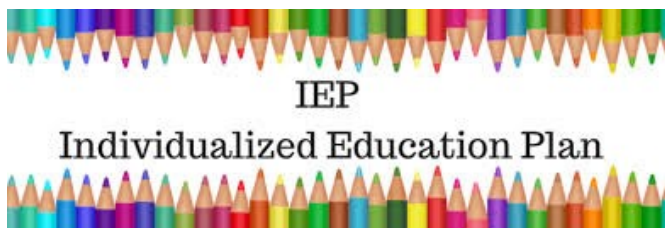




## *IEP and 504 Plan Workshop*

Presented by Jen Cole from WA PAVE



Tuesday, May 21st

5:30-7:30pm

Skagit Valley College, Oak Harbor

### **IEPs, 504 Plans, FAPE, Evaluations & Advocacy**

Parent's Rights & Responsibilities, IDEA (Special Education) and Functional Behavior Plans. The IEP creates an opportunity for teachers, parents, school administrators and students to work together to improve educational results for children with challenges. Knowledge empowers you!

#### **What is IDEA? What is FAPE? What is the School District obligated to provide in your child's education?**

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 meeting. Know your Rights!

IDEA - Individuals with Disabilities Education Act

FAPE - Free Appropriate Public Education

IEP - Individualized Education Program

504 Plan - Accommodations to Education

BIP - Behavior Intervention Plan



To RSVP or if you have questions, contact Jaemee (360)679-1039

[jaemee.w@tlcwhidbey.org](mailto:jaemee.w@tlcwhidbey.org)

# Bullying and Youth with Disabilities and Special Health Needs

Children with disabilities—such as physical, developmental, intellectual, emotional, and sensory disabilities—are at an increased risk of being bullied. Any number of factors—physical vulnerability, social skill challenges, or intolerant environments—may increase the risk. Research suggests that some children with disabilities may bully others as well.

Kids with special health needs, such as [epilepsy](#) or food allergies, also may be at higher risk of being bullied. Bullying can include making fun of kids because of their allergies or exposing them to the things they are allergic to. In these cases, bullying is not just serious, it can mean life or death.

## Creating a Safe Environment for Youth with Disabilities

Special considerations are needed when addressing bullying in youth with disabilities. There are resources to help kids with disabilities who are bullied or who bully others. Youth with disabilities often have Individualized Education Programs (IEPs) or Section 504 plans that can be useful in crafting specialized approaches for preventing and responding to bullying. These plans can provide additional services that may be necessary. Additionally, [civil rights laws](#) protect students with disabilities against harassment.

## Creating a Safe Environment for Youth with Special Health Needs

Youth with special health needs—such as diabetes requiring insulin regulation, food allergies, or youth with epilepsy—may require accommodations at school. In these cases they do not require an Individualized Education Program or Section 504 plan. However, schools can protect students with special health needs from bullying and related dangers. If a child with special health needs has a medical reaction, teachers should address the medical situation first before responding to the bullying. Educating kids and teachers about students' special health needs and the dangers associated with certain actions and exposures can help keep kids safe.

## Federal Civil Rights Laws and Youth with Disabilities

When bullying is directed at a child because of his or her established disability and it creates a hostile environment at school, bullying behavior may cross the line and become “disability harassment.” Under Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990, the school must address the harassment. Read more about [federal civil rights laws](#).

## Bullying Prevention for Children with Special Health Care Needs

Having special health care needs due to neurological, developmental, physical, and mental health conditions can add to the challenges children and young people face as they learn to navigate social situations in school and in life. While bullying and cyberbullying is an unfortunate reality for many young people, children with special healthcare needs are at greater risk for being targeted by their peers.

One reason children and young adults with special health care needs might be at higher risk for bullying is lack of peer support. Having friends who are respected by peers can prevent and protect against bullying. [Ninety-five percent](#) of 6- to 21-year-old students with disabilities were served in public schools in 2013. However, children with special health care needs may have difficulty getting around the school, trouble communicating and navigating social interactions, or may show signs of vulnerability and emotional distress. These challenges can make them be perceived as different, and increase their risk of aggression from peers.

