





### Welcome to

**Children's Specialized Hospital!** 

### Virtual Walk n' Roll!







FOR CHILDREN'S SPECIALIZED HOSPITAL



### TUNE IN ON

SEPTEMBER 13™ AT 11AM

FOR A

#### LIVESTREAM EVENT

FEATURING

STORY TIME WITH FRAN BOCCELLA

MUSICAL PERFORMANCE FROM JIMI MITCHELL

MIKE MARINO COMEDY SHOW

DANCE & SING ALONG WITH JAM WITH JAMIE PERFORMANCE BY NJ BALLET COMPANY

AND MORE!

REGISTER

**RAISE FUNDS** 

TAKE THE CHALLENGE

TUNE IN!









**JOIN THE** 

### BETTER TOGETHER SUMMER CHALLENGE

- \*REGISTER FOR WALK N' ROLL
- **★ WALK, RUN, RIDE OR ROLL A NEW**MILEAGE GOAL EACH WEEK
- \* RAISE FUNDS TO SUPPORT THE KIDS AT CSH!
- **★ TUNE IN TO THE VIRTUAL**CELEBRATION ON 9.13.20

childrens-specialized.org/walk

REGISTER

**RAISE FUNDS** 

TAKE THE CHALLENGE

TUNE IN!











You've taken every precaution. So have we.



Welcome back.

### SPECIAL NEEDS PRIMARY CARE

Our Family-Centered Medical Home

We provide primary care for children through the age of 21 with special healthcare needs. In addition to supporting well visits, vaccines, follow up visits and sick visits, our team is trained and equipped to manage the care delivery of resources necessary to improve the health outcomes of children that are fragile, at-risk and/or living with medical complexities.

Our multidisciplinary team members include doctors, care coordinators, social workers, therapists, and nurses whose purpose is to provide focused, coordinated care in collaboration with family members so that all children can meet their full potential.

We are now offering in-person and telehealth well and sick appointments in Hamilton and Mountainside!

#### Those eligible for the practice include but are not limited to children with:

- Autism
- Cerebral Palsy
- Developmental delays
- Down syndrome
- Genetic disorders
  Metabolic disease
- Poorly controlled chronic illness
- Prematurity
- Rare diseasesSibling with any
- listed conditions
- Technology
   dependence

3575 Quakerbridge Rd. Hamilton, NJ Phone: 609-631-2811

150 New Providence Rd. Mountainside, NJ Phone: 908-301-5534

APPOINTMENTS: 888-244-5373

FUNction Junction



#### Where We Put the FUN back in Function!

Michell Coyle, LCSW & Alison Chianello, RN PCC

"Together we helped a parent in navigate their child's care by ensuring they received the necessary support and supplies their child needed. This empowered the parent to advocate for their child's needs, guiding them to be independent and resourceful in caring for the child."

Click Here to Learn More About our Services



### Schedule a Virtual Telehealth Visit



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









Computer or Laptop

Web Cam

Tablet

Smart Phone

#### 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

To schedule a medical or therapy telehealth appointment, call 888-244-5373 and follow the prompts to schedule an appointment



Developed by Family Faculty in collaboration with staff.

### Programar su cita de Telesalud visitas



#### Que puedo usar para la visita virtual de mi hijo/a?









Computadora

Camara Web

Tableta

Telefono Inteligente

### Cuales son los beneficios de recibir servicios a traves de esta plataforma?

- · Acceso rapido a las evaluaciones iniciales de su hijo/a
- Elimina cualquier retraso y comienza un plan de tratamiento beneficioso
- Brinda la optunidad de conocer y comenzar a desarollar una relacion con su proveedor que les permita conocerse a usted y a su hijo/a
- · Su hijo/a sera visto en la comodidad de su entorno natural
- El enlace Doxy.me permite un facil acceso usando telefono inteligente, computadora, o tableta

Para programar una cita Medica o Terapeutica de telesalud llame a 888-244-537 Y siga las indicaciones para programar una cita



Desarollado por la Facultad Familiar en colaboracion con el Personal.

## Getting Ready For Your Virtual Telehealth Visit



#### Getting Ready For Your Virtual Telehealth Visit



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



Log in early for your virtual visit.



