



## July 2016 ~ E-Newsletter



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### Back to SCHOOL - Time!!

By Andrew VanGordon – About Special Kids' Development & Marketing Manager



It is so true that time does fly when you are having fun, double that speed when you have children, and can we say triple it when you have one of them with special needs. It is already time to get the kids and ourselves in school mode. My kids have less than 3-weeks to go until school begins.

As a parent of a child with special needs, I realize there is much to think about as we transition from summer break back to a school schedule. It is important that everyone both at school and home are on the proverbial same page.

We strive to make sure there is a clear channel of communication between everyone involved with our son's education and care. Admittedly, my wife is the person most of the teachers and homecare staff contact with any questions or concerns. However, we have established with the school and homecare staff to always CC me so I am aware of what is happening. We also ask them to use either email or text so everything is in writing to keep for reference rather than relying on many times tired brains for memory of a phone conversation.

Use this link for some nice tips to make your transition a little less stressful. <http://www.friendshipcircle.org/blog/2011/08/15/11-tips-for-a-less-stressful-school-year/>

I hope you enjoy what is left of your summer and the transition back to school is smooth.

## UPCOMING WEBINARS

### Work Incentives – Helping People with Disabilities Prepare for Work

Work Incentives Planning assists people with disabilities who receive Social Security benefits to determine the effect that employment earnings will have on their benefits and identify possible resources in their pursuit of employment goals. This information may open windows of opportunity which may allow you to earn more and reach those goals.

This webinar will help you understand how work affects a variety of benefits including Medicaid, SSDI, SSI, and other state and federal benefits.

When: July 14, 2016  
10:30 a.m. – 11:30 a.m. EST

Presenter: Kendra Berry - Supervising Community Work Incentives Coordinator, Aspire Indiana Works

### Schools Billing Medicaid: The Who, What, When and Why

In accordance with both Medicaid and Education laws and rules, a public school district may access a student's public insurance benefits (Medicaid) to help fund the costs to provide IEP-required health-related services to that student. This webinar will help answer questions as to when and why the schools can bill Medicaid, what services are covered, and how this affects the family's benefits.

When: August 2, 2016  
11:00 a.m. – 12:00 p.m. EST

Presenter: Tracy Brunner -  
School-based Medicaid Specialist, Indiana Department of Education

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# ASK & Learn

## for Families

ASK & Learn is a community based setting where Indiana families of children with special needs (regardless of diagnosis) can get their questions answered by About Special Kids' parent liaisons.

### Bring your own questions

**Dates:** Friday, July 16 ~ 10:30 am – 12:30 pm  
Wednesday, July 20 ~ 10:00 am – Noon

**Location:** ASK Office

7172 Graham Road ~ Suite 100  
Indianapolis, IN 46250

**Space is limited**  
**Registration is required**

**To Register Call 317.257.8683**

Children cannot be accommodated

**Food and Drink Allowed**

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### **Trending at ASK**

#### **Caregiver Support Services Sign-Up Began July 1**

Families can renew their application or apply for Caregiver Support Services (CGS), starting July 1.

Limited funds are available for Caregiver Support Services and funds are available on a first come, first served basis.

The fiscal year for CGS begins July 1, 2016 and ends June 30, 2017, and renews on July 1, 2017. The hours are given out first come, first served, through local BDDS offices. Some districts do run out of funds.

CGS are *not* available to the primary caregiver if the individual is receiving or begins to receive other services from the Bureau of Developmental Disabilities Services (BDDS) or programs such as (but not limited to) Medicaid Waivers, Vocational Rehabilitation Services, First Steps, CHOICE.

#### ***What is Caregiver Support Services?***

- Short-term relief period for the primary caregiver provided in the primary caregiver's and individual's home or a non-private residential setting (i.e., a "respite home").
- Providers must be selected from an approved CGS picklist.
- The provider will provide the trained staff to supervise the eligible individual(s).
- Staff can do the following activities:
  - assistance with toileting and feeding
  - assistance with daily living skills, including accessing the community and community activities
  - assistance with grooming and personal hygiene
  - meal preparation, serving and clean up
  - medication administration
- Staff cannot do the following activities:
  - completion of routine household chores
  - caring for non-CGS approved persons
- Staff cannot be the parent, spouse or primary caregiver of the individual receiving CGS.
- Staff cannot be an adult that also resides in the same residence as the individual receiving services.
- Staff cannot be used while the primary caregiver is at work.
- Staff cannot use his/her own home as the place to provide CGS.
- CGS cannot pay for the cost of registration fees or the cost of recreational activities, such as camp, etc.
- CGS cannot be used to pay for rent, food or other household costs.



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#### **Summer Time Safety**

Andrew Ellis, MD, PGY-2, Pediatrics  
Indiana University School of Medicine

Summer is here, schools are out, and the days of sun, heat, and humidity have arrived as well. Summertime is a great time for children to participate in outdoor activities, such as swimming, riding a bike, and participating in camps. Here are some tips to help make sure they stay safe and get the maximum enjoyment out of these activities.

**Sun Safety** – Sunburns are not only painful but in the long term they increase the risk for skin cancer. The American Academy of Pediatrics (AAP) recommends protective clothing (long sleeves, hats, sunglasses) and avoiding the sun between the hours of 10am and 4pm. However, this may not always be feasible, so in light of keeping areas covered, the AAP recommends at least SPF 15 sunscreen (about 1oz per sitting for a young adult) and reapplying every 2 hours or after swimming or sweating.

**Pool Safety** – Swimming is a popular summer activity and a great way for kids to get exercise as well. However, it is extremely important to supervise children closely to avoid drowning and near-drowning events, as close supervision by an adult around any pool or body of water is the best way to prevent drownings. Avoid inflatable swimming aids (“floaties”) as these can provide a false sense of security for young children and are not a replacement for approved life jackets.

Many people ask about swim lessons, and studies have shown that children over 1 may be at lower risk of drowning if they have had some formal swim instruction; however, this evidence does not exist for children under 1. Enrolling your child into a swimming program should be on a child-by-child basis and take into account your child’s physical abilities and developmental readiness. Any swim training does not “drown-proof” a child of any age.

**Heat Stress** – Infants and young children do not regulate their body temperature as well as older children, but even older children are at risk for heat stroke, a dangerous illness due to overheating. Make sure never to leave children inside of a car, even with the windows down as this can lead to overheating and death. For older children, make sure they stay well hydrated and wear light clothing when exercising outdoors during heat, and when temperatures reach critical levels avoid outdoor strenuous activity lasting greater than 15 minutes.

Hopefully these tips help keep you and your family safe this summer! The Riley Safety Store sells many seasonal safety items at cost and is a great resource, please visit them at [www.safetystore.iu.edu](http://www.safetystore.iu.edu). For more information about summer safety, visit [www.healthychildren.org](http://www.healthychildren.org) and search “summer safety”.



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### Arts for All Fest



Join ASK as we partner with ArtMix and other area non-profits for a free, family-fun event, Arts for All Festival, on July 20, from 4:00 – 7:00 pm, at the ArtMix offices, 1505 N. Delaware Street, Indianapolis, IN 46202. We applaud the work of ArtMix and look forward to participating again this year.

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