

**Children's  
Specialized  
Hospital**



# Family Centered Events, Information & Resources

*Created for Families, by Families.*



# Our Toms River Outpatient Center is Now Open!



## Welcome to our NEW Toms River Outpatient Center

Located at **1251 Highway 37 West Toms River, NJ 08755**

**Therapy Services:** Physical Therapy, Psychology, Occupational Therapy, Rehabilitation Technology and Speech & Language Therapy

**Medical Services:** Developmental & Behavioral Pediatrics and Psychiatry

Children's Specialized Hospital is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges — from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health.

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### Children's Specialized Hospital Locations

**New Jersey (Outpatient):** Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, New Brunswick, Newark, Somerset, Toms River, Union, West Orange

**California (Outpatient):** San Diego

**New Jersey (Inpatient):** New Brunswick

**New Jersey (Long Term Care):** Mountainside and Toms River

Call **1-888-CHILDREN** or visit **[www.rwjbh.org/childrensspecialized](http://www.rwjbh.org/childrensspecialized)** to learn more





# Special Needs Primary Care

We understand the complexities of raising a child with special healthcare needs. Our Special Needs Primary Care is proud to provide children with special healthcare needs, and their siblings, outstanding family-centered healthcare.

## **As Your Medical Home, we will:**

- Take care of your child when he or she is sick
- Help you plan your child's care and set goals for their care
- Discuss any testing or treatment that your child needs
- Coordinate care with you and other care providers
- Partner with you to help you live well and stay well

**Two Locations in Hamilton, NJ and Union, NJ**

[Click here to learn more.](#)

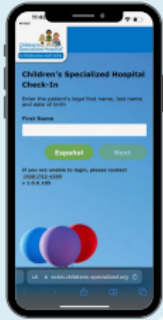


# Check-in From Home Program

## How to Check-in From Home on your smartphone or tablet:

### Sign In

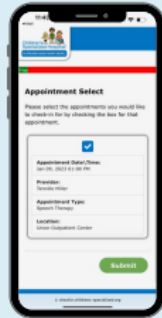
Enter child's first and last name, along with their date of birth.



1

### Register

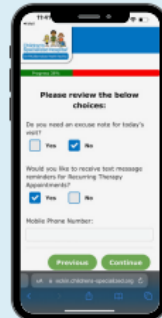
Select the appointment you would like to check in for.



2

### Answer Prompts

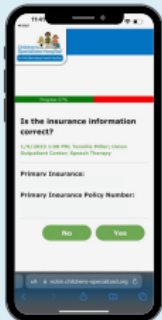
Answer the two following questions and enter your mobile phone number.



3

### Insurance

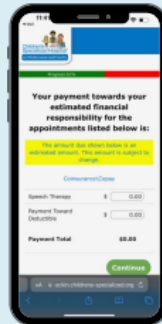
Confirm your insurance information is correct as you see on the screen.



4

### Copayment

Review and pay your coinsurance/ copay.



5

### Registration Complete

Upon arrival check in at the registration desk to be directed to the appointment.



6

Scan for  
FAQs



Did you know that you can quickly check-in for your child's outpatient appointment from home?

Through our Check-in From Home Program, Children's Specialized Hospital offers patients/families a simple way to check-in and make payments from the comfort of your home



# Does Your Child Struggle to Understand the Emotions of Others?



## If your child:

- has sustained a traumatic brain injury (TBI) at least 1 year ago
- is between the ages of 9-17 years old
- is experiencing difficulties in understanding others emotions
- has no other neurological illness
- is able to speak and read English fluently
- is able to use a computer

They may be eligible to participate in a new study investigating whether an emotional processing program can improve the interpretation of others emotions in children and adolescents following traumatic brain injury (TBI).

## Requirements:

- 45 minute screening evaluation for full study inclusion.
- 8 weeks total of participation broken down in the following:
- **Week 1:** 3-hour visit for paper-and-pencil tests and questionnaires.
- **Weeks 2-7:** 45-60 minute sessions twice per week for six weeks, during which your child has a 50/50 chance of either undergoing experimental treatment for processing emotions or participating in computer exercises.
- **Week 8:** 3-hour visit for paper-and-pencil tests and questionnaires.

This study can be completed entirely remote! Testing will take place using a HIPAA compliant online platform.

**Participants who complete this study will receive \$300 for their time.**

## For more information, please contact:

Clarice Bourland

Kessler Foundation

973-323-3678, [cbourland@kesslerfoundation.org](mailto:cbourland@kesslerfoundation.org)



# Need Medical Equipment or Have Some to Donate

## Did you know...

**The Medical Equipment Ministry collects and donates a variety of medical equipment at no cost to you!**

### How does it work?

The Ministry collects medical equipment donations and makes them available to those in need. The equipment is given out at no cost, for as long as it is needed. Simply return it or pay it forward and you are done.

### What type of medical equipment is available?

Hospital beds, wheelchairs, scooters, motorized wheelchairs, crutches, canes, walkers, commodes, lifts, adult diapers, shower seats, bed rails, rolling tables, transport chairs, and more.

**For more Information please contact  
the Medical Equipment Ministry:**

**ppch.org**

**908-396-6057**

**279 U.S. 202**

**Bedminster, NJ 07921**



*Children's Specialized Hospital does not endorse any commercial products or services.*





# Necesitas Equipo Medico O Tienes Algo Que Donar?



## Sabias Que...

**El Ministro de Equipos Medicos recoge y dona una variedad de Equipos Medicos sin costo para usted!**

## Como Funciona?

El ministro recauda donaciones de equipos medicos y las pone a disposicion de los necesitados. El equipo se entrega sin costo alguno, durante el tiempo que sea necesario. Simplemente devuelvelo o pagalo y listo.

## Que Tipo de Equipo Medico esta Disponible?

Camas de hospital, sillas de ruedas, scooters, sillas de ruedas motorizadas, muletas, bastones, caminantes, equipo basico para ir al bano, ascensores, panales de adultos, sillas de ducha, barandillas de cama, mesas rodantes, sillas de transporte, y mas.

**Para mas Informacion Comuniquese con  
Ministro de Equipo Medico:**

[ppch.org](http://ppch.org)

908-396-6057

279 U.S. 202  
Bedminster, NJ 07921



# Research Studies

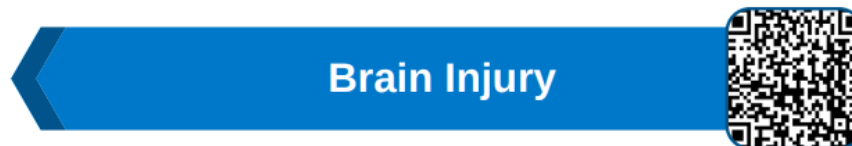
## *at Children's Specialized Hospital*

The Research Center at Children's Specialized Hospital strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and adolescents.

View our current research studies in any of our five core areas by scanning the codes below with your mobile device or tablet.



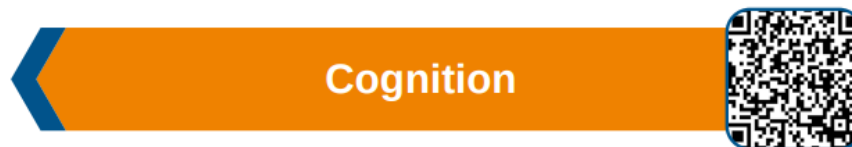
Autism



Brain Injury



Chronic Health Conditions



Cognition



Mobility





# Friday Night Fever!

**WHAT:** A social group for teens ages 13-21 years old

**When:** Friday nights

**Register:** [CSH.recdesk.com](https://www.csh.recdesk.com) or call **908-301-5548**

Friday Night Fever is a membership-based social program for teens and young adults. This program provides monthly events virtually, on site and in the community to promote independence. Status of virtual/in-person events coincides with the CDC and CSH guidelines at the time of the events. All new applicants must trial to insure they're an appropriate fit. The current annual fee is \$150.

## **Friday Night Fever offered in Mountainside area within 30 minutes surrounding:**

Children's Specialized Hospital  
150 New Providence Road  
Mountainside, NJ 07092

## **Friday Night Fever offered in Toms River area within 30 minutes surrounding:**

Children's Specialized Hospital  
94 Stevens Road  
Toms River, NJ 08755



# CSH Activity Connection (in English)



Scan this code with your smartphone or tablet to view program offerings, access calendars, and register for events.

## Activity Connection



Activity Connection provides recreational, sports and social activities for children, teens and young adults with diverse abilities. Our programs create an ideal environment for participants to make new friends and enjoy new experiences. All programs are led by Children's Specialized Hospital's therapists, certified program instructors, coaches and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

### Register for programs today!

Register online:  
[csh.recdesk.com](http://csh.recdesk.com)

Register over the phone:  
800-301-5518

[activityconnection@childrens-specialized.org](mailto:activityconnection@childrens-specialized.org)

### Program Opportunities:

#### In-person Recreation Programs

- Court Sports, Social Club, Individual Aquatics, Play Times and Teen Nights.

#### Virtual Recreation Programs

- Weekly Zumba and Yoga
- Monthly Musical Me!

#### Summer Camps

- Camp Pal's Paradise and Camp Chatterbox





# CSH Activity Connection (in Spanish)



Escanee este código con su teléfono o tableta para ver las ofertas de programas.

## Activity Connection



Activity Connection ofrece actividades recreativas, deportivas y sociales para niños, adolescentes y adultos jóvenes con diversas habilidades. Nuestros programas crean un ambiente ideal para que los participantes hagan nuevos amigos y disfruten de nuevas experiencias. Todos los programas están dirigidos por terapeutas recreacionales, personal de recreación comunitaria y voluntarios del Children's Specialized Hospital y instructores certificados del programa, que brindan actividades seguras y apropiadas para la edad en un ambiente inclusivo y divertido.

### Registrar aquí:

[csh.recdesk.com](http://csh.recdesk.com)

908-301-5548

[activityconnection@childrens-specialized.org](mailto:activityconnection@childrens-specialized.org)

### Opciones virtuales y presenciales!

#### En persona:

- Court Sports, Social Club, Individual Aquatics, Play Times y Teen Nights!

#### Híbrido y Virtuales:

- Híbrido Zumba y Yoga
- Virtuales mensuales Musical Me!