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



Speak Clearly Speak slowly and clearly into the microphone



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



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



### Preparandose para su vicita virtual de Telesalud





#### Prueba la aplicacion de vicita virtual

Descarga el enlace de Doxy.me y pruebelo en su computadora o dispositivo movil antes de su cita.



#### Este a tiempo Inicie session temprano

para su visita virtual.



### WEB Configure su camara

Coloque su camara a la altura

de los ojos para una vista complete de su cara.

#### Hable Claro

Hablar despacio y claramente al microfono



#### Encuentre un lugar tranquilo

El area debe ser privado y sin distracciones,encuentre un espacio interior donde pueda sentarse en lugar de ir en automovil o caminando.

Desarollado por Facultad Familiar en colaboraccion de el Personal.

### Telehealth Offering: Rehab Technology Clinic



#### 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 Boggs Center Hosts Self-Advocate Panel Webinar



### Maintaining & Strengthening Relationships Using Technology - Panel Presentation and Discussion

The quarantine and social distancing brought on by COVID-19 has been a difficult time for us all. Individuals with intellectual and developmental disabilities have been particularly negatively affected. The inability to see people outside of those they live with, pursue employment endeavors or simply connect with friends has created a situation where people with IDD have been further marginalized and inhibited from participating in community life. However, many people have found new and innovative ways to stay connected to their communities and get the supports they need while staying safe and continue to identify new strategies. This panel presentation will explore some of the effective ways that people with disabilities around New Jersey have remained connected to family, friends, colleagues and medical professionals with the use of technology and social media platforms.

Continuing Education Credit and Certificates of Attendance are not offered for this webinar

Thursday, September 3, 2020 | 10:00 AM - 11:00 AM

To Register:

https://boggscenterregistration.rwjms.rutgers.edu/index.php/event/training

### Join Us For a Virtual Presentation



- + Understanding Autism, Aggression, & Self Injury: Medical Approaches and Best Support Practices
- + Date: Wednesday, September 16, 2020 Time: 1:30 PM 3:30 PM Virtual
- + The New Jersey Autism Center of Excellence (NJACE) will be hosting a live webinar with Clarissa Kripke, MD, FAAFP. There will be an opportunity for Q/A at the end of the presentation. The full details can be found below, we hope you will join us!

About: For people with developmental disabilities medical, environmental, communication, and psychiatric problems can be expressed as aggression or self-injury. Aggression and self-injury is distressing for everyone involved. Treating behaviors without understanding their root cause can have unintended consequences. In this talk, Dr. Kripke will offer families and professionals an organized approach to assessing the possible cause(s) of aggression and self-injury. She will offer strategies to affirm the needs of both self-advocates and those who love and care for them.

Live link to join: <a href="https://www.youtube.com/watch?v=heUZI2pEH2E">https://www.youtube.com/watch?v=heUZI2pEH2E</a>









- + Mindfulmess to Mindfulness
- + Webinar description:
- As schools are deciding to open and plans are unclear, and as the pandemic lingers, many of us are in a mindful-"mess". In this one hour engaging and thought-provoking workshop, we will talk about mindfulness and gratitude and discuss breaks from social pressures. It will help us find the beneficial aspects from the pandemic, things we can take away that are positive, how to optimize time, and getting 'back to reality' through and after the pandemic.
- https://www.childrens-specialized.org/for-patients-and-families/family-to-family-resources-developed-by-families-for-families/webinars

## Navigating the Journey Virtual Workshops



- The Parent Panel: An Empowering Discussion for Caregivers and Advocates of Individuals with Special Health Care Needs
- + Tuesday, **September 29, 2020** 6:30pm to 8:00pm EDT
- + Network and engage in an interactive Q&A with other caregivers and professionals about caring for a child with special needs. This session will focus on initial steps a caregiver should consider after a diagnosis, building a strong support network and how to continue to advocate for your child. The panelists and other parents will also share resources which you can add to your family's tool bag.
- + Parent Panelists:
- + Adrienne Robertiello, Special Healthcare Educator, Children's Specialized Hospital
- + Jessica Krill, Family Faculty, Children's Specialized Hospital
- + Nadine Wright-Arbubakrr, Founder, Nassan's Place
- + Questions? Contact Sandra at 908-301-5944 or <a href="mailto:sjohnson@childrens-specialized.org">sjohnson@childrens-specialized.org</a>

## Managing Your Child's Behavior Virtual Workshop





### Sign Up for our Fall Session - Offered Virtually!

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

Wednesdays, 7:00-8:30 p.m. August 26 - September 30

Mondays, 6:30-8:00 p.m. September 7 - October 19

Wednesdays, 7:00-8:30 p.m. October 21 - December 2

Mondays, 6:30-8:00 p.m. November 2 - December 14

Cost is \$99. This fee may be covered by the CSH Benefit Fund.