Young people with special needs may benefit from, both individualized and class-wide approaches to address the specific effects of their condition and prevent them from becoming the target or perpetrator of bullying. Teachers, school staff, and other students need to understand the specific impairments of a child's health condition, so that they can develop strategies and supports to help them participate and succeed in class and with their peers.

## Potential Perceived Differences

Children and youth with special needs are impacted by their conditions in a variety of ways. Every child is unique, and so are the ways that their health condition affects them. Some impairments, such as brain injuries or neurological conditions, can impact a child's understanding of social interactions and they may not even know when they are being bullied. Here are a few ways that disabilities may affect children:

Children and youth with [cerebral palsy](#), [spina bifida](#), or other neurological or physical conditions can struggle with physical coordination and speech.


[Brain injuries](#) can impair speech, movement, comprehension, and cognitive abilities or any combination of these. A child or youth with a brain injury may have trouble with body movements, or speaking in a way that others can understand. It could take them longer to understand what is being said or to respond.

Children and young people with [Autism Spectrum Disorder](#), [Attention Deficit Hyperactivity Disorder](#), and [Tourette's Syndrome](#) may have difficulties with social interactions, sensitivities, impulsivity, and self-regulating their behavior or effectively communicating.

A child or young person who experiences anxiety or depression or who has a [mental health condition](#) may be withdrawn, quiet, fearful, anxious, or vulnerable. They may exhibit intense social awkwardness or have difficulty speaking.

Children who have [epilepsy](#) or [behavioral disorders](#) may exhibit erratic or unusual behavior that makes them stand out among their peers.

## Supporting Special Needs and Preventing Bullying at School

Strategies to address student's special needs at school can also help to prevent bullying and have positive outcomes for all students, especially tactics that use a team approach, foster peer relationships, and help students develop empathy. Some strategies include: Engaging students in developing [high-interest activities](#)  in which everyone has a role to play in designing, executing or participating in the activity.

## Community Summit Enriching Lives

Statewide conference in Wenatchee June 11-13 for teens, adults and their families about resources and programs available to transition into adulthood. For



**COMMUNITY  
SUMMIT**

more info or scholarship for registration, contact Mike Etzell (360)678-7883

## Fathers Network Campout

### Father's Day Weekend

Come for the Weekend or Just the Day

Fri, June 14, 4pm – Sun, June 16, 12pm

Washington Park.  
Anacortes in the  
Group Camp Area



Free Family Fun!

You don't need to be a father to join in the fun. Come for the whole weekend or any part of it. We start Friday evening and leave by noon on Sunday. BBQ on Saturday night.

Contact Louis Mendoza at 425-653-4286 or [louis.mendoza@kinderling.org](mailto:louis.mendoza@kinderling.org) for more information or with questions. More Information on our Facebook page (search for Washington State Fathers Network) and our website at [fathersnetwork.org/](http://fathersnetwork.org/)

## Bullying Continued.....

- Providing general up-front information to peers about the kinds of support children with special needs require, and have adults facilitate peer support.
- Creating a buddy system for children with special needs.
- Involving students in adaptive strategies in the classroom so that they participate in assisting and understanding the needs of others.
- Conducting team-based learning activities and rotate student groupings.
- Implementing social-emotional learning activities.

Rewarding positive, helpful, inclusive behavior.

## Peer Support Makes a Difference

Here are a few examples of innovative strategies used by schools to promote peer-to-peer learning, foster relationships, and prevent bullying:

One high school created a weekly lunch program where student's with and without special healthcare needs sat and ate lunch together. Several senior students led the group, and invited their friends to join. All kinds of students participated. The students got to know each other through question and answer periods and discussions over lunch. They discovered things they had in common and formed friendships. A group of them went to the prom together.

Youth at one school held a wheelchair soccer night. Students with special healthcare needs that used wheelchairs coached their peers in how to use and navigate the wheelchairs to play. The students helped another peer who used a wheelchair who was interested in photography by mounting a digital camera on her chair so she could be the game photographer.

Another school created a club rule that required clubs to rotate leadership responsibilities in club meetings so that every member had a chance to run the group. This allowed students with special health care needs to take on leadership roles. Peer support is an important protective factor against bullying. By working together, teachers, parents and students can develop peer education, team-building, and leadership activities that foster friendships, build empathy, and prevent bullying to make schools safer and inclusive for all students, including children with special healthcare needs.