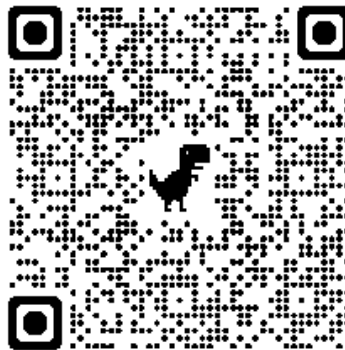
#### Campamento:

- Camp Pal's Paradise and Camp Chatterbox



# New Support Corner for Parents

## Children's Specialized Hospital's NEW Support Corner for Parents & Caregivers



The CSH Family Advisory Council has created an online support corner for parents and caregivers of children with special healthcare needs. This page provides access to blogs, resources, support groups and monthly events to ensure families have the support they need on their healthcare journey. Check out all the page has to offer below and visit [rwjbh.org/cshsupportcorner](https://rwjbh.org/cshsupportcorner) to learn more.



# Swimming on the Spectrum

by [Ocean County YMCA](#)

## 1 on 1 Swim Lesson

The Ocean County YMCA is proud to offer our Adaptive Swim Program-SWIMMING ON THE SPECTRUM. Classes are open to children and adults with intellectual and/or physical disabilities.

SWIMMING ON THE SPECTRUM is an ABA (Applied Behavior Analysis) inspired adaptive water safety/swim program for children and adults on the autism spectrum. The program offers an individualized curriculum, meeting each swimmer at their ability, as they work toward mastering water safety skills. Our Adaptive Swim Classes are designed to give each and every person the skill and knowledge to be safe in and around the water, but most importantly, to have fun and enjoy!

**Ages** Child to adult

**Registration** \$25 per scheduled lesson

**Contact to Schedule** Daniel Giacin, Autism Programming Director, 732-341-9622 ext. 2278  
dgiacin@ocymca.org





# NJDOE's Transition Toolkit

## New Webinar Alert!

Special Education Webinar Series The Arc of New Jersey Family Institute Transition planning begins at age 14 when the student and their IEP team start to discuss long term goals of postsecondary education, employment, and daily-living skills.

These services should always be a combination of in-class instruction and community-based experience aimed at helping a student achieve their long-term goals. This presentation will provide an overview of the resources available through the New Jersey Transition Toolkit located on the NJ Department of Education website. The Transition Toolkit can help parents and professionals understand their role in preparing children for life after high school and also contains information about state agencies that can assist in transition.

Register [Here](https://bit.ly/doetransitionwebinar): [bit.ly/doetransitionwebinar](https://bit.ly/doetransitionwebinar)



# Tips for Families for Preschool Disabled

## page 1 of 4



There are many benefits to getting a jump start on your child's development. We are fortunate to have in the State of NJ through our public school districts wonderful programs for children who need some extra help.

This is the perfect opportunity for you to participate in your child's education from the start. If you, your child's doctor, or therapist have concerns about your child's development, your child may receive a free evaluation in their local school district to determine if they are eligible for free special education services during the preschool years.

The Individuals with Disabilities Education Act (IDEA) –identifies which children are eligible to receive Preschool Special Education services.

There are two sets of criteria:

### 1) Age Requirements:

To receive Preschool Special Education services, your child must be at least three years old.

Preschool Special Education services may continue until your child enters or is eligible to enter kindergarten.

2) Requirements Related to Disability: In addition to the age limits, to receive Preschool Special Education services, your child must (1) have a disability; AND (2) need special education and related services because of the disability. (N.J.A.C. 6A:14-1.1 General Requirements)



# Tips for Families for Preschool Disabled

## page 2 of 4

### **Steps to Follow:**

Contact your local school district to find out the name and address of the Director of Special Services or the Supervisor of Special Services.

Write a short letter expressing your concerns for your child. (Sample template on back)

Mail, email, or personally deliver the letter to your school district. Keep a record of the person and date of when the letter was received.

If you do not hear from the district within the 20 calendar days call the Special Education Department and the local district and ask for the status of your request. \*School Districts have 20 calendar days (N.J.A.C:-2.3 Parental, Notice, Participation and Meetings) from the time of receiving the letter to get back to you.

### **Positive Tips for Partnering with your School District:**

- Share your child's story.
- Be your child's cheerleader and celebrate the successes
- Good Communication is key.
- Enjoy your child and celebrate their achievement in transitioning to pre-school.



# Tips for Families for Preschool Disabled

## page 3 of 4 - in Spanish

### Consejos para las familias de personas con discapacidades en edad preescolar

Son muchos los beneficios de comenzar a tratar el desarrollo de su hijo/a. En el Estado de Nueva Jersey tenemos la suerte de contar con maravillosos programas para los niños que necesitan ayuda extra, a través de nuestros distritos de escuelas públicas. Es la oportunidad perfecta para participar de la educación de su hijo/a desde el comienzo.

Si usted, el médico de su hijo/a o el terapeuta tienen dudas sobre su desarrollo, puede realizar una evaluación gratuita en su distrito escolar local para determinar si puede recibir servicios gratuitos de educación especial durante los años de preescolar.

La Ley de Educación para Personas con Discapacidades (IDEA) identifica qué niños son elegibles para recibir servicios de educación preescolar especial.

#### **Hay dos grupos de criterios:**

- Requisitos de edad: Para recibir servicios de Educación especial preescolar, el niño debe tener por lo menos 3 años de edad. Los servicios de educación preescolar especial pueden continuar hasta que el niño comience o sea elegible para comenzar el jardín de infantes.
- Requisitos relativos a la discapacidad: Además de los requisitos de edad, para recibir servicios de educación preescolar especial, el niño debe (1) tener una discapacidad; Y (2) requerir educación especial y servicios relacionados debido a dicha discapacidad. (Código Administrativo de Nueva Jersey [N.J.A.C., por sus siglas en inglés] Sección 6A:14-1.1, Requisitos Generales)



# Tips for Families for Preschool Disabled

## page 4 of 4 - in Spanish

### **Pasos a seguir:**

Comuníquese con su distrito escolar local para averiguar el nombre y la dirección del director o supervisor de servicios especiales.

Escriba una breve carta en la que describa las preocupaciones que tiene sobre su hijo/a. (Modelo en el reverso)

Puede enviar la carta al distrito escolar por correo, e-mail o entregarla personalmente. Registre quién recibe la carta y en qué fecha.

Si no tiene respuesta del distrito dentro de los 20 días corridos, llame al Departamento de Educación Especial y al distrito local y pregunte por el estado de su solicitud. \*Los distritos escolares tienen 20 días corridos (N.J.A.C: 2.3 Padres, notificaciones, participación y reuniones) a partir del momento en que reciben la carta para ponerse en contacto con usted.

### **Sugerencias positivas para colaborar con su distrito escolar:**

- Comparta la historia de su hijo/a.
- Aliente a su hijo/a y celebre sus éxitos.
- La buena comunicación es clave.
- Disfrute de su hijo/a y celebre el logro de pasar a preescolar.





# Research Opportunity for Kids & Teens at Kessler Foundation



Scientists are researching whether an emotional processing program can improve the interpretation of others' emotions in children and adolescents following TBI.

## Who is Eligible

- Adolescents who are 9-17 years of age
- Has sustained a Traumatic Brain Injury at least 1 year ago

## Where

- This is a completely virtual study taking place using a HIPAA compliant online platform such as zoom health

## Compensation

You will be compensated \$300 in total for completing this study. \$100 will be compensated after completion of baseline testing and \$200 will be compensated for completion of follow up testing after the 12-week intervention.

If you have any questions or you think an adolescent may be a good candidate for this study, email [jleddy@kesslerfoundation.org](mailto:jleddy@kesslerfoundation.org) or call 973-324-8429.

[Click Here to Learn More](#)



# Project SEARCH Applications Now Available



## Mission to Transition - Project SEARCH Applications Now Available

Project SEARCH is a one-year, intensive employment skills training program based inside Overlook Medical Center in Summit, NJ. Students spend an entire school year on-site at the hospital rotating through three different internship experiences. They also receive 90 minutes of classroom-based instruction per day on topics related to employability and independent living. Students are strongly encouraged to take public transportation to and from Overlook, and the program offers comprehensive travel training the summer before the program begins in collaboration with the NJ Travel Independence Program at Rutgers.

Project SEARCH is accepting applications on a rolling basis. We will schedule interviews with students and their families after all application materials are received.

To learn more about SEARCH visit:  
<https://projectsearch.us/transition-to-work/>

**For questions, please reach out to Josh Bornstein at [jbornstein@ucesc.org](mailto:jbornstein@ucesc.org)**





# Open Play at LifeTown in Livingston NJ

**FAMILY FUN**  
at LifeTown

**OPEN PLAY**

AGES 1-15

**\$10**  
per participant

*Parents/Guardians must remain with their children at all times.*

*Does NOT include LifeTown Shoppes*

**Sundays**  
10:00am-12:00pm

- Art room
- Gym
- Playground
- Sand room
- Sensory room
- Movie **11:00-11:25am**

Pre-registration is required at  
[www.LifeTown.com/familyfun](http://www.LifeTown.com/familyfun)



Sundays, 10:00am-12:00pm  
Mondays, 10:00am-12:00pm  
Tuesdays, 2:30-4:30pm  
Thursdays, 2:30-4:30pm

**TO REGISTER**



# Virtual - Together in Song

Do you love to sing? Find the music in you! Together in Song is an all-inclusive community choir designed for individuals with or without disabilities. Sessions will take place online every Sunday at 2 PM. To register, get the song list and Zoom link, please email [Together.in.song.CC@gmail.com](mailto:Together.in.song.CC@gmail.com)

This event is sponsored by the Camden County Board of Commissioners for individuals with disABILITIES and special needs. If you are interested in participating in any of these activities or know someone who might be, please contact Karen Weidner at [karen.weidner@camdencounty.com](mailto:karen.weidner@camdencounty.com) or by phone at 856-216-2127.

## VIRTUAL MEETING

Please visit the website for recurring dates

<https://www.camdencounty.com/events/>



Making It Better, Together.



# Santa's Coming to Town

Association For Special Children And Families

## Santa's Coming To Town!



*Children of all ages & abilities & their family members are invited to meet Santa at The Almond Branch Church & Resource Center in a sensory-friendly environment.*

**Saturday Dec 2nd**

**12:15-2:15PM**

The Almond Branch Church  
184 Marshall Hill Rd. West Milford,  
NJ 07480

**Parent Please Bring Small Wrapped  
Gift For Santa To Give To Your Child**  
Arts | Crafts | Singing | Gifts | Friendship  
Light Lunch

**RSVP Call/Email**  
**973-728-8744**  
**julie.ascfamily@gmail.com**

**Saturday**  
**Dec 2<sup>nd</sup>**

**Location:**  
**184 Marshall Hill Rd**  
**West Milford, NJ**





# Hudson County Transition Conference & Resource Fair



**SAT DEC 16 2023**

**AT 08:30 AM TO 01:30 PM UTC-05:00**

**County Prep High School | Jersey City**

Join Us For This FREE Conference!