Please visit our website for details. Registration and prepayment are required at least 24 hours prior to first session.

## Overview of Autism Spectrum Disorder Diagnosis (Morning)



- Date Thursday, October 01, 2020 Time: 10:00 AM 11:30 AM Virtual
- + Contact Name: Sandra Johnson Contact Phone: 908-301-5944
- + Contact Email: sjohnson@childrens-specialized.org
- This session seeks to clarify Autism Spectrum Disorder (ASD) and co-occurring diagnoses. The core symptoms of ASD, treatment options and medications will also be explored. We hope you leave this session with answers to some common questions and additional insight about ASD.

#### Presenter:

Theresa D'Ambrosio, Advanced Practice Nurse, Hamilton Site

+ To join go to: <a href="https://www.childrens-specialized.org/events/overview-of-autism-spectrum-disorder-diagnosis-morning">https://www.childrens-specialized.org/events/overview-of-autism-spectrum-disorder-diagnosis-morning</a>

## Ask the Therapists: Day Session



Date: Friday, October 09, 2020 Time: 10:00 AM - 11:30 AM Virtual

+ Contact Name: Sandra Johnson Contact Phone: 908-301-5944

+ Contact Email: sjohnson@childrens-specialized.org

- + About this session:
- + Are you concerned about your child's social skills, coping, communication, feeding, sensory issues or motor skills development? Join other parents in this interactive Q&A session with our expert therapists. A wide range of issues will be discussed. Get tips from the therapists and also hear how other caregivers and professionals have addressed these issues.
- To register go to: https://www.childrens-specialized.org/events/ask-the-therapistspsychologist-speech-and-occupational-therapists-evening

### What is ABA Therapy? 2 Sessions



Date: Thursday, October 22, 2020 Time: 6:00 PM - 7:30 PM Virtual

+ Date: Friday, October 23, 2020 Time: 10:00 AM - 11:30 AM Virtual

+ Contact Name: Sandra Johnson Contact Phone: 908-301-5944

+ Contact Email: sjohnson@childrens-specialized.org

- Let's talk about Applied Behavior Analysis (ABA). ABA therapy is about managing behavior and a lot more. ABA promotes effective communication and daily self-help skills. This session focuses on the multiple uses and benefits of ABA therapy. Discussion will also include simple tips for teaching your child different skills at home, suggestions on how to develop and achieve goals for desired behaviors and coping skills that may be useful for the entire family.
- For more information or to register go to: https://www.childrens-specialized.org/events/?

# Ask the Therapists: Evening Session



Date: Tuesday, October 06, 2020 Time: 6:00 PM - 7:30 PM Virtual

+ Contact Name: Sandra Johnson Contact Phone: 908-301-5944

+ Contact Email: <a href="mailto:sjohnson@childrens-specialized.org">sjohnson@childrens-specialized.org</a>

- + Are you concerned about your child's social skills, coping, communication, feeding, sensory issues or motor skills development? Join other parents in this interactive Q&A session with our expert therapists. A wide range of issues will be discussed. Get tips from the therapists and also hear how other caregivers and professionals have addressed these issues.
- + To register go to: https://www.childrens-specialized.org/events/ask-the-therapists-psychologist-speech-and-occupational-therapists-evening

### Overview of Autism Spectrum Disorder Diagnosis (Evening)



- Date: Thursday, October 01, 2020 Time: 6:00 PM 7:30 PM Virtual
- + Contact Name: Sandra Johnson Contact Phone: 908-301-5944
- + Contact Email: sjohnson@childrens-specialized.org
- This session seeks to clarify Autism Spectrum Disorder (ASD) and co-occurring diagnoses. The core symptoms of ASD, treatment options and medications will also be explored. We hope you leave this session with answers to some common questions and additional insight about ASD.