<https://www.stopbullying.gov/at-risk/groups/special-needs/index.html>

## THESE TIPS MADE FLYING WITH MY SPECIAL NEEDS CHILD EASIER, HOPEFULLY THEY WILL HELP YOU, TOO:

### Check the “Special Services” box when booking your flight

Even if you don't need a wheelchair, the airline will have someone available to help you get to the gate and on and off the flight. We've used this service on Delta, Southwest and Frontier airlines, all with great results. Make sure that you remind them of this service request at the ticketing counter and check in at the gate early, reminding them of your boarding needs. I always say (with a cheery laugh), “It takes a small village for us to travel – Everyone will be happier if we have extra time to pre-board.” It's true! Nobody wants to be hit by our car seat or bags as we balance everything. On this flight my older daughter couldn't get the car seat and our carry-ons on the plane by herself – I was carrying V. The flight attendants stowed everything for us while my daughter put in my car seat. Flight attendants have installed the car seat for me before when I flew alone with my special needs daughter.



### Prepare for Bathroom Breaks

Our kids all have different needs, but my child wears a diaper. 4+ hours is a long time in diaper, but changing in the bathroom on an airplane is almost impossible, so I have a few tricks to keep her comfortable. I buy [diaper doublers](#) or [Poise](#) inserts, you now those ones advertised for the geriatric set? Yep, those. The are like form-fitted, super absorbent maxi pads. And they work. I don't even care what anyone thinks when I buy them. I also put some [Calazime](#) on her bum to protect her skin. So far I have been able to find family bathrooms in every airport terminal I've changed planes in, they have larger changing tables. It grosses me out to think about putting my child on them, so I bring [disposable bed pads](#) to put down under her for a super quick change.

### Snacks

I bring lots of [snacks](#), lots. Crackers, cheese, carrots, protein bars – a wide variety. Nothing diverts attention like a snack and you know the airline will not provide much to keep a tummy satisfied. My oldest child was

recently diagnosed with Type 1 diabetes and requires insulin and blood sugar monitoring, so I have lots of extra food that we know works well for her just in case we are stuck on the tarmac or have flight delays.

### Keep Ears from Hurting

Gum is great for keeping the ears from plugging due to altitude – my daughter loves chewing gum, so that works for us. Basically anything that makes the jaw work during take off and descent is helpful, like a pacifier or bottle. For an older child consider [EarPlanes](#). They are like ear plugs that keep your ears from popping and hurting.

### Bring Things to Do

Bring a favorite toy or stuffed animal to comfort your child, plus a couple of books or toys. I load new stories on my daughter's iPad, that keeps her entertained. We have these [Sol Republic wireless earphones](#) and love them! Keeping your child entertained means a better flight for everyone. I was actually able to read a book – I never have that kind of time to myself, it felt kind of luxurious...

### Check as Many Bags as Possible



Believe me, the less you are lugging around, taking through TSA and trying to board the plane with, the happier you will be. A couple of times flight attendants have gate checked one of my carry-ons for me at no charge. It was nice to have one less thing to lug onboard and they were thankful to have extra room in the overhead compartments.

### Protect Your Stroller or Wheelchair

My daughter needs a special chair, she can't sit in a typical wheelchair, so we take her stroller type wheelchair all the way out to the door of the plane and I fold it down. I've watched the baggage handlers with it and although I

## Travel Tips Continued.....

haven't witnessed abuse, it doesn't get treated as the \$3,000 piece of equipment that it is. Make sure that it's tagged with your name and contact information and if a case is available for your equipment, get it. I just got a case for ours, but the reality is I don't use it as often as I should, there's just too much going on to get her on the flight and her chair packed up. Consider travel insurance that covers your chair.

### Pack Medications in Your Carry-On



You never know when your flight will be delayed, or checked bags mis-directed. Keep you meds with your carry-ons – including Advil...for you. I *always* need Advil after a flight.

1. **In many airports there are lines for wheelchairs or special needs.** Ask someone if you don't see one; the lines are usually a lot shorter and the agents there are more experienced with special needs. You can bring liquid meds through TSA. Bring them in your prescription bottle and hand them directly to TSA and tell them that they can't be x-rayed. They will hand check them, which sometimes means you get a pat down, no big deal. I've also done this with juice boxes for my daughter diagnosed with diabetes, the same goes for tube-feeding nutrition drinks and baby formula.