## About this Event

Please join the Hudson County Office of Disability Services along and heightened independence & progress (hip) and the Jersey City Public Schools as we present a workshops and speakers designed to address the needs of students transitioning from high school to adult life.

**When:** County Prep High School, 525 Montgomery Street, Jersey City, NJ 07302

**Time:** 8:30 a.m. - 1:30 p.m.

**Who Should Attend:** Students with Disabilities, Parents, Caregivers and Professionals to gain an understanding of service options that may be available through State, County and local agencies for students upon graduation

**Cost:** FREE!!! Event will include breakfast and lunch. Free transportation is available, if needed. Free parking at event location.



# Epic Gymnastics Gym Party

Join us for lots of jumping, bouncing, and tumbling for children and young adults (of all ages) with autism at Epic Gymnastics. This facility has trampolines, foam pit, inflatable obstacle course and more! Siblings included. Drinks and snacks will be provided. Free for current POAC members, \$20 per family for non members. Current members can call or email POAC at [info@poac.net](mailto:info@poac.net) for the promo code to bypass the fee.

**Date:** 9-10-23, 10-19-23, 11-19-23, 12-10-23, and 1-7-2024

**Time:** 11:00am - 1:00pm

**Where:** Epic Gymnastics 2351 NJ Highway 34 Manasquan, NJ

POAC events are safe, welcoming environments where our children can be themselves in a non-judgmental setting. Please note that NJAW (New Jersey Autism Warriors) events require that you join the NJAW Facebook group (open only to parents/guardians of children and adults with autism).

You must register to attend all events.

[Click for all dates and to register](#)



# Epic Gymnastics Gym Party



## PROTECTING YOURSELF FROM CYBER SCAMS

**MONDAY, DECEMBER 4, 10AM TO NOON**

Cybercrimes are more common than you might think. Join officers from the Hamilton Police Department and the US Secret Service to learn how to protect yourself from Cyber Scams. Light refreshments will be provided.



RWJ Fitness & Wellness Center  
3100 Quakerbridge Rd, Hamilton  
Township, NJ 08619

For more information or to register, call the  
health connection at 609-584-5900 or visit us  
online at [rwjbh.org/HamiltonPrograms](http://rwjbh.org/HamiltonPrograms).

Classes, events and programs are in person, unless otherwise noted, are limited in size and on a first-come, first-serve basis. This program is sponsored by RWJ University Hospital Hamilton, Community Education, Community Health.

**RWJBarnabas**  
HEALTH

Robert Wood Johnson  
University Hospital  
Hamilton

Please join us as RWJUH Hamilton welcomes the Hamilton Township Police Department and the United States Secret Service for a special event on how to protect yourself from cyber crimes.

Cyber Crimes are more common than you might think! This program will allow the Hamilton Township Police and the US Secret Service to share their knowledge and expertise, to help keep you safe and on the lookout for cyber criminals.

Light refreshments will be provided.

[\*\*CLICK HERE TO REGISTER FOR THE PROGRAM\*\*](#)

[\*\*CLICK HERE TO DOWNLOAD THE FLYER\*\*](#)



# Parent Support Group



Calling all parents of children (of any age) with autism. Join POAC for a monthly support group meeting to meet other parents and share the challenges and joys of raising our special children and young adults. Dinner will be served. Parents of children with ASD only please.

**Date & Time: 9-11-23 7:00pm - 9:00pm LT's Pizzeria 399 Dover Rd, Toms River, NJ**

**Date & Time: 10-9-23 7:00pm - 9:00pm LT's Pizzeria 399 Dover Rd, Toms River, NJ**

[To Register](#)



# Calling all Young Adults with TS



Today's Challenge, Tomorrow's Strength: A Support Group for Parents of Children with Tourette & Tic Disorders

The monthly NJCTS support group is an avenue for parents who are new to a tic disorder diagnosis to seek support and guidance from parents who have more experience, as well as an opportunity for parents with more familiarity in coping with a diagnosis to also learn and seek guidance.

The group will be facilitated by Dr. Jeremy Lichtman, an expert in the treatment of TS and tic disorders who is there to answer questions and provide guidance wherever you may be in your journey.

You can choose to attend one or more of the following sessions.

Oct 11, Nov 8, Dec 13, 2023 @ 8pm EST.

[Online](#)

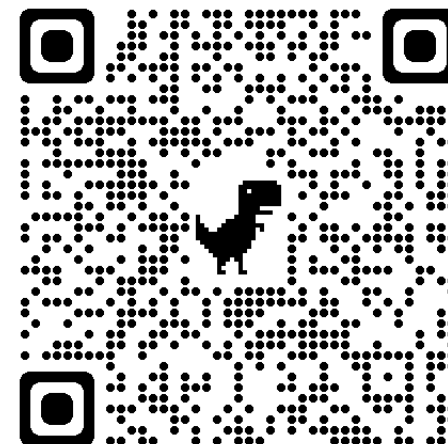




# Free Monthly Autism Parent Meetings

**RWJBarnabas**  
HEALTH

Children's  
Specialized  
Hospital



## Location

### Success On The Spectrum - Wayne

999 Riverview Drive ##325 Totowa, NJ 07512

Each month a specific topic will be discussed.

Day care will be provided for your children.

Refreshments / Snacks will be served.

RSVP today as space is limited



# Autism Winter Wonderland Theme Party

## FREE Autism Winter Wonderland Theme Party



**Date and time** Saturday, December 9 · 12 - 3:30pm EST

### **Location**

Success On The Spectrum - Matawan

14 Cliffwood Avenue West #Suite 101 Matawan, NJ 07747

[TO REGISTER](#)



# Sexual Health Equity for People with I/DD



## Sexual Health Equity for People with I/DD

Did you know many people with disabilities do not receive access to sexual health education? This can be a difficult topic for some to navigate, but thankfully Oregon Health & Science University has put together a wonderful guide and resource portal on this topic, including how to help people with I/DD learn who they are, what their rights are, how to express themselves, and how to build healthy relationships.



[Check it out](#)



# Adaptive Swim



**NEW! We now have Angelfish trained swim instructors at the JCC! These instructors specialize in teaching swimmers with motor or sensory delays!**

This one-on-one 30-minute aquatics class, taught by our Angelfish trained swim instructors, is ideal for children with special needs. Lessons are adapted to each child's specific strengths and needs. Our aquatics staff can help even the most hesitant child enjoy the water!

Single 30-minute lesson

Price: \$60, Member Price: \$45

Four 30-minute lessons

Price: \$240, Member Price: \$180

**PLEASE NOTE:** An intake form is required. To begin the intake process, please contact Jade Evans, Aquatics Director, at [jevans@jccnj.org](mailto:jevans@jccnj.org) or x259.

Lessons must be paid for by the first day of class. Private lessons must be completed over a **6-week period**. In the event of cancellation, please notify the instructor or Aquatics Director at least **4 hours prior to the start of the lesson**. **If 4 hours notice is not given, you will be charged the cost of that lesson. No credit given for uncompleted lessons.**



[Click For More Information](#)



# Buddy Baseball



<https://www.buddyball.net/>  
[Check it out](#)



**Buddy Ball**

Special Needs Athletic League

*PROGRESSIVE DIRECTIONS, INC.*

## What Is Buddy Ball?

Buddy Ball is a year-round, non-profit, special needs athletic league. We strive to provide non-competitive sports and special events to individuals who have physical, intellectual and/or developmental disabilities to give them an opportunity to play sports, regardless of their disabilities. There is a long list of sports that are part of the Buddy Ball program including bowling, street hockey, basketball, bowling, soccer, baseball and flag football. The nature of these activities teaches teamwork, promotes self-esteem, turn-taking, physical fitness, and social skills. The league also strengthens support networks for our athletes and their families.

The program serves adults and children ages 3 and up in Montgomery County and surrounding areas. There's no charge for participating in any of the sports or activities.

Featured sports are Basketball, Baseball, Bowling, Street Hockey and Swimming. Additional special events are the Buddy Ball Prom, Easter Egg Hunt, and a Christmas Parade.





# We want to hear from Individuals with I/DD and their family members!

## *Participate in a Focus Group to share your perspectives on:*

The ways in which people with I/DD from underserved communities and their families access information about services and supports.

Your feedback will help to inform the New Jersey Council on Developmental Disabilities about the ways in which information about supports and services can be most effectively shared in underserved communities.

To register, fill out the  
**[Pre-participation survey here](#)**

Stipends will be provided to those who are selected to participate in the focus groups.







# Infant Research Study at Rutgers

## Institute for the Study of Child Development Where Science and Baby Minds Meet

The Institute for the Study of Child Development at the Rutgers Robert Wood Johnson Medical School invites you and your infant (4 – 24 months of age) to participate in a free research study on how infants learn about their world through vision and hearing and interaction, and how this might identify at-risk infants.

You together with your baby will watch a few short videos of moving objects and talking faces, and also spend some time interacting with each other face-to-face.

We make appointments to fit your schedule  
Appointments last approximately 45 minutes  
Please contact Stacey at (732) 235-7700 Or  
[napolisl@rwjms.rutgers.edu](mailto:napolisl@rwjms.rutgers.edu)





# Bayville Elks Fun Event

The poster is for a 'SPECIAL NEEDS CHRISTMAS PARTY' presented by the 'SPECIAL NEEDS COMMITTEE'. It features a green background with festive illustrations of a snowman, Santa Claus, a wreath, and snowflakes. The event details are listed in red and green boxes.

 SPECIAL NEEDS COMMITTEE  
PRESENTS

## SPECIAL NEEDS CHRISTMAS PARTY

FOOD  
CATERED BY  
THE  
BROWNSTONE 

**DEC 17  
2023** 2:00 PM - 5:00PM

1 Fellner Pl  
Totowa NJ

✧ RSVP TO ALICE ✧

862-432-5543



# Bayville Elks Fun Event



Hi, thank you for your interest in Studio Route 29! We are a community space for all, and a supported art studio specifically for artists with intellectual and developmental disabilities. This page is for people who want to join our supported studio program. We do not require previous art experience, only an interest in art. The cost is sliding scale, \$0-100 (your choice). We take out of pocket payment or Medicaid goods and services money. We are looking forward to hearing from you!

**62A TRENTON AVE. SUITE 2, FRENCHTOWN NJ  
08825**

**(908) 248-2438**

## Hours:

### Wednesday

**10am - 1pm and 1pm-4pm**

### Thursday

**10am - 1pm and 1pm-4pm**

### Friday

**9am - 12pm**

### Saturday

**11:30 - 2:30**



# Ensuring Success of Neurodiverse Students in the Classroom



Students with Tourette Syndrome are frequently misunderstood in the classroom. When they are also very bright, students are designated twice-exceptional (2e), and school challenges can be compounded.