#### Presenter:

Theresa D'Ambrosio, Advanced Practice Nurse, Hamilton Site

+ To join go to: <a href="https://www.childrens-specialized.org/events/overview-of-autism-spectrum-disorder-diagnosis-morning">https://www.childrens-specialized.org/events/overview-of-autism-spectrum-disorder-diagnosis-morning</a>

### Register for Our Upcoming Webinar: *Voting Safely in 2020*

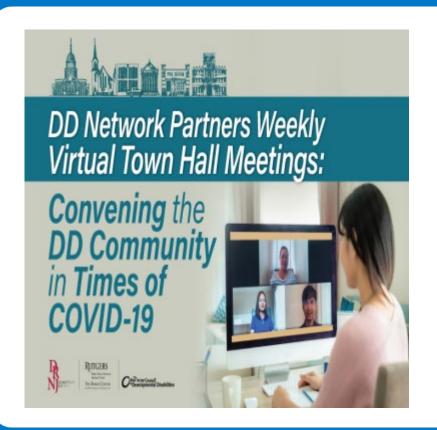


- + 2020 is a presidential election year which makes it a very important year to exercise your right to vote. Due to COVID-19, there are many questions and concerns about how voting will occur this November.
- + Disability Rights New Jersey wants to ensure that every individual with a disability feels empowered and understands their right to vote, and how to vote in the upcoming election.
- + We will be hosting a voting webinar to explain the voting process and changes that will be made in order to vote safely during this pandemic.
- + Tuesday, September 22 from 1 2 pm
- + For more information or to register go to:
- + https://njcdd.org/division-of-developmental-disabilities-resources



### Register Now! September COVID-19 Update Webinars





- There are two DDD COVID 19 update webinars
   scheduled for September:
- Thursday September 3 at 10:30 am
- Thursday September 17 at 10:30 am
- https://njcdd.org/covid-19resources/





### TRANSITION PLANNING FOR A MEANINGFUL LIFE

SESSION TWO: Friday, October 23, 2020 TIME: 10am to 11:30am

In this session, we share how to put these tools into action. Learn ways to discover what's available in your community and how to explore eligibility-based supports. Get an overview of the eligibility process and services available through the Department of Developmental Disabilities (DDD) as well as the role of the support coordinator. Understand how potential services can be used with community resources to help plan for a full and meaningful life.

Register: <u>www.childrens-specialized.org/webinars</u>

For additional information, contact Pat O'Hanlon, Family Faculty Manager (732) 258-7378 • pohanlon@childrens-specialized.org





### Wearing a Face Mask: A COVID-19 Social Story for Adults with Intellectual and Developmental Disabilities

Wearing a Face Mask: A COVID-19 Social Story for Adults with Intellectual and Developmental Disabilities can help readers understand why face masks are important for themselves and others to wear. Supporters of people with I/DD can also use this resource to discuss the importance of face masks by printing or sharing with the person on a computer screen, tablet, or smartphone.

Full PDF











## Transition Planning for a Meaningful Life





#### The Pursuit of Happiness

Transition Planning for a Meaningful Life

#### Free Webinar Series for Parents and Caregivers

During transition, the leap from person-centered thinking to person-centered planning can be unclear and intimidating. Accessing services through the adult service system often requires a great deal of advocacy and persistence. It's too easy to focus on eligibility-based supports rather than on a vision for a full and meaningful life. Join our discussions to help make this process more understandable and purposeful.

#### SESSION ONE

Friday, August 14, 2020 10:00sm to 11:30sm

This session engages families to practice using person-centered planning tools in order to establish strong and practical steps in the transition plan.

#### SESSION TWO

Friday, October 23, 2020 10:00sm to 11:30sm

In this session, we share how to put these tools into action. Learn ways to discover what's available in your community and how to explore eligibility-based supports. Get an overview of the eligibility process and services available through the Department of Developmental Disabilities (DDD) as well as the role of the support coordinator. Understand how potential services can be used with community resources to help plan for a full and meaningful life.

