

Opinions contained herein do not necessarily represent those of the funding source, and no endorsement should be inferred.

'Tis the Season

by Carol Calix

It is that time of year when we are glued to the weather reports to see the latest on possible tropical activity. It has been over five years since the big K devastated our communities. But hurricanes aren't the only source of disaster that would require an emergency plan. We have hundreds of miles of train tracks crisscrossing our city streets and on any given day there are hazardous materials being moved about the parishes. We have oil refineries that light up our night skies and ships moving vast amounts of materials that could create a hazard on the river and in the many waterways that feed into the river, lake and gulf.

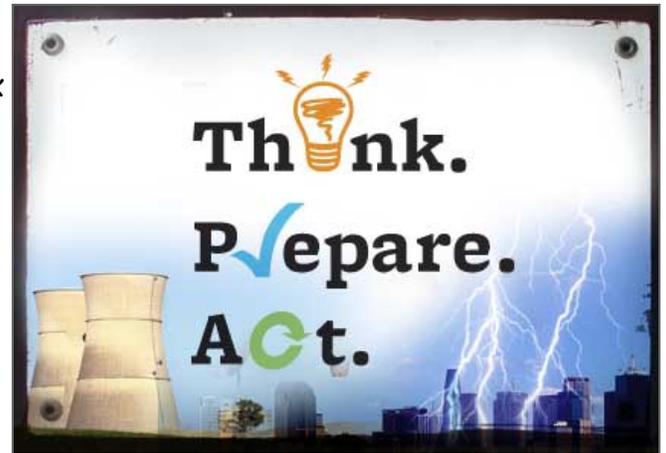
Do you have a plan? Do you know who to contact in your parish if you need assistance evacuating? Unfortunately there is not one system that all three of the parishes in our region use. We hope to be able to give you as much information in this issue to help you contact the right authorities BEFORE you are in need of their services. The best thing that everyone can do, whether they have a disability or not, is to BE PREPARED.

The following are the emergency preparedness plans and contact information for the parishes of Orleans, Plaquemines and St. Bernard.

Orleans: If you or a family member have special needs - leave before a mandatory evacuation (very good advise, you DO NOT want to get caught in contraflow)

- When a hurricane threatens, make special plans for babies, the elderly, and persons with special needs.
- It will take much longer to travel during a mandatory evacuation. Make travel easier on them by leaving early.

(Continued on page 2)



(continued from page 1)

- If you are traveling with babies, the elderly or family members with special health care needs remember the special supplies and equipment they will need for several days.
- If you have any special health care needs, and you can travel on your own, it's a good idea to leave ahead of the crowd. If you depend on special medical equipment, you may also want to leave before a mandatory evaluation is ordered.
- Make sure you've got special medical supplies and equipment in your emergency preparedness kit.
- **For more information, contact the New Orleans Public Information center by dialing 3-1-1 or 1-877-286-6431. For TTY service dial 1-800-981-NOLA (6652).**
- For more information go to <http://www.nola.gov/GOVERNMENT/Emergency-Preparedness/>
- The **City Assisted Evacuation Plan** is for Orleans Parish residents only.

Please note that all New Orleans residents are expected to make their own plans to self-evacuate their families and their pets. It is important that everyone be responsible for their own safety and make a plan that includes where to go, who to contact, what to bring, and how to get there. Only those citizens meeting one or more of the following categories are eligible for help from the city:

- ⇒ Those who are homeless;
- ⇒ Those who have no transportation or fuel to get out;
- ⇒ Those whose medical needs prevent them from evacuating on their own;
- ⇒ Those whose transportation mode is too small to accommodate the entire family, including pets.
- ⇒ The City of New Orleans is asking residents who still need evacuation help to update their information for planning purposes. **This is not a guarantee of help.** You can register at the website listed above.

Plaquemines: The Plaquemines Parish Government Critical Transportation Needs Evacuation Plan is designed for individuals who do not have transportation to evacuate when recommended by Emergency Management Planners for a tropical event. Any Plaquemines Parish resident needing transportation assistance during an evacuation is eligible to participate in its Critical Transportation Needs program. Pre-registration for transportation assistance is available and recommended. To pre-register call 504-274-2470 and leave your name, address, quantity of pets, if any (only cats and dogs), and your contact information for follow-up. **IF YOU REQUIRE SPECIAL TRANSPORTATION (NOT ABLE TO RIDE A SCHOOL BUS) YOU MUST PRE-REGISTER AT THE NUMBER LISTED ABOVE.**

St. Bernard: St. Bernard now has a First Call system to notify residents of an emergency. You can sign up for this service at <https://alertregistration.com/StBernardParish/>. To register for special transportation needs contact Dawn Penney, Critical Transportation Needs Specialist, (504) 278-4322, (504) 442-3120 (cell), dpenney@sbspq.net (email). **It is necessary to re-register every year for special transportation needs.**

Transportation is available to anyone in St. Bernard that does not have a way to evacuate. There are six pick up points in the parish. For more information go to http://sbspq.net/index.php?option=com_content&view=article&id=114&Itemid=27 or call 504-278-4268.