Using gifted characteristics, Jacqui discusses how 2e make classrooms more complicated for teachers and shares how teachers can both understand these wonderful students and help them thrive. This session is for teachers and parents who are not familiar with the ways in which classroom environments can be changed to support 2e students.

[>>REGISTER<<](#)

TS  
TOURETTE TALK



# Let's Talk: Parent Support Group

## Let's Talk: Parent Support Group

**November 14 from 6:30 to 7:30pm**

**December 12 from 6:30 to 7:30pm**

**January 9, 2024 from 6:30 to 7:30pm**

This support group is for parents and caregivers of children with special needs, such as behavioral, emotional, and mental health challenges. We provide a supportive environment where parents help parents learn new strategies to effect positive change in their families and create long-lasting relationships.

*Join Us Every Month on the Second Tuesday!*

[Let's Talk: Parent Support Group](#)

**Meeting ID 896 3103 4219 Passcode: 183661**



# Transportation Options - New Jersey Travel Independence Program (NJTIP)



## **Transportation Options - New Jersey Travel Independence Program (NJTIP)**

Tuesday, December 12, 2023  
1:00pm - 2:00pm

The Arc of New Jersey Family Institute and Rutgers NJTIP are pleased to present this webinar which discusses the options available to people with disabilities who use public transportation. Learn more about New Jersey Travel Independence Program (NJTIP) at Rutgers.







# Dads Support Group

## Better Together Dads Support Group

Fathers play a large role in their children's development. Our goal is to educate, equip and empower parents to become effective advocates for their children and to develop the parenting, coping and resilience skills needed to have a happy, healthy, and successful family.

This Support Group for Dads is a safe place for connection with other passionate dads, to learn innovative approaches to parenting; while building on their strengths; and supporting them, as necessary.

*Join Us Every Month on the First and Fourth Thursday!*

**Meeting ID 839 1723 9351**





# Santa Cares Event



Join us this Sunday, December 3rd from 10am-12pm at Santa Cares Day for neuro-inclusive visits and photos with Santa. This event will be taking place at Bridgewater Commons in partnership with Parents With A Plan and The Arc of New Jersey Family Institute. Timed in conjunction with the International Day of Persons with Disabilities, this aims to be a quieter, low-key event.



**Bridgewater Commons**  
**Sunday, December 3, 2023**  
**10:00am - 12:00pm**





# Bayville Elks Fun Event

Join us this Sunday, December 3rd from 10am-12pm at Santa Cares Day for neuro-inclusive visits and photos with Santa. This event will be taking place at Bridgewater Commons in partnership with Parents With A Plan and The Arc of New Jersey Family Institute. Timed in conjunction with the International Day of Persons with Disabilities, this aims to be a quieter, low-key event.



**Santa Cares Event**

**BRIDGEWATER  
COMMONS**



# Community-based alternatives to police in your city

Find alternatives to calling the Newark Police Department.



[HOUSING](#)

[LGBTQ+](#)

[MENTAL HEALTH](#)

[DOMESTIC VIOLENCE & SEXUAL ASSAULT](#)

[YOUTH](#)

[ELDERS](#)

[CRIME](#)

[SUBSTANCE ABUSE](#)

Typically, people call the police because they are experiencing or perceive an emergency and need immediate assistance. In order to provide the most effective alternatives to calling the police or 911, unless otherwise indicated, the resources included here are limited to those that offer immediate assistance through emergency or crisis services.



# Join us for lots of fun at Diamond Gymnastics!



Diamond's facility is the largest of its type in the area. It has been designed to accommodate girls and boys of all ages in the sport of gymnastics and gymnastics related activities (i.e. cheerleading / tumbling). The gym features a full complement of Olympic quality equipment including:

- 40' by 40' spring floor
- 2 in-ground trampolines
- 40' long tumble track trampoline
- In-ground foam pit with 25' high cargo net and rope swing
- Girls vaulting table, uneven bars and balance beam
- Boys parallel bars, still rings and pommel horse

Designed for safety and Fun!

This POAC event is for individuals with autism and their siblings. It's free for current POAC members and \$20 per family for non members.

| Date & Time                     | Location   |
|---------------------------------|--|
| <b>09-23-23</b> 1:00pm - 2:00pm | Diamond Gymnastics, 149 Ridgedale Ave East Hanover, NJ 07936 |
| <b>10-15-23</b> 1:00pm - 2:00pm | Diamond Gymnastics, 149 Ridgedale Ave East Hanover, NJ 07936 |
| <b>11-18-23</b> 1:00pm - 2:00pm | Diamond Gymnastics, 149 Ridgedale Ave East Hanover, NJ 07936 |
| <b>12-17-23</b> 1:00pm - 2:00pm | Diamond Gymnastics, 149 Ridgedale Ave East Hanover, NJ 07936 |

[For more information and to register](#)



**POAC**  
Autism Services



# Bringing Up Down Syndrome



Bringing Up Down Syndrome is a southern New Jersey non-profit organization whose purpose is to help families who have children with Down syndrome by offering a variety of programs and services. BUDS provides services to more than 300 families in Camden, Burlington, and Gloucester Counties.

For more information about BUDS, please visit  
[BringingUpDownSyndrome.org](http://BringingUpDownSyndrome.org)





# Papermill Playhouse Autism-Friendly Theater

**RWJBarnabas**  
HEALTH

Children's  
Specialized  
Hospital



Autism-Friendly performances are theater experiences in which the environment and typical “rules of attendance” have been relaxed to accommodate individuals with Autism and other developmental disabilities and the families and professional who support them. Learn more about our Autism-friendly accommodations below.

Autism-Friendly performances are designed and intended for families with children who have Autism or other developmental disabilities. This program is designed and planned in cooperation with Paper Mill Autism Advisory Team. At these performances the theater environment will be altered, providing a comfortable and judgment-free space that is welcoming for these families.

## Autism-Friendly Mainstage Productions



**Frosty**

**Wednesday December 13, 2023 at 10:00 AM**



**Fiddler on the Roof**

**Saturday January 6, 2024 at 1:30 PM**



**Seussical**

**Sunday June 16, 2024 at 10:00 AM**

[For more information](#)

**PAPER MILL PLAYHOUSE**  
RECIPIENT OF THE 2016 REGIONAL THEATRE TONY AWARD®





# SPAN NJ Upcoming Events

SPAN offers a variety of learning opportunities for families and the professionals who work with them. Check out our [Event Calendar here](#) for details and registration links

## Upcoming Events include:

- [Education and Health Care Rights in the Juvenile Justice System](#)
- [Empowering Women Resilience Information Session](#)
- [Starting and Running an Effective SEPAG](#)
- [Virtual Town Hall - COVID-19 Vaccine Information for Families](#)
- [Reunión Comunitaria Virtual Vacunas COVID-19](#)
- [Basic Rights in Special Education](#)

## More events

**THE BRIDGE**

*Your weekly access to SPAN news, events and resources*



# Teleplay Provides Live, Interactive Play for Children Affected by Rare Diseases



Project Sunshine's Rare Teleplay is a monthly virtual opportunity for children who have any rare disease and their siblings to enjoy Zoom activities and games. There is no talking about their condition or their sibling's condition. It's just about having fun and meeting other people who are living a life that's a little like theirs.



project sunshine

[Check out the Telehealth Game Library here](#)

Volunteers from California Polytechnic University entertain children from ages 5 to 18 for an hour each month. Parents don't need to be there but they can be if they want to be. This is all about the kids. It is free and it is fun.

Rare Teleplay meets via Zoom on the third Friday of each month at 7:30 PM Eastern

[Download the Rare Teleplay event here from our website to join next month!](#)



**THE BRIDGE**

*Your weekly access to SPAN news, events and resources*



# CHUCK E. CHEESE Sensitive Sundays



## Kids Corner

Chuck E. Cheese offers Sensory Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month to provide a quieter environment with dimmed lighting and knowledgeable staff to make the experience more comfortable and enjoyable for kids with sensory needs.



[Learn More Here](#)



# Save the Date for Holiday Camp



When schools are closed this Winter, the Club is open! [Reserve your spot in Holiday Camp before December 18.](#)

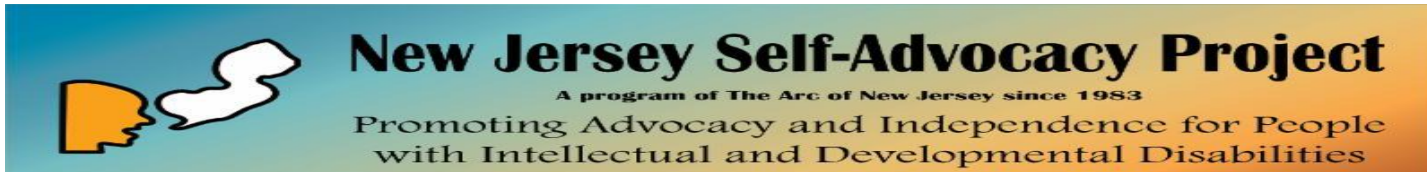
Taking place at both  
[212 Centre St, Trenton NJ](#)  
609-392-3191, option 0  
& [1040 Spruce St, Lawrenceville, NJ](#)  
609-695-6060, option 0

Drop Off 8:00 am  
Pick Up 6:00 pm

Have fun, enjoy educational and recreational programming this winter break!



# Weekly Zoom Series Activities



## WEEKLY ZOOM SERIES Wednesdays & Fridays

The New Jersey Self-Advocacy Project team is excited to introduce our new interactive series of Zoom events! These are **live, interactive events** to promote good health.

We will be holding events on **Zoom every Wednesday at 11AM and Friday at 1PM** on a variety of topics relating to healthy living, and some events will feature **guest speakers** who will lend their expertise.

Live viewers will be able to share **comments**, ask **questions**, and **participate in real time**. Please share your **video and follow along** to make this a true interactive experience!

These events are intended for adults with intellectual and developmental disabilities. The NJ Self-Advocacy Project reserves the right to take and use photographs, video, and electronic images of attendees at its agency-sponsored events for promotional and educational purposes. By **registering, you consent to having your photo taken for promotional purposes**.

**Each Zoom event will be a unique, online experience you don't to miss out on, so register now!**





# NJ Dept. of Education: Providing Additional Services to Students with Disabilities Beyond Age 21



## NJ Department of Education: Providing Additional Services to Students with Disabilities Beyond Age 21

The New Jersey Department of Education provided guidance to school districts, students, and parents/guardians of students with disabilities regarding the implementation of P.L.2021, c.109, which allows schools to provide additional or compensatory special education and related services to eligible students with disabilities beyond the age of 21.