#### Register for each session at www.childrens-specialized.org/webinars

For additional information, contact Pat O'Hanlon, Family Faculty Manager (732) 258-7578 • pohanlon@childrens-specialized.org

This webinar is part of a series of educational workshops for parents and caregivers focused on the transition of adolescents with special health needs







Provided in partnership with The Boggs Center on Developmental Disabilities at Rutgers University

+ Free webinar series

+ When: 10/23/2020

+ Time: 10am to 11:30am

 Register for each session at www.childrensspecialized.org/webinars

### Join Us for 4 Facebook Live Events





### Join Us for 4 Facebook Live Events

Learn more about different college programs in NJ for students with intellectual and developmental disabilities. Make sure to "Like" and "Follow" us on Facebook to receive a notice once we go live. For step-by-step directions on how to participate in our Facebook Live Events, visit: bit.ly/fifacebooklive. Or you can log into Facebook at the below date and times: www.facebook.com/thearcofnjfamilyinstitute.

- September 12 at 1:30 pm: The Achievement Center at Raritan Valley Community College
- October 30 at 10am: Keep Achieving (Kach) at Brookdale Community College
- November 14 at 10am: Dream Program Mercer County Community College
- December 12 at 11am: Camden County College Garden State Pathways Program

Ara of New Jamey Family Institute | 732,246,2526 | www.theorofondyingtitute.org | thefamilyingtitute-eorogi.org

### + What is a Facebook Live?

Facebook Live is a feature of Facebook that uses the camera on a computer or mobile device to broadcast real-time video to Facebook. Live broadcasters and viewers can interact in real time! If someone with whom you have a connection with on Facebook (such as a friend, page, group, or celebrity you're following) decides to broadcast live on Facebook, their video will appear in your news feed.

To learn more about Facebook live events presented by the ARC of NJ go to <a href="https://www.thearcfamilyinstitute.org/">https://www.thearcfamilyinstitute.org/</a> what we do/facebook-live-events.html

# NJCTS Webinar Wednesdays



### Welcome to NJCTS Wednesday Webinars

All webinars air 7:30pm to 8:30pm Eastern Time

**Suicide Prevention** 

September 30, 2020

Presented by Wendy Sefcik and Maureen Brogan

Suicide amongst teens has risen dramatically. Learn ways to indentify depression and what you can do to help

All webinars air 7:30pm to 8:30pm Eastern Time

https://register.gotowebinar.com/register/9051782659748041488

## National Caregivers Conference 2020



National Caregivers Conference 2020 "The Spirit of Resilience"



The National Caregivers Conference is renowned for its national level speakers, workshops and exhibitors who address both individual and national issues facing the caregiving community. The impact of caregiving on mental health and emotional well-being across the lifespan has sparked discussions around trauma informed care, stressful life events, adverse childhood experiences and cultural differences to approaching adversity. The Spirit of Resilience is relevant to the 43.5 million caregivers nationwide who are dedicated to providing 24/7 direct care and support for a love one who has a chronic condition, mental health challenges, disability and/or is a veteran or aging.

Stay tuned for Conference updates!

# Sign Up for Our Accessible Family Fitness Package!



This Virtual package will include some of your favorite FRN Connect Services - Get FIT, Zumba, and Yoga - all modified to meet the needs of children and adults with varying abilities. On the first of each month, subscribers will receive 6 video sessions and a live Q&A every week. You can watch the videos an unlimited number of times and foster a healthy lifestyle for the entire family, right from your home!

https://www.familyresourcenetwork.org/familyfitness/



### Did you lose your job and health insurance due to Covid-19?





Job or income loss due to COVID-19?
Our Navigator's will help you stay covered!
Call now to explore the health insurance options available for you
1-800-355-0271

Our enrollment assistance services are provided FREE of charge and are available in English, Spanish and Russian.

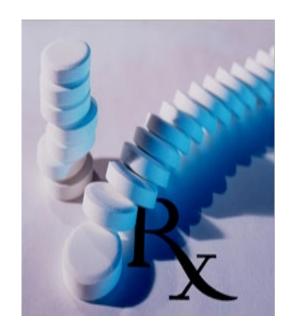
https://frnnavigator.org/



## **ESNJ Prescription Assistance Fund**



- + Our goal at 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, info@epilepsynj.org.



## The Center on Nutrition and Disability





If you are impacted by the pandemic and are in need of food, we are here to assist with connecting you to your local food resources.

Please email <u>Greta Latvyte</u>, or call 609-802-6605 to learn about curbside pick-up and delivery options in your county.



