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 Mountainside, NJ

Click here to learn more.
Telehealth Offering: Rehabilitation Technology

Telehealth Evaluations Now Available for:
• Special Needs Beds
• Supportive Strollers
• Activity Chairs
• Bath Equipment
• Special Needs Car Seats
• Simple Walkers

At this time, we can begin the process to assess for custom and power wheelchairs, but final recommendations will need to be completed in the clinic when we re-open.

For questions about Our Rehabilitation Technology Clinic or to make an appointment, please have families contact us at (908) 389-5620.

For questions about therapies or any other services, contact a Referral Development Representative at 732-258-7248 or acavallo@childrens-specialized.org

For referrals to therapies and all things Children’s Specialized Hospital, call 1-888-CHILDREN (244-5373) to schedule an appointment!
The Arc of New Jersey is pleased to let you know about a group of women who are volunteering their time to help secure a COVID vaccine appointment for NJ individuals with intellectual and developmental disabilities (I/DD) age 16 and older and seniors. The Vaccine Matchmaker program has over 300 volunteers located throughout New Jersey, working around the clock to secure vaccine appointments for those in need.

It is important to note that the Vaccine Matchmaker volunteers will ask for only the basic information necessary to secure an appointment (name, DOB, email, phone and address). They will never charge a fee or ask for any insurance information, Social Security numbers, or credit card numbers.

Here is a link to their website and the signup form. Please share this information with others with disabilities or senior citizens in New Jersey who are in need of assistance securing a COVID-19 vaccine appointment. If anyone needs special accommodations to be vaccinated, please communicate that need to the Vaccine Matchmaker www.wgirls.org.

Please share this with others who may also be interested.
We are pleased to inform you that the County of Union has partnered with the Visiting Nurse Association of Central Jersey, Holy Redeemer Visiting Nurses and Jewish Family Service of Central New Jersey to implement the **Homebound Vaccination Program** for County residents who are unable to leave their homes (18 years and older). Through this program, a registered nurse will administer the Moderna or Johnson & Johnson COVID-19 vaccination in-home. Residents can choose between either vaccination and special accommodations can be discussed when scheduling an appointment. Group homes are also eligible to participate in this program.

If you are interested in the Homebound Vaccination Program or have any questions, please call the Office for Persons with Disabilities and Special Needs at 908-527-4781 or reply to this email.
Don’t let transportation challenges stop you (or your family and friends) from getting vaccinated.

We are now providing free or discounted rides to vaccination sites wherever Lyft services are available. This program is for everyone, including people who have collapsible wheelchairs and walkers. Personal aides welcome to ride along!

Dial 2-1-1 and schedule your ride today!

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/](https://www.state.nj.us/humanservices/dds/hottopics/education/)
Autism Beach Bash presents a time for the Autism community to gather in support of one another, to challenge society’s boundaries and most importantly to enjoy a day on the beach free of judgment. To register or for more information, please visit the link below!

Interested in becoming a sponsor or exhibitor? Beach Bash provides a great opportunity to give back and let people know about your business! Visit the link below or contact (609) 392-4900 ext. 119 or jgleason@autismfamilyservicesnj.org
NJACE September 2021
Webinar Schedule

**September 16, 1PM**
Gestalt Language Development: the ‘Other' Natural Language Acquisition Style!

**September 23, 1PM**
Findings from Project AIM: What we’ve learned from research on interventions designed to support children on the autism spectrum

**September 30, 1PM**
Who Lacks Reciprocity? Challenging Precarious Assumptions about Autistic People"
Preparing for a Successful School Year

Social Emotional Learning: Preparing for a Successful School Year

This interactive VIRTUAL workshop will be focused on helping educators prepare students for returning to school. Using the five core competencies of SEL, educators will practice tools that will help students gain more self-awareness, improve self-management, increase social awareness, build positive relationship skills, and engage in responsible decision making. The workshop will demonstrate the connection between utilizing SEL to help students improve academic achievement, and practice positive behaviors both inside and outside of the classroom.