The guidance includes information for school districts/LEAs about:

- The role of the IEP team in determining the need for additional services
- Sharing information with families about this legislation
- Dispute resolution

Reimbursements to school districts for providing additional services beyond age 21

[Review the Guidance here](#)

[View additional Guidance regarding extending the period of time to file a due process hearing request](#)

[Contact the SPAN Warmline](#)

via email for assistance related to these guidance documents or call 800-654-SPAN (7726)



**THE BRIDGE**



Your weekly access to SPAN news, events and resources





# The Seizure ID Program

Epilepsy Alliance America will be providing more than 2,000 Seizure ID products to people with epilepsy who need them through this one-of-a-kind campaign in the epilepsy community.

The Seizure ID Program is made possible through a partnership with Greenwich Biosciences, now part of Jazz Pharmaceuticals

[Click here to learn more!](#)



# Learn about our Group Programs!



Say & Play (Ages 1 to 6+ years)

SPOT On (Ages 7 to 12 years)

Teen Series (Ages 13+ years)

IT Works: Prevocational and Independent Living Skills Training Program



Intensive  
Therapeutics<sup>INC.</sup>

Services are provided at:  
Intensive Therapeutics, Inc.  
31 Fairfield Avenue  
West Caldwell, NJ 07006



# Financial Aid for Students with Intellectual Disability

## Resources

### Financial Aid for Students with Intellectual Disability\*

There are college programs for students with intellectual disabilities that are not giving out a standard college degree. These are called Comprehensive Transition and Postsecondary programs, or CTP programs. This Issue Brief is part of the 'Plain Language Series' from [ThinkCollege.](#)

It includes:

- Definition of federal financial aid
- Types of federal financial aid
- How to get financial aid

[Plain Language Series: Federal Financial Aid \(Link\)](#)

[New Jersey Inclusive Higher Education Collaborative \(Link\)](#)



## THE BRIDGE

*Your weekly access to SPAN news, events and resources*



# Mane Stream : Unbridled Possibilities for Children and Adults with Special Needs



## OUR MISSION

is to improve the quality of life for individuals with physical, developmental, emotional, and medical challenges through a diverse program of equine assisted activities, therapy services, and educational initiatives.

## Programs

- [WHAT WE OFFER](#)
- [THERAPY SERVICES](#)
- [ADAPTIVE RIDING](#)
- [OPERATION: TAKE THE REINS](#)
- [HORSES FOR HEALING](#)
- [SUMMER CAMP](#)
- [FIELD TRIPS](#)

[Click here for more information](#)



MANE STREAM  
*unbridled possibilities*  
For Children and Adults  
with Special Needs





# Special Strides Horse Therapy

## Our Mission

Special Strides is a non-profit organization devoted to improving the lives of individuals with special needs. With a unique combination of therapy, horses, and the natural environment, individuals achieve goals appropriate for therapy, recreation, and education. Special Strides provides all individuals an opportunity to “Improve their lives... one stride at a time” regardless of financial status.

## Our Vision

Harvesting Hope...Breaking Boundaries...Realizing Potential

## Our Values

Respect...Learning...Inclusion...Empathy...Possibility...Positivity...Teamwork

*The values of diversity, inclusion, and equity are central to our mission.*

<http://specialstrides.com/>





# Social Club for Jersey City Students

**RWJBarnabas**  
HEALTH

Children's  
Specialized  
Hospital



Mayor Steven M. Fulop and  
The Jersey City Department of Recreation & Youth Development

Come join the FUN with our **Special Needs Program**

## THE SOCIAL CLUB

**Every Tuesday • 5:30pm-7pm**

The Social Club is a social skills & therapeutic recreation program once a week having fun with friends. Enjoy various trips, music, games, cooking, themed activities, physical activities, holiday parties and other special guests.

**Maureen Collier Senior Center**  
335 Bergen Avenue  
Jersey City, NJ 07304

**Open to ALL  
ages 5 to 24**

**Parent/guardian must be present at all times.**  
An adaptive recreation program for those with a  
developmental disability.

**REGISTER ONLINE: [JCREC.RECDESK.COM](http://JCREC.RECDESK.COM)**

**CITY**  
JERSEY



DEPARTMENT OF  
RECREATION &  
YOUTH DEVELOPMENT



**#HealthierJC**

**201-547-5760**

**email [rmagee@jcnj.org](mailto:rmagee@jcnj.org)**

NOT A SCHOOL DISTRICT SPONSORED PROGRAM

# Virtual Programs DSACNJ.ORG



## WEDNESDAY PROGRAMS

**Academics (3) 4:15-4:45 pm**

**Volunteer Instructor: Taylor**

Areas of focus: weather, geography, grammar and punctuation, fractions, decimals, percentages  
**(Virtual)**

**Arts & Crafts + Guided Drawing 5:00- 5:30pm**

**Volunteer Instructor: Taylor**  
**(Virtual)**

**Academics 4/Life Skills 5:45-6:15**

**Volunteer Instructor: Abby**

Areas of focus: time management, creating schedules, money management, value of money, leaving a tip at a restaurant, other life skills for teenagers/adults  
**(Virtual)**

**REGISTER @ DSACNJ.ORG/EVENTS**



# Education and Health Care Rights in the Child Protection System



## **Learn about parent rights related to education and health care in Child Protection Services System**

### **About this event**

Is a child with a disability who you care about involved in the Child Protection system?

Are you concerned about educational rights for a child with a disability who is engaged in the Child Protection System?

Join a WORKSHOP to learn about the Child Protection System, parent rights related to special education and health care resources!

After the workshop, families will be invited to schedule an individual 30 minute appointment to review their child's IEP and/or health-related issues or concerns.

**Presented by:** Monique Dujue Wilson

**More Information:** Contact for more information

[jbrinkley@spanadvocacy.org](mailto:jbrinkley@spanadvocacy.org)

Multiple Dates Available

[Click for Dates to Register](#)



# Join Club Dreams Virtual Yoga



**DSACNJ**  
**CLUB DREAMS**



Club DREAMS

**THURSDAY PROGRAMS**

Please join  
us for

**Virtual Yoga**  
**4:45pm-5:15pm**



Register at [dsacnj.org/events](https://dsacnj.org/events)

[TO REGISTER](#)

Breaking down barriers for people with Down syndrome





# Support Group for Caregivers



## Support Group

For parents and caregivers of children with Special Needs

Join us virtually every other Thursday  
from 6PM to 7PM.

*Supporting You on Your Parenting Journey*

FACT and CAU are hosting  
a biweekly parent support group to help you feel supported  
and lifted as a parent. This effort is supported by  
Union County Children's Interagency Coordinating Council  
(CIACC)

Scan the QR Code to register for the meeting



or click this link to register directly:  
<https://bit.ly/33Kf8g3>

For more information contact:  
Felicia Frazier

Director of Community Engagement & Resource Development  
Families & Communities Together  
Feliciaf@factnj.org

or

Walter Kalman  
Associate Executive Director  
Community Access Unlimited  
wkalman@caunj.org.

"Ask for help not because you're weak, but because you want to remain strong."  
- Les Brown



Union  
ResourceNet

Resources for Children and Families in Union County, NJ

UNION COUNTY INTERAGENCY COORDINATING COUNCIL



**FACT**  
FAMILIES & COMMUNITIES TOGETHER



# FAMILY SUPPORT GROUP



## Find your community of support

Join CAU and FACT for our support group for parents and adult siblings of children and adults with disabilities! Look for our email reminders to learn whether we are having a presentation that week.

**Meetings with presentations** will include information about services, DDD, important timelines and more. You will have the opportunity to ask questions and gain knowledge to assist you in advocating for your child's needs.

**Discussion-based meetings** will focus on your needs as a parent/caregiver, including topics of health and wellness, mental well-being, coping skills and more.

You may choose to attend our discussion-based meetings, meetings with presentations, or both! Talk and connect with families who share similar experiences. Join us to share ideas and opportunities, find peer support and get answers to questions about services.

**THURSDAY BIWEEKLY MEETINGS**

**6:00 PM**

**ZOOM**

Community Access Unlimited | [caunj.org](http://caunj.org)

Our next meeting is Thursday at 6 pm. Join and connect with us!

[Register for Family Support Group](#)

[Visit our website to learn more about CAU services](#)

**Community Access Unlimited | 80 West Grand St., Elizabeth, NJ 07202**





# Traumatic Brain Injury Board Members

Traumatic Brain Injury Survivor Board at the New Jersey Division of Disability Services

We are looking for a survivor of traumatic brain injury between the ages of 17 and 21 to serve as a member on the newly established survivor board. Please refer to the role and expectations outlined below to see if you or someone you know would be a good fit.

Role and expectations:

- Serve as a member on the NJ TBI Survivor Board and, along with the TBI Advisory Council, advise the NJ TBI Fund on pertinent issues and concerns.
- Contribute to discussions and activities in subcommittees based on experience and expertise. Subcommittees include:
  - Data Analysis and Evaluation
  - Consumer and Family Needs
  - Racial Equity
  - Resource Infrastructure and Service Providers Capacity.
- Assist in development of advocacy and prevention material and programs for TBI survivors in New Jersey.
- Convey the priorities and recommendations of the TBI Advisory Board to other relevant state or private boards, commissions, committees, or workgroups on which members participate.
- Update the TBI Advisory Board on the work of other relevant boards, commissions, workgroups, and committees.
- Contribute to discussions and implemented plans to coordinate services for individuals with traumatic brain injury.
- **If interested, please contact Sakina Ladha at: [sakina.ladha@dhs.nj.gov](mailto:sakina.ladha@dhs.nj.gov)**



# Two federal programs for low income individuals: Lifeline and Affordable Connectivity



The Lifeline program and the Affordable Connectivity Program help make phone and internet service more affordable for low-income individuals. Eligible individuals also qualify for a free smartphone through the Lifeline program. If you participate in certain assistance programs like Medicaid, NJ SNAP or SSI, you automatically qualify for both federal programs. For additional information, please see this link:

<https://nj.gov/humanservices/home/digitalaccessforall.shtml>



# Looking for safe, at-home activities to keep you and your family busy?

Our virtual program library is a free hub of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

The library is expanding all the time and has activities in a wide variety of areas, such as arts, life skills, health and wellness, virtual clubs, and more.