And last but not least, if you are the parent of an individual with a disability, do you have a **Special Needs Trust** in place? This is one of those things that we either don't have because we don't understand the importance, or we just haven't gotten around to getting it done. Please see **page 3** for information of an upcoming workshop that is of great importance to your loved one with a disability. It is a critical piece to them being able to live in the community and not lose their benefits after you are gone.

LEGAL PLANNING FOR LOVED ONES WITH SPECIAL NEEDS

This presentation will include information concerning the importance of Medicaid planning through use of wills and special needs trusts, information regarding steps to take to make sure parents have the legal ability to act on behalf of family members with disabilities, and related topics.

by Steven Jankower

**Come learn about:
Continuing Tutorship
Interdiction
Special Needs Trusts
Wills and Estates
Inheritance**

**August 18, 2011
First Baptist Church
5920 Canal Blvd
NOLA 70124**

10 am - 12 p.m.

**Call 504-943-0343 or
1-877-243-7352 to
register**

Will my brother live with me or on his own? Or will I have to put him in a home?



Will I have what I need to help care for my sister when we grow up?



What if something happens to me unexpectedly? Who will become my child's guardian?



Have we done what we need to do to protect our child's inheritance?



How can I be assured that our wishes are carried out after we are gone?

Sponsored by:



Steven M. Jankower has spent years dealing with the complex legal issues faced by families that have relatives that are elderly, have disabilities or other special needs. As the father of a child with special needs, Steven has first hand knowledge of the challenges these individuals and their families face every day. He has the experience and confidence to help families effectively deal with these difficult legal problems.



Students and Assistive Technology

The Region 1 Assistive Technology Center is part of the Louisiana Assistive Technology Initiative (LATI) that supports local education agencies and families in developing and

implementing assistive technology services for

students with disabilities. The parishes in the Region 1 area include Orleans, Plaquemines, Jefferson, St. Bernard, and St. Charles. The center supports districts in all of these parishes including the Recovery School district and local area charter schools. There are eight regional assistive technology centers in the state with two facilitators working in each center. The Region 1 facilitators work year-round to provide trainings, consultations, software demonstrations, on-site workshops, and technical assistance on assistive technology to teachers, therapists, administrators, paraprofessionals and parents. The purpose of the AT center is to help students with disabilities access the curriculum and school programs and increase the capacity of school districts in providing assistive technology services.



The Region 1 AT Center conducts monthly workshops at the center and provides on-going trainings at school and community sites. Each year the LATI centers conduct a statewide institute on Assistive Technology focusing on various AT solutions for the classroom, differentiating tasks, Accessible Instructional Materials (AIM), new technology, software, communication and AT tools for students with special needs. This year our summer institute took place in Lake Charles, LA at the Region 5 Center from June 21-23, 2011.

The Region 1 center publishes a list of workshops conducted at the center for the upcoming school year, sends a monthly newsletter to contacts in the region 1 area and maintains a website at www.region1at.com. The Region 1 center holds an annual Open House after Labor Day and sponsors a national speaker at the beginning of each school year to address a current assistive technology topic. The Region 1 Assistive Technology Center is located behind the Belle Chasse High School in Plaquemines parish. All are welcome to come by the center to explore the various AT tools or devices from our lending library or find answers to questions on Assistive Technology.

The Region 1 AT Center address is 8342 Hwy. 23, Belle Chasse, LA 70037. The phone number is 504-595-6071. The AT Center facilitators are Renee Spratt, rspratt@ppsb.org and Katherine Shea, kshea@ppsb.org.



Financial Assistance

Financial assistance is available to parents of children with developmental disabilities and to individuals with developmental disabilities that would like to attend workshops and conferences. Please visit the websites and/or call the agencies that are hosting the event you are interested in attending to see if this is something you would benefit from if you attended.

If you want to attend and need help with the cost of the registration,



hotel and/or

mileage, please call us for a "[Stipend Application](#)" (or click on link to download if viewing newsletter on line).

Funds are limited so we ask that you notify us of your request as early as possible.

Call us at [504-943-0343](tel:504-943-0343) or [1-877-243-7352](tel:1-877-243-7352).

