

December 2018



Island County

Parent to Parent Newsletter

## Parent to Parent Holiday Party



Saturday, December 22nd

Coupeville Rec Hall

Noon-2:00pm

## Come One! Come All!

Celebrate the holidays with other special needs families in Island County.

Free Event, Potluck, Arts & Crafts Table and of course, Santa.

Santa will be making an appearance about 12:30

## Event Planning for A Successful Outcome

Stressors	Specific Challenges	Accommodations
Sensory Challenges	Noise, Chaotic Activity	Ear plugs, sit in periphery, fidget tools
Degree of Interest	Excited but Anxious	Sitting in periphery, electronics, leave early
Novelty/Uncertainty	High Certainty, New	Preview ahead of time, watch YouTube videos
Degree of Control	Minimal Control	Check of list of events, timeline, schedule
Performance Demands	Sitting Still and Quiet	Have a Job, Be a Helper, Contribute
Social Demands	High, Unpredictable Interactions	Arrive late and leave early. Sit in periphery
Length of Time	Two Hours, too Long	Arrive late, and leave early. Escape as needed. Keep an eye out for signs that it is time to go.

## Autism Resources

### **Toolkits for Parents Available online for Autism and issues related to the diagnosis**

\***Profectum** offers a variety of toolkits from various sources. Broken down by \*newly diagnoses, age ranges, [www.profectum.org/toolkits-for-parents/](http://www.profectum.org/toolkits-for-parents/)

\***Autism Speaks**: Their website has so many toolkits available I can't list them all. Here are their most accessed ones. They offer an ART team that can help families during tough times, address challenges and be a support for the family.

Parents Guide to Autism: [www.autismspeaks.org/tool-kit/parents-guide-autism](http://www.autismspeaks.org/tool-kit/parents-guide-autism)

100 Day Kit for young children recently diagnosed [www.autismspeaks.org/tool-kit/100-day-kit-young-children](http://www.autismspeaks.org/tool-kit/100-day-kit-young-children)

Need Personalized Support? Our Autism Response Team (ART) is specially trained to connect people with autism, their families, and caretakers to information, tools, and resources. [www.autismspeaks.org/autism-response-team-art](http://www.autismspeaks.org/autism-response-team-art)

\***ASD Services and Toolkits**: A very comprehensive list of resources and toolkits available [www.autismsciencefoundation.org/wp-content/uploads/2015/12/Autism-Toolkits.pdf](http://www.autismsciencefoundation.org/wp-content/uploads/2015/12/Autism-Toolkits.pdf)

\***Parent Toolkit: Social Emotional Development** Several resources listed and videos available. [www.parenttoolkit.com/additional-resources/social-and-emotional-resources](http://www.parenttoolkit.com/additional-resources/social-and-emotional-resources)

\***Seattle Children's Autism Center**: They offer webinars and resources [www.seattlechildrens.org/clinics/autism-center/patient-family-resources/](http://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/)

**Don't forget about Parent to Parent!** We are always a resource for families in Island County. We are working closely with ABA and Early intervention providers to develop workshops for families regarding Autism and tips/tricks/tools/fundamentals/resources. Should be available in the spring.

# IEP and 504 Plan Presentation

## What is Special Education? What are my rights?

IEPs, 504 Plans, FAPE, Evaluations and Advocacy

Wednesday, January 9th

6:00-7:30pm

105 NW 1st Street, Coupeville

Presented by Jen Cole from WA PAVE (Partnerships for Action, Voices of Empowerment)



Great information and resources for families and education providers. Every year your child may face different challenges. Now is the time to ask questions and be prepared for your next IEP/504 Plan meeting. Know your Rights!

