others

Suzanne

Whenever we fly on an airplane, we have to listen to boring safety instructions about the importance of an oxygen mask during an in-air emergency. This safety message explains the importance of putting on our mask before assisting our children or anyone else. Of course, the reason for this important instruction is that in the event we do not address our safety first, we may become incapacitated and unable to help anyone else. We will be added to the list of casualties.



Believe it or not, the relationships we have with our significant others can benefit from this message too. When people enter into a loving relationship, it is often a time of great bliss and fun. We have all kinds of friends and can come and go at will. Times are great. As time passes, we may notice that some friends pull away, yet we often find new ones with similar interests. Then, at some point, we may decide to add a child to the mix, which changes the dynamic of our lives dramatically.

Learn more about the flu and flu vaccinations online at <http://www.flu.gov>.

**Congratulations to Family Voices State Affiliate Organizations Awarded Funding as a Community Outreach Collaborative**

<http://www.familyvoices.org/news/latest?id=0358>

The Indiana chapter is one of the grantees.

**Fathers and Families Center  
Fathers of Children with Special Needs: A Call, A Conversation, A Celebration**

November 15

8:00 am – 2:00 pm

Ivy Tech Corporate College and Culinary Center  
2820 North Meridian Street, Indianapolis

<http://www.fatherresource.org/events/special-needs-symposium/>

Registration ends 11/14

Even as parents of a typical child, we often get busy with the schedule of play-dates, sports activities, and everything else on our child(ren)'s social calendar. It can be easy to fall into the trap of focusing primarily on our child's schedule, our work schedules, home responsibilities, and so on over our own needs and those of our spouse. While most families are able to handle all of these things well, others cannot and relationships deteriorate.

Add in a child with special needs, then we can have even more stress and time constraints in meeting their additional needs. In this case, we now need to still try to manage the typical sibling's schedule and keep our child with special needs' schedule of doctor appointments, therapies, medical treatments/surgeries, case conferences, while also navigating insurance issues, answering questions from family/friends, and so on and so on. All the while, we also try to make siblings feel important too.

With all of these responsibilities and focus, it's no wonder we tend to **Forget to Put On Our Mask First**. This writer is guilty of putting energy into all things kid-related and not tending to my spouse's needs and probably more importantly, my own needs, which really should be intertwined with my spouse's happiness and needs, both physical and emotional.

Of course, regardless of whether or not our children are perfectly healthy or have special needs, it's important to ensure that they get all of the love, attention, and adoration necessary and to make sure their medical/behavioral needs are met. That said, we must also realize that if we ignore our best asset – the person that loved us before our child(ren) came to us -- we really do ourselves and our children a grave disservice. In case any of us find ourselves out of sync with our partner, we need to know that if we can reclaim and maintain a strong loving relationship with our significant other, our children will certainly benefit. Reclaiming our relationship can start with something as simple as taking the time to go do what s/he likes, even if it wouldn't be our first choice or preferred activity, or doing nothing at all other than being together as friends and intimate partners!

It isn't always easy, but we have to be deliberate and intentional in maintaining and sometimes reclaiming a strong relationship with our significant other. Always remember to **Put Your Mask on First!** It's okay to take this first step each day so that we are better able to care of all those we have in our charge.

So, where to start? Here are a few suggestions to consider.

- Take over all the duties of the children from time-to-time to allow your spouse to go out with a friend, then, ask them to do the same for you. This will allow each of you to unplug for a bit - you will be amazed how just a couple of hours of doing something for yourself can do for everyone under your roof.
- Contact About Special Kids, We can help you find resources for respite and childcare, whatever fits your needs best.
- Check out the book, *Married with Special-Needs Children: A Couples' Guide to Keeping Connected*, by Laura E. Marshak
- Check out the video, *Caregiving: First, Put On Your Own Oxygen Mask*: <http://vimeo.com/76072471>

- Visit the Caregiver Action Network (<http://www.caregiveraction.org>) for additional information and resources.
- Check out the Sibling Support Project, <http://siblingsupport.org/>



## Have a very Happy Thanksgiving

### State-wide Holiday Assistance Resources from 211 ([www.211.org](http://www.211.org))

2-1-1- offers a searchable database of programs and services that is accessible here: <http://www.referweb.net/c2h/Search.aspx>. It is imperative for families seeking holiday assistance to start investigate programs now, as many of them have limited application periods that occur in mid-late October and/or early-mid November. \*If you do not have internet capability to access these live links, please call 2-1-1 from any phone and request information on the available resources under these categories, as applicable and of interest to your family.