9/30/21 10:00 am to 12:00 pm

RSVP with Nancy Mooney at Nmooney@trinitas.org
Webinar Series Understanding Support Coordination

When: Tuesday, September 21st, 2021
Time: 6:30pm sharp
Where: Zoom Video
Presenter: Lisa Ford, Director of The Family Institute “Arc of New Jersey”

Please RSVP at (973)265-1317
The Red Bank Catholic Cheerleaders will, once again, be offering a mentoring cheer program for the upcoming football and basketball seasons! Check out the details below to see if this program would be a good fit for your RallyPlayer. Coach Kelly, coach Alex, and their team are the BEST!

- Open to any middle school or high school students, age 12 and up, with any special needs, boys and girls welcome
- New this year! We will perform at some home RBC football games. TBD.
- The basketball season includes cheering at RBC home boy’s and girl’s varsity basketball games, including a choreographed halftime that the RBC girls and Shamrocks perform together
- Uniforms, poms, and bows all supplied by Red Bank Catholic

The team is coached by RBC cheer coaches, Kelly Supp and Alex Antico, and assisted by the varsity and JV cheer team.

If interested or have any questions please contact Kelly Supp:

e-mail: suppk@redbankcatholic.com

cell phone: (732) 406-4062
Impact of the COVID pandemic on Social Security benefits for persons with intellectual and developmental disabilities (IDD)

Tuesday, September 14, 2021 at 1:00 pm

Social Security and Supplemental Security Income (SSI) provide crucial income supports for people with intellectual and developmental disabilities (IDD), but the COVID pandemic has resulted in major changes to how the Social Security Administration (SSA) functions and it created additional problems for some people with IDD. Additional forms of income supports, such as stimulus payments, unemployment insurance, and revisions to tax credits benefiting low-income individuals, were passed as part of COVID relief. Although many changes have been helpful, some have also had unintended consequences. This webinar will explain these changes and discuss the good news about a recent decision from the SSA that is very helpful for individuals with IDD who lost benefits because they received a high amount of unemployment insurance (UI) during the pandemic.

Speakers:
Bethany Lilly, Senior Director of Income Policy, The Arc of the U.S.
Beverly Roberts, Director, Mainstreaming Medical Care Program, The Arc of New Jersey
Save the Date 8th Annual Epilepsy Services GLOW WALK RUN

8th Annual Glow Walk Run

Epilepsy Services of New Jersey’s Glow Walk Run is a Halloween themed 5k walk/run complete with assorted activities and resources for families to enjoy while aiding ESNJ’s quest in raising funds and spreading awareness to improve the quality of life of those living with Epilepsy. Click More Information below to learn about the event and how to register!

Become a Fundraiser for Glow Walk Run! This year we have the ability to create or join fundraising teams for Glow Walk Run. Much like a Facebook fundraiser, you can create your own fundraising page to support this cause. Your personal page can be shared on social media, email or through text message. You can even join or create a team, please click Become a Fundraiser below to learn more! Please reach out to geckensberger@familyresourcenetwork.org with any questions.

Become a Fundraiser  More Information
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

The Family Resource Network | 50 Millstone Rd, Bldg 300, Suite 201, East Windsor, NJ 08520
Did your child with disabilities turn 21 by June 30, 2021?
· Did they miss out on vital transition services due to the pandemic?
· Did your child graduate because they turned 21 during the 2020–2021 school year?

Not so fast...There is a new law in effect.

S3434 was signed by Governor Murphy on June 16, 2021. It allows students who turned 21 during the 2021–2022 to continue to receive special education, related services, and transition services through at least the 2021–2022 school year. These services must be provided to those students during the 2021–2022 school year when the Individualized Education Program Team (IEP) team, including the parent and adult student, determine that the student requires additional or compensatory special education and related services, including transition services. The student will not be eligible to receive services beyond June 30, 2022, unless provided for in the student’s IEP, or as ordered by a hearing offer, complaint investigation, or court of competent jurisdiction.