If you have kids in need of meals this summer, text "FOOD" to 877877 and you'll receive a message with local sites where they can receive free summer meals.

No paperwork to fill out!

No income requirements!

## T.R.U.S.T.: Seizure Recognition and First Aid Training



Join us the last Wednesday of every month at 12PM ET to participate in a live webinar on seizure recognition and first aid. ESNJ is a state approved provider of this training.

Andrea Racioppi, Vice President, Epilepsy Services, will be presenting on: Seizure Recognition and First Aid; How to recognize a seizure; and Epilepsy treatment. Recognizing that 1 in 26 individuals will develop epilepsy in their lifetime and that 1 in 10 individuals will have one seizure and never have another one, it is crucial that members of the community know what to do in case someone has a seizure.

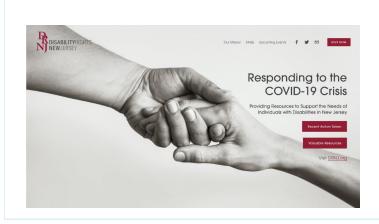
Visit our website



www.epilepsyservicesnj.org | 800.336.5843 | info@epilepsynj.org

## Stay Informed at DRNJ\_Covid.org





### 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.

**About Disability Rights New Jersey** 

## Disability Rights New Jersey





#### **Learn More About DRNJ**

DRNJ is supported by the U.S. Department of Health & Human Services, Administration on Intellectual and Developmental Disabilities; Center for Mental Health Services, Substance Abuse & Mental Health Services Administration; U.S. Department of Education, Rehabilitation Services Administration; and the Social Security Administration

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

Disability Rights New Jersey | DRNJ.org 210 S. Broad Street, 3rd Floor Trenton, New Jersey 08608 1.800.922.7233 (in NJ only) 1.609.292.9742 (Voice) 1.609.777.0187 (Fax) 1.609.633.7106 (TTY)



### Guidance on IDEA During Covid - 19



### Education Department Issues Guidance on IDEA Procedural Safeguards During COVID-19



On June 30, 2020, the U.S. Department of Education (ED) published two new guidance documents to answer questions about how to implement IDEA procedural safeguards during the COVID-19 school closures.

Issues in the guidance for Part B of the IDEA include:

- Parental Consent (acceptance of electronic or digital signatures)
- Prior Written Notice
- Procedural Safeguards Notice
- Access to Education Records

Download <u>Guidance about IDEA Procedural Safeguards for Part B.</u> Link: <u>https://www.wrightslaw.com/law/osep/2020.06.partb.proced.safegds.pdf</u>

Issues in the guidance for Part C (Early Intervention) of the IDEA include:

- Parental Consent (acceptance of electronic or digital signatures)
- Prior Written Notice and Procedural Safeguards Notice
- Access to Early Intervention Records

Download <u>Guidance about Procedural Safeguards for Part C (Early Intervention)</u>. Link: <u>https://www.wrightslaw.com/law/osep/2020.06.partc.proced.safeguards.pdf</u>

# Do you need Personal Protection Equipment?





## Tip from Values Into Action NJ's Family Mentor, Zinke McGeady

## Do you need Personal Protection Equipment?

Individuals/family members can receive gloves for the individual through Medicaid!

This a health benefit through the person's State Plan A Medicaid package. They will need an prescription.

If you receive supports from Values Into Action and have questions about this tip as it pertains to PPE, call 856-985-6801

## Fun Activities to Do with Your Child at Home



### **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.

### My Children's Specialized Hospital Patient & Family Portal



Do you know about the *My Children's Specialized* Patient & Family Portal?

### The Portal provides:

- Secure access to refill prescriptions and review medications any time of day
- Ability to view upcoming appointment schedules and review past medical and therapy needs
- Capability to view, print, and share patient records at a moment's notice
- 24/7 access so you can pay bills when it's convenient for you



Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalHelpDesk@childrens-specialized.org to receive your access code.

Want more information? Visit our website using this convenient QR Code:



Already signed up? Access our portal at my.childrens-specialized.org

# Refill Your Child's Prescription Online!



### **Refill Your Child's Prescriptions Online!**

Fill your child's prescriptions virtually by using the Patient and Family Portal anytime – from anywhere – on your computer or mobile device.