Browse listings to find activities like:

- Participating in dance, yoga, and other movement activities
- Learning about internet safety
- Virtually touring places like Disney World and museums
- Making your own Jeopardy templates

Finding self-advocacy support

[Browse Programs](#)



# Kessler Foundation Performing a Walking Study to Train the Hip and Knee



## Eligibility

*Children and young adults who may be eligible for the study:*

- are between 7 to 21 years old
- are diagnosed with brain injury including but not limited to Cerebral Palsy, Stroke, Traumatic Brain Injury (TBI)
- have a walking pattern where the knee is straight when the foot is off the ground
- are able to walk on a treadmill without assistive devices

## Study Requirements

*Children and young adults in the study will:*

- wear lightweight sensors on the waist, leg and shoe to measure movement
- walk on a treadmill while watching a display that shows the walking pattern
- try to change the walking pattern to score points

This study has two 1-hour (60 minute) treadmill walking appointments at either of the below locations:

### Kessler Foundation

1199 Pleasant Valley Way  
West Orange, NJ 07052

### Children's Specialized Hospital

150 New Providence Road  
Mountainside, NJ 07092

***Participants who complete this study will receive \$50 for their time.***

### For more information, please contact:

Xuan Liu, Ph.D.  
Principal Investigator  
Kessler Foundation  
973-324-3561, [xliu@kesslerfoundation.org](mailto:xliu@kesslerfoundation.org)



# KIDZ KORNER AFTER SCHOOL PROGRAM



**KIDZ KORNER**

KIDZ KORNER IS AN AFTER SCHOOL PROGRAM DESIGNED TO PROVIDE CHILDREN WITH AUTISM & OTHER DEVELOPMENTAL DISABILITIES WITH RECREATIONAL, SOCIALIZATION AND LEISURE OPPORTUNITIES IN LINE WITH THEIR DAILY ROUTINES AND AREAS OF INTEREST.

Hours and Ages depend on each location  
Ratio: 4:1

**Existing Locations:**

- Toms River Intermediate East (Toms River)
- Toms River High School East (Toms River)
- Clara B Worth Elementary (Bayville)
- Frog Pond Elementary (Little Egg Harbor)
- Joseph T. Donahue Elementary (Barnegat)
- Pinelands Regional High School (Little Egg Harbor)

For more information and to sign-up, please contact Mike Davidson, Kidz Korner Supervisor at:  
E: [mdavidson@familyresourcenetwork.org](mailto:mdavidson@familyresourcenetwork.org)  
P: 609-331-1938

[WWW.FAMILYRESOURCENETWORK.ORG](http://WWW.FAMILYRESOURCENETWORK.ORG)

- KIDZ KORNER AFTER SCHOOL PROGRAM
- For more information:
- [WWW.FAMILYRESOURCENETWORK.ORG](http://WWW.FAMILYRESOURCENETWORK.ORG)
- [MDAVIDSON@FAMILYRESOURCENETWORK.ORG](mailto:MDAVIDSON@FAMILYRESOURCENETWORK.ORG)
- or call 609-331-1938



# Gas Voucher Transportation Assistance

Medicaid Program (Non-Emergency Transportation: N.E.T.): N.E.T. is a free program that offers gas money or transportation to Medicaid recipients. It pays for the expenses of taking a child to Medicaid covered doctor visits. This program provides reimbursement for travel to any non-emergent appointments, basically anything but an ambulance visit to the emergency room. Contact the Medicaid office (**number on the back of your Medicaid card**) to find out if you qualify. This is a reimbursement program. That means you must attend your appointments first, before you are paid. After you have applied for the services and are approved, you will receive a debit card in the mail. The funds will be electronically deposited to your card. You should plan on paying for your own transportation for up to three months. After that, you will have money on your debit card. Steps to take for the program:

- Call the phone number on the back of your Medicaid Card
- Select the appropriate option to connect
- Tell the service representative that you want to apply for the N.E.T. program
- Have available: your Medicaid card, your doctor's name, the date of your next appointment, and the doctor's telephone number

## Other Resources:

*-Salvation Army-* Free gas vouchers, free gas cards for low income individuals and more general transportation help are offered at most Salvation Army locations. However, only a small number of individuals who apply for these resources will be accepted. Funding is extremely limited, and varies based on the cost of gasoline. The most common reasons for releasing funds are for help reaching school, doctor's appointment, job training, or an interview. Contact the Salvation Army or go into a local location to apply.

*-Saint Vincent de Paul-* Society of St. Vincent de Paul is one of the largest charity organizations. Contact the nearest Catholic Church in your town or county and inquire if they have a Society of St. Vincent de Paul Conference near you, people of all backgrounds and religions can get help. As funding and resources allow, if someone needs a bus token or free gasoline to get to a job interview or appointment, then St. Vincent may be able to provide this. Funding is very limited so only certain centers or churches will be able to offer gas.

*-Local charities and religious organizations may provide financial assistance for gas or transportation.*





# On Track Resources



## On Track Resources

We provide child study team services (case management, full child study team evaluations) to the Lakewood, NJ non public school system. We services 70+ schools through our contract with the Lakewood BOE.

### **Our Mission**

To provide each child with a comprehensive evaluation in order to determine the best approach catered to each specific child.

[CLICK FOR MORE INFORMATION](#)



# Understanding HIPPA

## Understanding HIPPA: What Parents Need to Know About Privacy and Their Adult Child's Health Information

As your child grows into adulthood, both your rights and the rights of your child under HIPAA change.

[This document](#) answers frequently asked questions (FAQs) about when parents can access their adult child's protected health information.

Readers are encouraged to view this resource on-line as it includes links to additional detailed information.

*Funded by Substance Abuse and Mental Health Services Administration*



# Department of Human Services - Education & Training College Accessibility Series



Colleges and universities offer a wide range of services to ensure support to students with disabilities while providing certain basic disability access. However, the responsibility ultimately falls on the student to request the disability-related accommodations required. See the informative guides below developed by BestColleges.com to assist you in planning your post-secondary education.

[Overview of College Resources for Students with Disabilities](#)

[Financial Aid & Scholarships for Students with Disabilities](#)

[How to Access College Disability Services and Accommodations](#)

Please direct any questions regarding specific training/educational programs to the hosting agency.

## College Guides for Students with Disabilities

[Physical Disabilities](#)

[Learning Disabilities](#)

[Visual Impairments](#)

[Deaf and Hard of Hearing](#)

[Psychiatric Disabilities](#)

Department of Human Services Education & Training Page

<https://www.state.nj.us/humanservices/dds/hottopics/education/>



Caregivers of  
New Jersey



# Art Therapy Group for Neuro divergent Young

Supportive & kind community  
Coping skills, relaxation, enjoyable activity  
Social support & peer connection  
Skill building  
Creative problem solving  
Self-expression & self compassion  
Wellness, positivity & quality of life enhancement

Embodied Art Therapy & Yoga, LLC  
Cathy Rosa, MS, ATR-BC, RYT-200 Clinton NJ (732) 439-3385  
[WWW.ArtTherapyAndYoga.Com](http://WWW.ArtTherapyAndYoga.Com)



# Nourish Your Mind With Our Brand New Mid-Day Webinar Series

The Family Resource Network is inviting you to  
nourish your mind with the Brunch for the Brain  
webinar series!

Focusing on mental health for the person with the  
disability and/or their caregiver.

The year-long webinar series take place  
on the third Wednesday of every month at 12 PM  
(EST).

All webinars are being offered free of charge.

[Click for more information](#)



# FACEBOOK SUPPORT GROUPS



## Facebook Support Groups



Facebook groups bring together individuals who share a common interest. When you join a group that's made up of people who share the same need, you'll have multiple opportunities to receive and offer support to individuals with IDD and their families.

[CLICK HERE FOR A LISTING OF FACEBOOK GROUPS](#)



## The Arc of New Jersey Family Institute





# From the Community Health Law Project

## NJ Human Services Announces Partnership with Community Health Law Project to Increase Access to Legal Services for Deaf and Hard of Hearing Individuals with Lower Incomes

Human Services Acting Commissioner Sarah Adelman announced on July 26th that the Department has partnered with the Community Health Law Project to increase access to legal services for deaf and hard of hearing individuals with lower incomes.

The partnership is a collaboration between Human Services' Division of the Deaf and Hard of Hearing ([DDHH](#)) and Division of Mental Health and Addiction Services ([DMHAS](#)).

Through the partnership, eligible deaf and hard of hearing individuals can receive legal assistance and supports with matters related to their public assistance, health insurance, social security benefits, landlord-tenant disputes, foreclosure defense, family law issues, consumer protection and debt collection and more. In addition, CHLP is able to meet communication access needs including ASL interpreting and captioning.

### [More Info](#)



# Planning For Adult Life – Guardianship Matters

## Why Guardianship Matters to You

In New Jersey, the age of majority is 18. This means that by this time an individual is presumed capable of making decisions as well as taking legal responsibility for those decisions. This law does not change if a child has a developmental disability. Parents do not automatically remain their child's natural guardian. For some adults who are incapable of making decisions, guardianship may be an avenue for parents, family members, or caregiver to ensure/determine their best interest. Obtaining guardianship is an extensive process and should not be taken lightly. Guardianship entails making decisions about where a person lives, what care and supervision is required, how to interact with the medical community and if the person is deemed incapable of making decisions, they will lose rights to vote, to drive, and to marry. Only a judge can decide a person's abilities and incapacitates and considers the person's needs before appointing a guardian. An assessment is done on the individual to measure their capacity for self-determination or skills in making decisions for themselves.



# There are varying degrees of guardianship:

## **Full Guardianship**

States that the individual cannot make decision on their own behalf. This allows for the Guardian to make all legal, financial, personal, and medical decisions for the individual.

## **Limited Guardianship**

States that the individual may need some help in certain areas. This allows for the Guardian to help only in the areas determined by the court.

## **Conservator**

States that the individual is not incapable of making decisions however, requires assistance in financial responsibilities. If an individual is capable of understanding what they are signing, there are options of assistance that does not require a judge.

Surrogate a substitute or person to carry out a certain duty or role instead of the individual.

## **Representative Payee**

Allows for an individual or organization to be appointed to manage the Social Security and SSI for someone who cannot manage his or her money. A payee must use the benefits to pay for the current and foreseeable needs of the beneficiary and properly save any benefits not needed to meet current needs. Helpful Link: [www.ssa.gov/pubs/EN-05-10076.pdf](http://www.ssa.gov/pubs/EN-05-10076.pdf)

## **Dual Power of Attorney**

Allows for an individual to choose a surrogate to make financial and legal decisions as well as access the persons records.

## **Medical Power of Attorney**

Allows for an individual to choose a surrogate to make medical decisions and to access records.

## **Advanced Directive/ Living Will**

This allows for the individual to choose a surrogate to make decisions on what medical/mental health treatments a person would accept or refuse if or when unable to communicate their choice.

## **Helpful Links:**

[www.Ganji.org](http://www.Ganji.org)

[www.PlanNJ.org](http://www.PlanNJ.org)



# SPAN's Virtual Learning Opportunities and



Browse our newly updated resource collections for articles, briefs, fact sheets, checklists, short videos, webinars, and training materials.