Because the bill was signed so late, your child has likely graduated. You can still seek services under the law.

Click here to read more!
Find Your Community of Support
Family Support Group

What: Support group for parents and adult siblings of children and adults with disabilities. Talk and connect with families who share similar experiences.

When: Thursday Biweekly Meetings 6pm-7pm

Register for Family Support Group
## Hannah’s kitchen cooking with kidsfit

**at Newark Beth Israel Medical Center and Children's Hospital of New Jersey**

### Virtual Classes are FREE and graciously funded by the Hannah Perretman Breene Foundation

**TO REGISTER, e-mail Emily Ho: Emily.Ho@rwjbhs.org**

### TASTE TESTERS IN HANNAH’S KITCHEN

**Ages:** 2 – 4 years old  
**Dates:** Sat. September 25, 2021  
Sat. October 16, 2021  
Sat. November 13, 2021  
Sat. December 11, 2021  
**Time:** 11:00 – 11:45 am  
**Description:** This exciting cooking class uses simple recipes to encourage toddlers, ages 2-4, with a parent, grandparent, or loved one to try new foods through texture and flavor. In just four steps for less, toddlers can bond with their loved ones, expand their taste buds and have fun in the kitchen!

Check back for 2022 schedule.

### MY FIRST COOKING CLASS IN HANNAH’S KITCHEN

**Ages:** 4 – 7 years old  
**Dates:** Sat. September 25, 2021  
Sat. October 16, 2021  
Sat. November 13, 2021  
Sat. December 11, 2021  
**Time:** 9:30 – 10:30 am  
**Description:** This interactive cooking class introduces basic kitchen skills to children, ages 4-7 with a parent, grandparent, or loved one. Even the pickiest of eaters will learn to love their veggies through hands-on cooking.

Check back for 2022 schedule.

### HEALTHY KIDS IN HANNAH’S KITCHEN

**Ages:** 8 – 12 years old  
**Dates:** Every Tuesday, September 21, 2021  
Through December 21, 2021  
**Time:** 4:30 – 5:30 pm  
**Description:** This hands-on class teaches children, ages 8-12 with a parent, grandparent, or loved one how to cook with nutritious ingredients, how to read a recipe, kitchen safety tips, measuring techniques, knife skills, and more! Children will gain confidence and independence in the kitchen as their cooking skills grow.

Check back for 2022 schedule.

For more information, contact Emily Ho, RDN at 973-926-7371 or Emily.Ho@rwjbhs.org

Newark Beth Israel Medical Center  
RWJBarnabas HEALTH  
Let’s be healthy together.
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.
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 persons needs before appointing a guardian. An assessment is done on the individual to measure their capacity for self-determination or skills in make 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.PlanNJ.org](http://www.PlanNJ.org)
SPAN's Virtual Learning Opportunities and Resource Collections

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](#)
Summer 2021 Program

The Activity Connection programs at Children’s Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The Web Connection programs provide opportunities to develop new skills, participate in physical activities, and enjoy new experiences online.

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.

To register visit:

www.childrens-specialized.org/recreation
Or call (908) 301-5548

Web Connection Catalog
Curious About VIANJ?

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!
The First Annual NJ Youth Transition Conference created for youth ages 14-21+ who experience I/DD, their families and caregivers and the professionals who serve them, will be held virtually on Oct 1st and 2nd.

**Oct 1st is Professional Development Day** with a talk track curated of live presentations from state and system stakeholders including Bill Freeman with the Department of Education, Toni Scott of DVRS and more! This day is geared for teachers, CST members, Transition Coordinators, Care Managers, Family Support Partners, providers, etc.

**Oct 2nd is Youth & Family Day** with the talk track curated of live presentations from state and system stakeholders including DDD, DDS, DVRS, SPAN, NJCDD, DRNJ, CHLP and more. This day is geared for youth in transition ages 14+ and their families, caregivers and/or legal guardians.

**Pre-registration** is now open.
The NJ Department of Health has begun accepting requests for in-home COVID-19 vaccine appointments.