### Bring a Lightweight Blanket

A little [travel blanket](#) comes in handy, sometimes flights get chilly or it can be used as a pillow. Believe me, somebody will use it – it might be you.

One thing I've learned is that **flying with my special needs child gets easier with every trip**, we have the routine down to a science. My special needs daughter actually laughs when the engines rev up because she knows we are going someplace fun. But that's not how our first trip went, so take heart, **the more you travel the better you all get at it**, and the more fun you are able to have.

Enjoy the adventure! <http://www.specialneedstravelmom.com/>

## National Parks & Federal Recreational Lands Disability Access Pass

About your Access Pass:

A free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies.

May also be obtained free in person at a federal recreation site.

Provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country.

Photo identification may be required to verify ownership.

Passes are NON-REFUNDABLE, NON-TRANSFERABLE, and cannot be replaced if lost or stolen.

The cost of obtaining an Access Pass through the USGS is ten dollars (\$10). The pass itself is free, and there is a ten dollar fee for processing the application. Applicants must provide documentation proof of residency and documentation of permanent disability. If you cannot order an Access pass online, you can submit a paper application by mail to the USGS using the paper application and enclosing the same documents and \$10 fee.

At many sites the Access Pass provides the pass owner a discount on Expanded Amenity Fees (such as camping, swimming, boat launching, and guided tours).

See Access Pass Benefits section. <https://store.usgs.gov/access-pass>





**PARENT to PARENT**



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 Tiffany Wheeler-Thompson  
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**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)



## The Wabe of Whidbey Island

Encouraging and supporting friendships, adventures and artistic expressions between people with severe disabilities and the friends that adore them. We come together in the spirit of friendship for two weeks of camp each July. We push each other, often out of our comfort zones, to participate fully in a wide range of fun filled summer activities.

About Wabe: Each camper is partnered with a mate who gives any and all help whenever needed. They bunk together, eat together, and share all activities with each other. Lifelong friendships evolve and grow. Camp and explore our community.

Questions? [gillianbutchman@me.com](mailto:gillianbutchman@me.com) or [carriesw@gmail.com](mailto:carriesw@gmail.com)

# Mark your Calendars

**Coffee & Conversations** North: Whidbey Coffee next to Wendy's in Oak Harbor. 1st Wednesday of the Month (May 1st) South: South Whidbey Commons in the backroom 2nd Thursday of the Month (May 9th) No meetings in June-August. Starts back up in September. 11-Noon. Drop in and chat.

**May 4 Night to Remember Prom**—RSVP required to [kinder.eaglewings@frontier.com](mailto:kinder.eaglewings@frontier.com) Special Needs Prom for ages 14&up. CPO Club 1080 Ault Field Road in Oak Harbor. 6-8pm.

**May 21 IEP and 504 Plan Workshop** with Jen Cole. Learn about Special Education Law, your students rights and how to advocate for support and services. 5:30-7:30pm at Skagit Valley College, Oak Harbor. To RSVP, call Jaeme (360)679-1039.

**June 14-16 Washington State Father's Network Father's Day Weekend Campout and BBQ** Come for the weekend or the day, meet others that have a family member with a disability. Fun for the whole family, not just the dads. For more information, contact Mike Ezzell (3660)678-7883.

**August 11 End of Summer Parent to Parent BBQ** Island County Rhododendron Park at 502 W Patmore (not the campsite, must turn on Patmore). Potluck (we provide the burgers and hotdogs), baseball, small playground, big field for Frisbee and other activities. Fun for the whole family.

**October 8 Resource Transition Fair** At Oak Harbor High School for all community members. Presenters, resource booths, free dinner, and lots more. Great for anyone ages middle school on up that may need extra support as they are aging out of the school district. 5:15-7:30pm

**October 27 Halloween Dance Party** Come one, Come All. All Abilities, All Ages. Dancing, potluck, arts & crafts. Family Fun! Coupeville Rec Hall Noon-2pm. Costumes encouraged, nothing scary