## [Inclusion Resource Collection](#)

Here you will find resources on the benefits of inclusion for students with and without disabilities, inclusion in education, strategies and tips for families, and inclusion webinars.



## [Literacy Resource Collection](#)

Here you will find materials on supporting literacy achievement in the classroom, activities to promote literacy at home and in your school/district, as well as literacy webinars.



## [NJTSS Resource Collection](#)

Here you will find basic information on multi-tiered systems of support, NJTSS framework and its components, practical strategies and tips for families and parents, as well as NJTSS webinars.



# SELF-DIRECTED SERVICES IN NJ AND THE ROLE OF THE SUPPORTS BROKER



**We are proud to share that The Collaborative for Citizen Directed Supports assisted in developing this new resource from The Boggs's Center on Developmental Disabilities for Self-Directed Services and Supports Brokerage!**

*Understanding Self-Directed Services in New Jersey and the Role of the Supports Broker serves as a guide for people with disabilities, families, Support Coordinators, and Supports Brokerage providers interested in learning more about Self-Direction in New Jersey and the role of the Supports Broker in supported self-direction. Available in English and Spanish.*

**[Access New Resource](#)**



# Curious About VIANJ?



values *into* action

*Supporting People with Disabilities and Their Families Since 2007*

**Curious About VIANJ?**

**Learn all about us by scanning our new QR code with your smart phone!**





# Autistic Volunteers are needed for a research Study



**Do you want help  
managing depression?**

**Autistic volunteers are  
needed for a research study!**

Researchers at Rutgers University are recruiting autistic adults for a research study to evaluate the efficacy of a 12-week mental health treatment designed to help with symptoms of depression

You may be eligible if you...

- Are at least 18 years of age
- Have a previous diagnosis of autism spectrum disorder
- Can understand English
- Have someone who will participate with you (e.g., parent, sibling, friend)

If you are eligible, you will be asked to complete:

- 12 therapy sessions (option online or in-person)
- Questionnaires and 4 assessment visits

If you participate, you will be compensated: Up to \$150 for completion of assessment visits



*If you are interested, please complete  
the screening form at:*  
**[redcap.link/depressiontreatment](https://redcap.link/depressiontreatment)**

*If you have questions, email us at:*  
**[LifeSPANLab@gsapp.rutgers.edu](mailto:LifeSPANLab@gsapp.rutgers.edu)**

Date: 06/30/2021  
Version: 1.0

Clinical Investigator: Vanessa Bal, PhD  
604 Allison Road, Piscataway, NJ 08854

Title of Study: Adaptation of a Behavioral Activation  
Treatment to Treat Depression in Autistic Adults

**[Click to complete the screening form](#)**



# Updated Guide to Selecting a Support Coordination

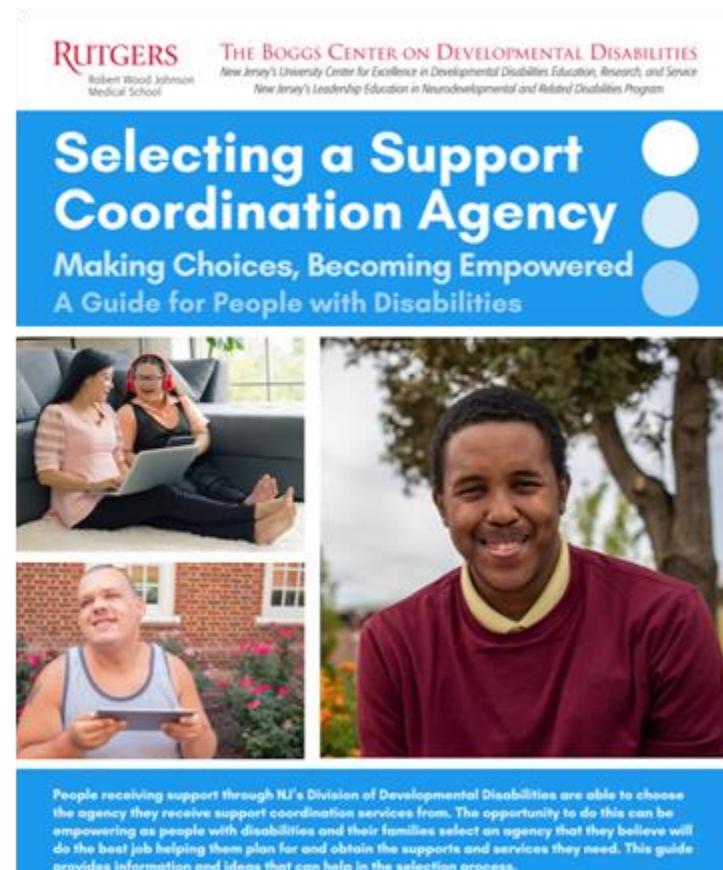


*From The Boggs Center on Developmental Disabilities*

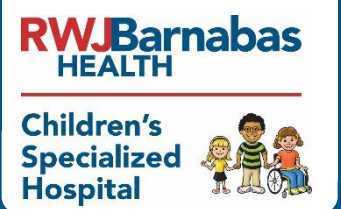
## Updated Guide to Selecting a Support Coordination Agency Now Available

The Boggs Center has updated *Selecting a Support Coordination Agency: Making Choices, Becoming Empowered*, a guide for people with disabilities to use with the support of family, friends, and others close to them when choosing the agency they receive support coordination services from.

[Download Resource](#)



# We're Recruiting!



Children's Specialized Hospital's **Research Center** strives to advance pediatric rehabilitation by initiating and supporting evidence-based studies that explore innovative interventions, technologies and approaches to specialized care for children and adolescents. See below for details on one of our current studies.

## Study: Characterizing Action-Control in Healthy Children

This research study aims to understand how healthy children control their behavior and choose their actions. It involves completing paper-and-pencil measures, computer-based games, and brain magnetic resonance imaging (MRI). No contrast/dyes or injections will be used in the study. Results from this branch of the study will be compared to patterns of learning in children with ADHD to characterize any learning deficits in this population.

### Who's Eligible?

- Healthy children with no prior medical diagnoses.
- Children between the ages of 6 and 10.
- Must be able to speak English well.
- Ability to play a computer- based game.
- Capable of undergoing an MRI scan (there will be a training session to make sure the child is able to undergo the actual MRI scan).

Participation in this study will include 2-3 visits to the following **Kessler Foundation** locations:

- 120 Eagle Rock Ave, Suite 100, East Hanover, NJ 07936
- 1199 Pleasant Valley Way, West Orange, NJ 07052

**For more information, please contact:**

Dr. Joman Y. Natsheh  
Principal Investigator  
973-391-7858, [jnatsheh@kesslerfoundation.org](mailto:jnatsheh@kesslerfoundation.org)

Michael Dacanay  
Research Assistant  
973-324-8453, [mdacanay@kesslerfoundation.org](mailto:mdacanay@kesslerfoundation.org)

Participants will be compensated for their time and children who complete the MRI scan are eligible to receive a copy of the images and a certificate of completion.

[About Our Research Center](#)



# Types of Medicaid Eligibility in NJ



## TYPES OF MEDICAID ELIGIBILITY IN NJ

### AGED, BLIND, OR DISABLED (ABD)

#### **Supplemental Security Income (SSI) Medicaid**

Provided automatically when a person with IDD is approved for SSI benefits. Apply for SSI at age 18 or above through your local SSA Office here: [bit.ly/ssaoffices](http://bit.ly/ssaoffices)

#### **Medicaid Only**

For individuals with IDD who do not receive monthly SSI, but meet SSI income and resource limits. [bit.ly/medicaidonly](http://bit.ly/medicaidonly)

#### **NJ Workability**

Offers healthcare to individuals with IDD ages 16–64 who are employed and whose income would disqualify them from other forms of Medicaid. [bit.ly/njworkability](http://bit.ly/njworkability)

#### HOW TO GET IT

Apply for SSI at age 18  
[bit.ly/Apply4SSI](http://bit.ly/Apply4SSI)  
ABD Medicaid Application  
[bit.ly/ABDapplication](http://bit.ly/ABDapplication)

#### WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, mental health, hospitalization, specialist visits, hearing aids, Personal Care Assistant (PCA), Personal Preference Program (PPP)

For specific questions about Medicaid or the application process, contact Beverly Roberts at [brobertsearchnj.org](http://brobertsearchnj.org) or 732-246-2567.

#### **Disabled Adult Child (DAC)**

For persons whose SSI ended because they received benefits from a parent who retired, became disabled, or died. Request for information (RFI) is for people who have DDD. [bit.ly/dacmedicaid](http://bit.ly/dacmedicaid)

#### **New Jersey Care... Special Medicaid Program**

For individuals with IDD with income below \$1,074/month. Contact your County Board of Social Services: [bit.ly/njcbss](http://bit.ly/njcbss)

#### **Long Term Services and Supports**

Applies to younger individuals who need significant support, such as private-duty nursing, etc. [bit.ly/longtermsupport](http://bit.ly/longtermsupport)

#### QUICK FACT

Medicaid is an entitlement-based program. Anyone who is determined eligible by the Medicaid Office has the right to receive Medicaid and its related services. Eligibility is not guaranteed.

### NJ FAMILYCARE

- Also called Medicaid Expansion.
- Eligibility is based on income, not on the individual having a disability.
- The maximum monthly income limit increases each year.
- The maximum gross income for a single adult in 2021 is \$1,074/month.
- The individual cannot be listed as a dependent on their parent's tax return.
- The individual cannot receive Medicare.
- ABD is a better route if eligible.

#### HOW TO GET IT

Applicants must have financial eligibility.  
NJ FamilyCare Quickstart  
[bit.ly/njfamilycare](http://bit.ly/njfamilycare)

#### QUICK FACT

Adults must have legal resident status for 5 years to be eligible. Children and pregnant women with legal resident status are eligible, regardless of length of residency.

#### WHAT'S COVERED?

Doctor visits, prescriptions, x-rays, dental, lab testing, eyeglasses, hospitalization, mental health, preventative screenings, regular checkups



# Support Groups

Click below for more information on any of the following support groups available to families.