The Portal allows you to:

- Securely refill prescriptions and review medications any time of day
- Obtain upcoming appointment schedules and review past medical and therapy documentation
- View, print, and share patient records at a moment's notice
- Gain 24/7 accessibility so you can pay bills when it's convenient for you



PortalHelpDesk@childrens-specialized.org

## Use the Patient Portal to Refill Your Prescription and be Entered to Win!



#### THE PORTAL PROVIDES:

- . Secure access to refill prescriptions and review medications any time of day
- · Ability to view appointment schedules and review past medical and therapy needs
  - . Capability to view, print, and share patient records at a moment's notice
    - 24/7 access so you can pay bills when it's convenient for you

#### BE ENTERED TO WIN:

Now through the end of the year, we will be holding a monthly drawing for families who use the Patient and Family Portal to refill their prescriptions.

All you need to do is use the patient portal to refill your prescriptions and you will be entered to win a \$25 gift card.

Not signed up? Get started today! Stop by a registration or scheduling representative or email us at PortalNelpDesk@childrens-specialized.org to receive your access code.

Want more information? Visit our website using this convenient QR Code:



Already signed up? Access our portal at my.childrens-specialized.org

## Support For Parents of Children with Special Health Needs in NJ



During this time, there may be situations which seem out of your control (e.g. child care, financial challenges, need for food, etc.) The New Jersey Department of Human Services has a list of contacts, programs, and resources that may be able to help you. You will also find a Disaster Preparedness Checklist for People with Disabilities. The New Jersey Resources list is available at:

https://ni.eov/humanservices/dds/documents/RD/2019/Final\_2019\_DHS\_NJ\_Resource\_Guide.pdf

If you do not have access to a computer or if you need to reach a person directly, you can reach a certified information and referral specialist at New Jersey Division of Disability Services by calling toll free: 1-888-285-3036.

Families with children who have disabilities and special health needs may have additional unique challenges. If you are experiencing stress, anxiety or other emotional concerns due to your role as a caregiver for a child with special health needs, or need assistance with resources, the New Jersey Mom2Mom helpline is available 24 hours a day at 1-877-914-6662. For additional information, visit:

https://www.nj.gov/dcf/families/csc/Mom2MomBrochure.pdf

An emergency is any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to your child being severely harmed or possibly harming someone else. If you have an emergency situation involving your child that is life-threatening, seek help immediately by dialing 911. If you have an emergent situation that is not immediately life-threatening, call PerformCare at 1-877-652-7624.

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# Helpful Tips for Parents and Caregivers



#### COVID-19



Helpful Tips for Parents and Caregivers of Children with Disabilities and Special Health Needs

- Changes in routine may be confusing for your child and lead to feelings they can't describe or understand such as fear and frustration. Behavior changes sometimes may occur. Providing a comfortable and predictable environment may help your child feel safe and in control. Spend time together doing things your child enjoys.
- Your child may have difficulty with the change in schedule and/or the environment. Help your child to keep busy throughout the day. Try to keep a structure in your child's day:
  - Establish consistent schedules for waking up, meals, play, school work, chores, physical activity, bedtime, and other routines
  - Arrange designated time for those using computers and other electronic devices
  - Find books, games, and projects your child enjoys
  - Take some time to get fresh air and connect with nature
- Your child may not understand why schools are closed. Explain that in order to help keep everyone healthy, sometimes students have to stay home instead of going to their school. Let them know it is still important to do their homework and that the school staff will let everyone know when they can come back to school. In the meantime, reassure your child that he or she is safe at home.
- There is so much information that is being shared about COVID-19. It might be helpful to limit your child's exposure to news and social media to filter what they are hearing. Help put things into your child's perspective using simple facts they can understand. Managing your own reactions may help reduce any anxiety that your child may be feeling.
- Your child may miss friends and family. Stay connected with family and friends by phone or through other electronic devices.
  - It is alright to reach out to others to get the support you need.

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# I can help myself to stay healthy





I cover my sneezes and coughs into my arm to help stop germs from spreading to other people.



When I wipe my nose, I use a tissue. When finished with the tissue, I throw it into a trash can and wash my hands.



It is important to avoid touching my face as much as possible.



To prevent germs from spreading, I try to stand at least an arm's distance from other people.



Instead of shaking hands with another person, I can wave to them.