#### **Thanksgiving:**

[Thanksgiving Baskets](#)

[Thanksgiving Meals](#)

#### **Christmas/Other Seasonal Holidays:**

[Holiday Adoption Programs](#)

[Holiday Cash Grants](#)

[Holiday Gifts/Toys](#)

[Holiday Donations](#)

[Christmas Baskets](#)

[Christmas Meals](#)

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## DDRS

The Family and Social Services Administration's Division of Disability and Rehabilitative Services (DDRS) and the Office of Medicaid Policy and Planning (OMPP) are drafting the renewal application for the Family Supports (FSW) Waiver and are requesting comments on the draft renewal.

The renewal application must be submitted to the Centers for Medicare and Medicaid Services (CMS) no later than December 31, 2014. DDRS has posted a draft of the FSW renewal, Draft ID # IN.007.03.00, for review and comment, on the [Draft Polices for Public Comment webpage](#).

Proposed changes within the FSW Draft IN.007.03.00, are detailed in the major changes section at the beginning of the draft, highlights include:

Extended Services is being proposed as a service that will provide ongoing employment supports which will enable an individual to maintain integrated competitive employment in a community setting. Extended Service will replace the existing service definition for Supported Employment Follow Along (SEFA). Because Extended Services includes many work and community based training and support options, DDRS has removed the option to also receive Pre-Vocational services at the same time as Extended Services. DDRS believes that the allowable activities within this new definition will provide for individuals to receive training on the skills they will need to maintain their job and thrive in the community. The definition of Extended Services has been broadened, from the past definition of SEFA, to ensure that vocational skills training can be provided away from the job site and at times in small groups. Additionally, with changes that are occurring within the Vocational Rehabilitation (VR) program, the options for skill development to obtain employment are readily available for teams to utilize through the VR program. DDRS acknowledges that there are many individuals who will utilize this service who are currently receiving Pre-Vocational services and these individuals will remain in both services for a six to nine month transition period so that DDRS, case managers, participants and families can work together to adjust plans of care.

DDRS posted Home and Community-Based Services Waiver (HCBS) Transition Plan for public comment within the FSW waiver renewal. Participant-Centered Planning and Service Delivery – reflects current practice and expectations as well as clarification of roles Risk Assessment and Mitigation - clarified that the Individualized Support Team determines the party or parties responsible for development of risk plan(s) Added clarifications recently requested by CMS during the Community Integration and Habilitation Waiver Renewal process The removal of references to “mental retardation” replaced with “Individuals with Intellectual Disabilities (IID)”

Details on FSSA as the single state Medicaid Agency and the current roles and revised organizational structure of the State Medicaid Agency.

Comments and suggestions will be received for a period of 30 days, ending on December 7, 2014, and may be emailed to [DDRSpolicies@fssa.IN.gov](mailto:DDRSpolicies@fssa.IN.gov) or submitted in writing to:

DDRS Policies – MS 18  
c/o The Division of Disability and Rehabilitative Services  
PO Box 7083  
402 W. Washington St., Rm. W451  
Indianapolis, IN 46207-7083

The DDRS is a program of the Indiana Family & Social Services Administration. If you have questions about DDRS programs and services, visit us online at [DDRS.IN.gov](http://DDRS.IN.gov).

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## **Indiana’s Vocational Rehabilitation**

**launches #Work4LifeIN campaign**

Indiana’s Vocational Rehabilitation (VR) program is launching the #Work4LifeIN campaign to raise awareness through social media about the importance of employment for individuals with disabilities throughout the state. This campaign will give young people with

disabilities the opportunity to tell fellow Hoosiers why working is important to them and how it improves the quality of their life.

The young Hoosiers in the program will be encouraged to help the Indiana VR program spread the word that Hoosiers with disabilities are ready and able to work by becoming part of the **#Work4LifeIN** campaign in one of these ways:

\*Follow [@IndianaVR](#) on Twitter

\*Visit [the new #Work4LifeIN homepage](#) to download and print the **#Work4LifeIN** sign, and

\*Post photos and videos to your Twitter, Facebook and Instagram accounts using the hashtag **#Work4LifeIN**.

Vocational Rehabilitation is a program within the Family and Social Services Administration that works with individuals with all disabilities to assist them in achieving their employment goals.

Tel: (317) 257-8683

Toll Free: (800) 964-4746

Fax: (317) 251-7488

Email: [familynetw@abousspecialkids.org](mailto:familynetw@abousspecialkids.org)