## Upcoming Holiday Events

- \* Lights of Christmas Festival: Available 21 nights starting November 29th through the end of the year. 20800 Marine Drive, Stanwood [Buy Tickets](http://www.thelightsofchristmas.com/), dates and times available website [www.thelightsofchristmas.com/](http://www.thelightsofchristmas.com/)
- \* Light up Your Holidays December 1st, 10-2pm 27130 102nd Ave NW, Stanwood
- \* Teddy Bear Breakfast Buffet: December 1st Two Seatings, \$5 ages 10 and younger, \$15 ages 11 and older, more information or to [buy tickets](http://www.bbbislandcounty.org/) contact Big Brothers Big Sisters [https://bbbislandcounty.org/](http://www.bbbislandcounty.org/)
- \* Langley Holly Jolly Parade: December 1st 1:00pm **FREE** Downtown Langley [www.visitlangley.com/parade](http://www.visitlangley.com/parade)
- \* Coupeville Christmas Parade, Tree Lighting and Boat Parade: December 1st **FREE** Festivities begin at 4:00pm [www.coupevillechamber.com](http://www.coupevillechamber.com)
- \* Winter Wonderland: Friday December 7th through Sunday December 9th. **FREE** indoor and outdoor events for the whole family at Outlet Shoppes at Burlington for more info: [www.skagitchildrensmuseum.net](http://www.skagitchildrensmuseum.net)
- \* Parent to Parent Holiday Party: Saturday, December 22, 12--2pm at Coupeville Rec Hall. **FREE** Family fun!



**PARENT to PARENT**



Island County Parent to Parent  
Tiffany Wheeler-Thompson  
PO Box 5000  
Coupeville, WA 98239  
(360)632-7539 call/text  
t.wheeler-thompson@co.island.wa.us  
Check out our website. Archived newsletters and our Special Needs Resource Guide  
[www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](http://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

Like us on Facebook for updates on events and resources in our community.  
[www.facebook.com/islandcountyparent2parent](http://www.facebook.com/islandcountyparent2parent)



Don't forget, Special Olympics Basketball starts soon. Ages 8 and up. There is a North end team in Oak Harbor that starts practicing in December. Call Chris Becker for more info (360)320-2549. South end team has started practicing but is always open to new players. They practice at Trinity Lutheran in Freeland on Saturday 10-11am. For more info call Mike Ezzell (360)678-7883



Would you like to be a part of a committee that offers solutions to barriers people with disabilities experience in our community? Join Accessible Communities Committee (ACA). There is a committee on Whidbey and one on Camano. We meet monthly. Primary function is to discuss issues, propose solutions and champion projects to make our communities accessible to everyone. We are always seeking self-advocates and family members. Providers are welcome as well. For more information, contact Tiffany (360)632-7539

## Health Insurance Premium

### Reimbursements

#### Need Help Paying for Private Health Insurance?

Did you know that there's a way to have the flexibility of private health insurance and get reimbursed for premiums from Apple Health (Medicaid)? The Washington State Premium Payment Program reimburses the cost of private health insurance premiums for certain individuals who would cost more for the state to cover under Apple Health.

**This program is for individuals who receive Apple Health (Medicaid); AND have private medical insurance available** (e.g., through the individual's employer or parent's insurance) that is not purchased from Champus or Tricare, or with a subsidy through the Washington Health Benefit Exchange.

#### Benefits May Include:

Reimbursement for premiums, co-pays, and any related expenses incurred through private insurance.

Access to a private insurer's provider network of specialists not covered under Apple Health (e.g., naturopathic doctors or chiropractors). A broader provider network for services Apple Health typically covers, like Applied Behavior Analyst (ABA).



Premium reimbursement for non-Apple Health family members, if determined cost-effective. Continued Apple Health eligibility.

#### How The Program Works

Private insurance is the primary payor and Apple Health is secondary, covering copays and coinsurance costs.

Apple Health clients participating in the program will be reimbursed according to each family's actual costs. A reimbursement check will be issued when the Health Care Authority (HCA) receives proof of private premium payment (normally, on a monthly basis).

#### How to Apply

Print out an application for premium assistance and mail to:

Health Care Authority  
P.O. Box 45518  
Olympia, WA 98504.

It can take up to 30 days to process your application after all necessary paperwork is received.

A case manager will determine premium reimbursement based on:

Cost and type of insurance.

Age and gender of family members with active Apple Health (Medicaid) coverage.

Type of Apple Health (Medicaid) program.

Questions? Email Melissa Bruce, or call (360)725-1572.

\*Information provided by Informing Families

Informing Families is a great resource. If you have questions about systems, legislative, or diagnosis, they are where I go for many things.