- [New Dad Support Groups](#)
- [Moms Connection](#)
- [Weekly Parents Group](#)  
Parenting Through the Pandemic;  
Creating Work/Life Balance at Home  
Through the Pandemic





# Vaccinate to Keep Kids Healthy!



**RUTGERS**

Robert Wood Johnson  
Medical School

**THE BOGGS CENTER ON DEVELOPMENTAL DISABILITIES**

New Jersey's University Center for Excellence in Developmental Disabilities Education, Research, and Service  
New Jersey's Leadership Education in Neurodevelopmental and Related Disabilities Program

## Vaccinate to Keep Kids Healthy!

Preventing disease is always better than treating it. Vaccines protect against diseases that once caused serious illness, disability, and death, including COVID-19. By using small amounts of antigens, or germs that cause the immune system to react, vaccines help your child's body recognize and learn to fight off serious and potentially deadly diseases. Following the **recommended immunization schedule** helps ensure that your child is protected from 14 diseases before the age of 2, such as:

- Polio
- Measles
- Whooping Cough
- Flu
- Mumps
- Chicken Pox

### Did You Know?

Children with disabilities are at higher risk for vaccine-preventable illnesses. They may also have more significant illness, prolonged hospitalization, and greater risk of mortality. The American Academy of Pediatrics (AAP) suggests children with disabilities follow the CDC's immunization recommendations to promote optimal health.

### Vaccine Facts

The CDC estimated that vaccination of children born between 1994 and 2018 prevented:

- 419 million illnesses
- 26.8 million hospitalizations
- 936,000 deaths

### Questions or Concerns?

Vaccines are safe and effective. They are rigorously tested by research from top doctors, public health professionals, and scientists. Serious side effects are very rare. Your child's health care provider can answer any questions and share up-to-date information about all vaccines recommended to keep your child healthy, including COVID-19 vaccines and boosters.

**Learn More about Vaccines for Your Child from the CDC:**

<https://www.cdc.gov/vaccines/parents/index.html>



# ¡Vacunas para mantener a los niños sanos!



## ¡Vacunas para mantener a los niños sanos!

Es mejor prevenir una enfermedad que tener que tratarla. Las vacunas protegen contra afecciones que, alguna vez, causaron enfermedades graves, discapacidad y muerte, incluida la COVID-19. Mediante el uso de pequeñas cantidades de antígenos o gérmenes que hacen que el sistema inmunitario reaccione, las vacunas ayudan a que el cuerpo de su hijo reconozca y aprenda a combatir enfermedades graves y potencialmente mortales. Seguir el **calendario de vacunación recomendado** ayuda a garantizar que su hijo esté protegido contra 14 enfermedades antes de cumplir los 2 años, incluidas las siguientes:

- Polio
- Measles
- Whooping Cough
- Flu
- Mumps
- Chicken Pox

### ¿Sabía que...?

Los niños con discapacidades tienen un mayor riesgo de contraer enfermedades que se pueden prevenir con vacunas. Además, pueden tener una enfermedad más importante, una hospitalización prolongada y un mayor riesgo de mortalidad. La American Academy of Pediatrics sugiere que los niños con discapacidades sigan las recomendaciones de vacunación de los Centers for Disease Control and Prevention a fin de promover una salud óptima.

### Datos sobre las vacunas

Los CDC estimaron que las vacunas de los niños nacidos entre 1994 y 2018 evitaron:

- 419 millones de enfermedades
- 26.8 millones de hospitalizaciones
- 936,000 muertes

### ¿Tiene Preguntas o inquietudes?

Las vacunas son seguras y efectivas. Están rigurosamente probadas por investigaciones de los mejores médicos, profesionales de la salud pública y científicos. Los efectos secundarios graves son muy poco frecuentes. El proveedor de atención médica de su hijo puede responder cualquier pregunta y compartir información actualizada sobre todas las vacunas recomendadas para mantener a su hijo saludable, incluidas las vacunas y los refuerzos contra la COVID-19.

**Obtenga más información de los CDC sobre las vacunas para su hijo:**  
<https://www.cdc.gov/vaccines/parents/index.html>

#### Referencias:

- Making the Vaccine Decision: Addressing Common Concerns (CDC): <https://www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html>
- Reasons to Follow CDC's Recommended Immunization Schedule (CDC): <https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html>
- Diseases You Almost Forget About (Thanks to Vaccines) (CDC): <https://www.cdc.gov/vaccines/parents/diseases/forgotten-diseases.html>
- Vaccines for Children Infographic: Protecting America's Children Every Day (CDC): <https://www.cdc.gov/vaccines/programs/vfc/protecting-children.html>
- Bray, A.W., & Peck, J.L. (2022, June 23). Vaccination Strategies to Keep Children with Special Needs Healthy. Clinical Advisor. <https://www.clinicaladvisor.com/print-issue/may-june-2022/>
- Vaccinating Kids with Special Needs (Henry Ford Health): <https://www.henryford.com/blog/2019/01/vaccinating-kids-with-special-needs>

La preparación de este recurso fue financiada por la subvención N° 900DUC0036-05-00 del U.S. Department of Health & Human Services, Administration for Community Living, Administration on Disabilities. Elaborado en Septiembre de 2022 por The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School. 335 George Street, New Brunswick, NJ 08901 - boggscenter@rwjms.rutgers.edu - 732-235-9300

# ESNJ Prescription Assistance Fund



The goal of ESNJ is to support you on your epilepsy journey by ensuring that you have continued access to treatment and care.

Through our Medication Assistance Program we have funds available for people with epilepsy who are temporarily unable to afford the purchase of their anti epileptic medication.

This fund is available one time, once a year. There is a limit to the amount allowed.

For more information, email  
[info@epilepsynj.org](mailto:info@epilepsynj.org).



# Register Ready



**Register today—  
be ready for tomorrow!**

**Help emergency responders plan for  
and support your family members  
who have disabilities or  
access and functional needs  
in the event of a disaster**

If you or a family member has a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult to safely shelter in place or evacuate in a disaster, please register.

Register at:

**[www.registerready.nj.gov](http://www.registerready.nj.gov)**

or call **211** within NJ or **877-652-1148** toll free

- Free
- Voluntary
- Secure and confidential
- Protective of your privacy

Update your information at least annually. In a life threatening situation, don't wait for help — call 9 1 1



# Brain Injury Alliance NJ Virtual Support Group



As you know, BIANJ has been hosting virtual support groups, during the day and evenings to help you stay connected. Effective July 1st, BIANJ's support groups will follow this schedule:

## **Caregiver Support Groups:**

Every other Wednesday at 11:00 AM  
Second Tuesday of every month at 6:30 PM\*

## **Survivor Support Groups:**

Every other Wednesday at 11:00 AM  
Third Thursday of every month at 6:30 PM\*

## **Virtual Happy Hours for Survivors and Caregivers:**

Last Wednesday of every month at 5:30 PM

*\*please note the evening groups will now be offered once per month*

[Register Now](#)





# Patient & Family Portal

## In our Portal, you can...

- Get secure access to refill prescriptions and review medications any time
- View upcoming appointments and review past medical and therapy needs
- View, print, and share patient records at a moment's notice
- Have 24/7 access so you can pay bills when it's most convenient for you

## Not signed up yet?

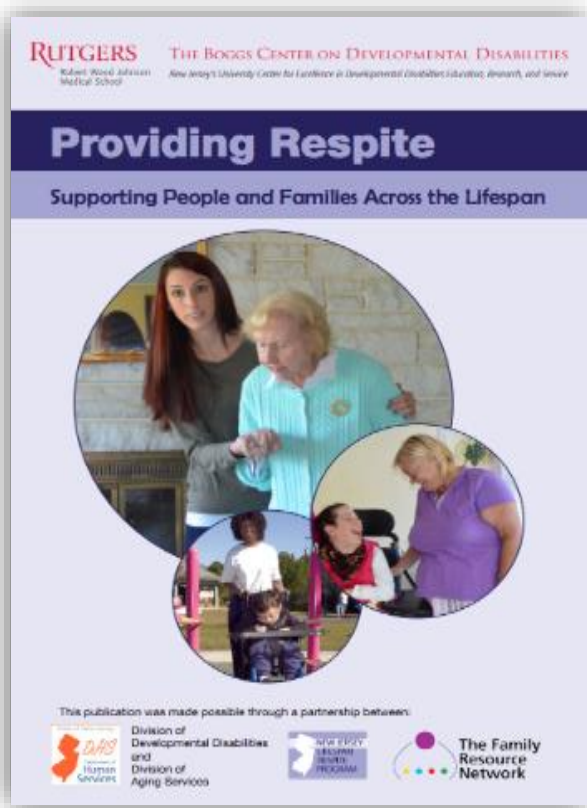
Email [PortalHelpDesk@childrens-specialized.org](mailto:PortalHelpDesk@childrens-specialized.org) to receive your access code.

## Already signed up?

Access the portal at [my.childrens-specialized.org](http://my.childrens-specialized.org)



# Providing Respite: Supporting People & Families Across the Lifespan



In partnership with the NJ Lifespan Respite Program, The Boggs Center on Developmental Disabilities at Rutgers University has published [Providing Respite: Supporting People and Families Across the Lifespan](#).

This booklet offers an overview of respite and highlights the positive impact that respite makes in the lives of people with disabilities, seniors, and their families.

[To access, click here.](#)





# The Center on Nutrition & Disability



If you have been impacted by the pandemic and are in need of food, the Center on Nutrition and Disability is here to connect you to your local food resources.

[www.nokidhungry.org](http://www.nokidhungry.org)

Or, text **FOOD to 304-304** and you will receive a message with local sites to receive free summer meals. No paperwork to fill out. No income requirements.





# Helpful Links & Resources

**National Information Center for Children and Youth with Disabilities**

<https://www.parentcenterhub.org/nichcy-gone/>

**National Organization for Rare Disorders**

[www.rarediseases.org](http://www.rarediseases.org)

**New Jersey Department of Human Services**

[www.state.nj.us/humanservices](http://www.state.nj.us/humanservices)

**New Jersey Developmental Disabilities Council**

[www.njcdd.org](http://www.njcdd.org)

**New Jersey Protection and Advocacy**

[www.drnj.org](http://www.drnj.org)

**Catastrophic Illness in Children Relief Fund (CICRF)**

<https://www.state.nj.us/humanservices/cicrf/home/>



# Values in Action New Jersey



## *Our Values*

Accountable to **YOU** and Yours  
Dedicated to **YOU** and Your Ambitions  
Empowering **YOU** to Live Your Life  
Kind to **YOU** Without Exception  
Open Minded to **YOU**  
Respecting **YOU** and Your Choices  
Transforming Services with **YOU**

**Our Values Into Action NJ Team is at your service  
and always dedicated to your support!**

**Values into Action NJ provides Support Coordination in service  
for people with disabilities aged 21+ and their families,  
across the state of New Jersey.**

**Using a person-directed, family-centered approach, we structure our  
services to assist individuals through the process of self-direction and  
empower them to remain in charge of their plans (and their lives).**

**[www.ValuesIntoActionNJ.org](http://www.ValuesIntoActionNJ.org)**