If you are unable to leave home to receive a COVID-19 vaccine, or are the healthcare provider or family caregiver of someone who is homebound, you may request an in-home vaccination appointment by completing a form.

For assistance completing the survey by phone, please call the NJ COVID-19 Vaccine Call Center at 1-855-568-0545.

After you submit the completed form, the Department of Health will share information with a home health agency, local health department, or other vaccination providers and you will be contacted to schedule an in-home vaccination appointment.

You can read more about the program at this website.

In order to receive protection as soon as possible, if you are able to safely attend a medical appointment outside the home, we encourage you to book an appointment at an open vaccination site if an opportunity occurs before an in-home appointment is made available to you.

Peri L. Nearon, MPA
Executive Director, Division of Disability Services
Updated Guide to Selecting a Support Coordination Agency Now Available

From The Boggs Center on Developmental Disabilities

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
At Intensive Therapeutics, we value a collaborative, interdisciplinary approach. We offer sessions incorporating both occupational and speech therapy. This allows us to look at the child as a whole within the context of various settings.

Additionally, we communicate with all members of the child’s team, including, parents/caregivers, therapists from other disciplines, teachers, and more.

Learn more about our available group programs for the 2021-2022 school year:

- **Say & Play (Ages 1 to 6+ years)**
  - Learn more about Say & Play.
- **SPOT On (Ages 7 to 12 years)**
  - Learn more about SPOT On.
- **Teen Series (Ages 13+ years)**
  - Learn more about our Teen Series program and module dates.

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

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.

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)

**About Our Research Center**
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
NJ’s Housing and Utility Assistance Programs

Apply NOW for Help with Housing or Utilities!

Recently, the federal government issued a limited eviction moratorium beginning August 3rd through October 3 for renters living in communities experiencing a surge in COVID-19 cases.

In addition, Governor Murphy signed legislation that expands COVID-19 Emergency Rental Assistance and Utility Assistance Programs.

For more information, or to apply for rental or utility assistance, please use the links below.

- **First, know your rights:** [https://legalfaq.org/](https://legalfaq.org/)
- **For general assistance questions, call 211 or check the website:** [www.nj211.org](http://www.nj211.org)
- **State Rental Assistance Application:** [https://njdca.onlinepha.com](https://njdca.onlinepha.com)
- **A video tutorial on completing the application:** [https://njdca.onlinepha.com/en-US/Pages/View/152/how-tenants-can-apply-for-cverap](https://njdca.onlinepha.com/en-US/Pages/View/152/how-tenants-can-apply-for-cverap)
- **Comprehensive Statewide Housing Resources:** [https://www.housinghelpnj.org/](https://www.housinghelpnj.org/)
- **Renters may also access assistance at both the County and City level using the federal database of rental assistance programs:** [www.consumerfinance.gov/renthelp](http://www.consumerfinance.gov/renthelp)
- **New Jersey Utility Assistance:** [www.state.nj.us/bpu/assistance/programs](http://www.state.nj.us/bpu/assistance/programs)
- **The federal government issued three Economic Impact Payments. Make sure you got all three:** [https://www.irs.gov/newsroom/recovery-rebate-credit](https://www.irs.gov/newsroom/recovery-rebate-credit)
- **If you have children and didn’t automatically receive the federal Child Tax Credit, sign up for it:** [www.irs.gov/credits-deductions/child-tax-credit-non-filer-sign-up-tool](https://www.irs.gov/credits-deductions/child-tax-credit-non-filer-sign-up-tool)
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 has 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. The is a limit to the amount allowed.

For more information, email info@epilepsynj.org.
NJ Mental Health Cares

If you’re concerned about your mental health or the mental health of someone you love, **NJMentalHealthCares** can help. The **free helpline** offers telephone counseling, emotional support, information, and assistance.

**866-202-HELP (4357)**
7 days per week, 8am - 8pm
Register Ready

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

Register today—be ready for tomorrow!