I can clean an area before I touch it using a disinfecting wipe.



I should try to avoid being near people who are sick.

## T.R.U.S.T. - Seizure Recognition And First Aid Training



- + This webinar is offered several times. Select the date and time that works best for you.
- **When:** Aug. 26<sup>th</sup>, Sept. 30<sup>th</sup>, Oct. 28<sup>th</sup>, Nov. 25<sup>th</sup> & Dec. 30th
- **Time:** 12:00pm 1:00pm
- **What:** One in every 26 individuals has Epilepsy. Would you know what to do if a student in your school had a seizure? Epilepsy Services of New Jersey offers Seizure Recognition and First Aid training for school personnel and school nurses.
- **To Register**: https://register.gotowebinar.com/rt/1106967820219707651



## Autism Beach Bash Returns This Summer!





### To Register:

https://familyresourcenetwork.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=586

# Fall 2020 Virtual Parent Empowerment Conference





**To learn more go to:** <a href="http://hinkle1.com/virtual-parent-empowerment-conference-presented-by-hinkle-prior-fischer/">http://hinkle1.com/virtual-parent-empowerment-conference-presented-by-hinkle-prior-fischer/</a>

# 2020 9<sup>th</sup> Annual Paint The Pony Purple



- + Save the Date Sunday, November 1st, 2020 12:30 pm 5:00 pmESNJ's Paint the Pony Purple is held every year at The Stone Pony in Asbury Park New Jersey to raise awareness for Epilepsy and provide a safe and fun concert for individuals with Epilepsy and their families.
- <u>To Register:</u> <u>https://familyresourcenetwork.donordrive.com/index.cfm?fuseaction=don</u> orDrive.event&eventID=585





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

Free

Secure and confidential

Voluntary

Protective of your privacy

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





#### **BIANJ Helpline** 732-783-6172

info@bianj.org

BIANJ's Helpline Specialists are available via phone, <u>email</u> or <u>online chat</u> to provide information, resources and support. BIANJ's Helpline is open Monday-Friday, 9:00am-5:00pm.

NJ Traumatic Brain Injury Fund 1-888-285-3036

The NJ TBI Fund is continuing operations. Case managers are supporting clients remotely. The <u>TBI Fund application</u> is available online, and can be printed and submitted by mail.

NJ Mental Health CARES 866-202-4357

help@njmentalhealthcares.org

If you're concerned about your mental health or the well being of a loved one, NJ Mental Health CARES can help. Their free hotline is open 7 days a week, from 8:00am-8:00pm. Staff offer counseling via telephone, as well as information and referral assistance to obtain behavioral health services.

#### NJHelps.org

This one-stop website will help you determine if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJ/GA), and health insurance (NJ FamilyCare/Medicaid). You can apply for services or learn about additional resources.

### Register Ready NJ

registerready.nj.gov

Register Ready allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so that emergency responders can better plan to serve them in the event of a disaster or other emergency. **To register, click here**.

New Jersey Council on Developmental Disabilities (NJCDD)/ARC of New Jersey nicdd.org

The NJCDD has partnered with the ARC of New Jersey to process requests for emergency funding from any individual with intellectual/developmental disabilities, their families, and any qualified community-based organizations that provide supports to people who are affected by the statewide COVID-19 response.



### NJ Mental Health Cares

### **NJMentalHealthCares**

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











### **Fall Registration Opens August 15!**

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 programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.

All programs are led by Children's Specialized Hospital's therapists, certified program instructors, coaches, and trained volunteers who provide ageappropriate and safe activities in an inclusive and fun environment.

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







## Help us improve autism research for the entire community by participating in the Autism EXPECT Study!

The **Autism EXPECT Study** is an online survey coordinated by the Autism Science Foundation in partnership with the University of Pennsylvania. We want to hear from adults and families with autism about what influences them to participate in clinical research.

You will be asked questions about why you have or haven't participated in research and about what might make your next research experience better. This survey takes **30 minutes** to complete. Participation is completely voluntary. All participants will be entered for the chance to WIN an iPad!

We will use our findings to inform scientists about steps they can take to improve the research experience for members of the autism community. Please take the survey at: bit.ly/EXPECTsurvey

Questions? Contact AutismExpectStudy@gmail.com





Thanks for choosing Children's Specialized Hospital!