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
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 911
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]
A Practical Guide to the Law to Extend Special Education Eligibility

Our guide will help you understand whether your child qualifies for an extra year and how to work with your district to access it.

If this law applies to your child, how easy it will be to access depends on whether your IEP team agrees that your child requires an additional year of instruction.

Read Our Guide

As always, if you require support or information, please contact us at 800.4.AUTISM, 609.588.8200 or visit www.autismnj.org.
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 to receive your access code.

Already signed up?
Access the portal at my.childrens-specialized.org
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.**
Schedule a Virtual Telehealth Visit

What are benefits of receiving services through this platform?
• Quick access to your child's initial evaluations
• Eliminates any delay in beginning a beneficial treatment plan
• Provides an opportunity to meet and begin to develop a relationship with your provider allowing them to get to know you and your child
• Your child will be seen in the comfort of their natural home environment
• Doxy.me link allows for easy access using your smartphone, computer, or tablet

What can I use for my child's virtual visit?

Call 888-244-5373 to request an appointment.
Getting Ready For Your Virtual Telehealth Visit

Try the Virtual Visit Application
Click on the test doxy.me link and test it on your desktop or mobile device before your visit.

Be On Time
Log in early for your virtual visit.

Find a Quiet Space
The area should be private and free from distractions. Please find an indoor space where you can be seated rather than in car or walking.

Adjust Your Lighting
Close blinds and limit any natural light coming through.

Be Ready to Start
Please be sure you and your child are ready to participate in your telehealth visit at the time of your appointment.

Be in the State of NJ
To participate in a telehealth appointment, your child is required to be in the state of NJ at the time of your visit. If you are out of state and need to reschedule, please call us at 1-888-244-5273 ext. 3020.

Speak Clearly
Speak slowly and clearly into the microphone.

Set Up Your Camera
Place your camera at eye level for a full view of your face.

Developed by Family Faculty in collaboration with staff.
Preparandos Para Su Vicita Virtual de Telesalud

Preparándose para su visita virtual de Telesalud

- Prueba la aplicación de visita virtual:
  Calce clic en el enlace de prueba Doxy.me y pruebelo en su computadora o dispositivo móvil antes de su cita.

- Esté a tiempo:
  Inicie sesión temprano para su visita virtual.

- Encuentre un lugar tranquilo:
  El área debe ser privada y sin distracciones. Por favor encuentre un espacio interior donde pueda sentarse en lugar de ir en automóvil o caminando.

- Ajuste su iluminación:
  Cierre las cortinas/verjas y limite la entrada de luz natural.

- Este Lista para Comenzar:
  Por favor asegure que usted y su hijo/a estén listos y preparados para participar en su visita de telesalud en el momento de su cita.

- Estado de Nueva Jersey:
  Para participar en una cita de telesalud su hija debe estar ubicado en el Estado de Nueva Jersey en el momento de su visita. Si se encuentra fuera del estado y necesita reprogramar su cita, llámenos al 1-888-244-5573 ext. 3030

- Hable Claro:
  Hable despacio y claramente al micrófono.

- Configure su cámara:
  Coloque su cámara a la altura de los ojos para una vista completa de su cara.

Desarrollado por Facultad Familiar en colaboración de el Personal.
Stay Informed on COVID-19: Disability Rights NJ

Stay Informed at DRNJ-COVID.org

Dedicated to providing resources during the coronavirus pandemic, this new site shares valuable information and the actions we’ve taken to protect and advocate for people with disabilities, along with important resources from our partners to help you navigate this crisis.

DRNJ is a private, non-profit, consumer-directed organization established to:

- Advocate for and advance the human, civil and legal rights of citizens of New Jersey with disabilities;
- Promote public awareness and recognition of individuals with disabilities as equally entitled members of society;
- Advise and assist persons with disabilities, family members, attorneys and guardians in obtaining and protecting the rights of individuals with disabilities; and
- Provide education, training and technical assistance to individuals with disabilities, the agencies that serve them, advocates, attorneys, professionals, courts and others regarding the rights of individuals with disabilities.
Fun Activities To Do at Home With Your Child

Fun Activities

• Play cards, go fish, war, solitaire, memory.
• Take turns reading to each other.
• Have a spa night.
• Look through old photo albums together.
• Watch your child's favorite television show or movie together.
• Do a puzzle.
• Play a board game.
• Sit outside and look at the stars or clouds.
• Eat meals together.
• Help your child send an email to a grandparent, aunt, or uncle.
• Help your child write a letter to a friend or relative.
• Go bird watching. Try to identify the birds you find.
• Play a video game together.
• Pull out a box of toys they haven't played with for a while.
• Plant seeds from something you've eaten, such as an apple or watermelon.
• Play I-Spy, hot or cold, mother may I, red light/green light.
• Sing Karaoke.
• Teach your dog tricks.
• Let your child teach you about something they know or do well.

Movement, Exercise & Outdoor Play

• Play hide and go seek.
• Workout together.
• Write down exercises on separate pieces of paper and put them in a box, shake it and pull one out at a time. Do what it says! 10 jumping jacks, jog in place, do a somersault, 10 sit ups, 10 touch your toes, 10 arm circles, 10 lunges, walk sideways, make up your own!
• Play hop-scotch.
• Ride bikes.
• Play Simon-says
• Take a walk in the woods collect acorns, pretty rocks, & leaves.
• Rake leaves together.
• Play tag.
• Wash your car together.
• Teach your child how to ride a bike.
• Learn a new dance, Chicken Dance, Electric Slide, The Hustle, The Macarena dance
• Help your child practice a sport they enjoy. Have a catch.
• Draw on the sidewalk with sidewalk chalk.
• Have a picnic outside.
• Have a dance party.
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.

Call 609-802-6605 to learn more.

Or, text FOOD to 877-877 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

New Jersey Department of Human Services
www.state.nj.us/humanservices

New Jersey Developmental Disabilities Council
www.njcdd.org

New Jersey Protection and Advocacy
www.drnj.org

Catastrophic Illness in Children Relief Fund (CICRF)
https://www.state.nj.us/humanservices/cicrf/home/
This seven-week parent workshop was developed by the pediatric psychotherapists at Children’s Specialized Hospital to help parents of children ages 2-10 years learn how to manage their behavior.

**The course will cover:**

- Causes of misbehavior
- Setting limits and dealing with tantrums
- Managing sibling conflicts
- Developing and implementing behavioral systems
- Parent stress management, self-care, and support system

This program is free, but registration is required.

For more information, including how to register, [click here](#) and search for “Managing Your Child’s Behavior”
Need Help Getting Vaccinated?

The Brain Injury Alliance of New Jersey has secured a volunteer to help people affected by brain injury sign up and schedule COVID-19 vaccine appointments.

If you would like assistance in securing a vaccine, please contact us at **732-783-6172**.
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
Join the local T1D Community

At JDRF, we’re leading the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world—including our local New Jersey Metro and Rockland County Chapter.

BLUE CREW
If you have a grade school aged child living with T1D, we invite him or her to join our monthly virtual Blue Crew meet-up on Zoom! Join for fun activities, games and crafts!

TEENS & PRE-TEEN VIRTUAL MEET-UPS
Our Youth Ambassadors are leading virtual meet-ups for teens and pre-teens on Zoom. They’ll break-out into small groups so you’ll be with peers close in age!

PARENTS SUPPORTING PARENTS
Make a cup of hot tea, pour a glass of wine or just find a cozy, quiet spot and join our Outreach Volunteers for an hour to chat, relax, and connect with other T1D parents. The parents meet monthly on a Wednesday evening on Zoom.

EDUCATIONAL PROGRAMS
We also host educational programs throughout the year (examples include T1D Caregiver 101, Taking T1D to College, and Carb Counting for Beginners).

Find more information on these and other events at: www.jdrf.org/newjerseymetro

Scan the QR reader to be taken directly to our website!