Help for Getting an iPad For a Child or Student with Special Needs

Can't afford an iPad for your special someone or if you know someone that might benefit from using an iPad? Download this FREE eBook on iPad grants, fundraising tips, etc.

Visit <http://www.lilliespad.com/> and click on the corresponding link on the right hand side of the page.



iPad and iPad2 at FHF of SELA

We are pleased to announce the addition of the iPad and iPad2 to our library! Families wishing to purchase an IPAD for themselves or family members can test out the many features and applications the IPADS have to offer, such as the Tap to Talk, a communication tool used for those with limited verbal skills, e-books of your favorite stories or music apps for your budding musicians. Teachers can view the many educational programs designed for their student's individual learning needs. The IPADS are also available for families to research disability related issues.

Be sure to register for:

iPad Apps workshop

Wednesday, October 12, 2011

10am-12:00pm

Belle Chasse Assistive Technology Center

8342 HWY 23

Belle Chasse, LA 70037

Call [943-0343](tel:943-0343) or [1-877-243-7352](tel:1-877-243-7352)

to register



What's New in the Affordable Care Act?

From the Louisiana Parent to Parent Health Information Center

A statewide program of Bayou Land Families Helping Families

The Affordable Care Act (the “ACA”) has provided many new innovations in health care financing that allow for coverage of more individuals, particularly those with disabilities and youth. These innovations have already allowed more people to access the care they need, including individuals with disabilities.

In 2010, 45% of young adults, people from ages 19-29, couldn't afford their health care and either didn't fill a prescription, go to the doctor when sick, didn't go to treatment sessions, tests or follow-up visits due to the cost and lack of insurance. The Affordable Care Act has already begun to make a difference for this age group. Information from five national insurance carriers across the country have indicated over 600,000 young people up to age 26 now have insurance coverage under a parent's health plan since this ACA provision became effective.

The Affordable Care Act also prohibits plans from imposing life-time dollar limits on most benefits you receive now and will restrict and phase out those annual dollar limits by 2014. And, no longer will insurance companies be able to deny a child under 19 with a pre-existing condition and they cannot charge that family a higher premium either.

The Pre-Existing Condition Insurance Program under the ACA will provide coverage for Americans who have been uninsured for six months due to a pre-existing condition. If you cannot get insurance due to a pre-existing condition, these plans may be the answer for you. They cover primary and specialty and hospital care, and prescription drugs. Your premium is not higher just because you have a pre-existing condition. Eligibility is also NOT based on income. There is also no waiting period before benefits kick in. Once you are deemed eligible, you have benefits from the date of eligibility. The monthly premiums for the standard plan in Louisiana range from \$171 to \$546, depending on age and there is a variety of plan options to choose from. (Learn more at www.pcip.gov.)

States have now been given the option under the ACA to expand their Medicaid programs for many Americans, including people with disabilities. Those programs will be expanded nationwide by 2014. Health Insurance Exchanges are also being established to provide families with the same private insurance choices our members of Congress enjoy through easy to use, accessible information on each of the Exchange options.

The ACA extends the Money Follows the Person Program through 2016 with a continuation in participating states and an extension into new states seeking to rebalance their long-term care systems. The ACA will improve Medicaid Home and Community-Based Services options and create the Community First Choice Program (effective October 1, 2011). This program gives states a 6% enhanced match so that they can offer community-based services and supports alongside nursing home and institutional services for eligible people with disabilities. Community First Choice will require states to make such services and supports available under a “person-centered” plan of care to assist them in accomplishing activities of daily living and health-related tasks.

Effective 2011, \$3 billion in incentives in the form of enhanced Medicaid matches will be available to states that now fund less than 50% of long-term services in home and community-based settings if they achieve targets set for increasing these services by October 2015.

The ACA also provides for investment in innovations in preventative care and improves access to medical diagnostic equipment so people with disabilities can receive routine preventative care by establishing exam equipment accessibility standards set by the Food and Drug Administration and the Access Board. Other ACA innovation funding includes funding for medical homes and care coordination demonstrations in Medicare and Medicaid to prevent disabilities from occurring or progressing.

Chance to Advocate:

The Commonwealth Fund reported that the US Department of Health and Human Services will seek your input this fall on essential benefits that plans in the new health insurance exchanges will have to cover. The plans are slated to begin in 2014. Watch your newsletters and F2FHIC information blasts for more information on this opportunity.

Protections for Student Health Plan Enrollees

Proposed regulations from the US Department of Health and Human Services were issued regarding student health plans offered by colleges and universities. They propose to classify these plans as individual market plans so that student enrollees will have most of the same consumer protections in the Affordable Care Act. There will be some flexibility however so that the plans can continue to provide coverage to students. For more on this, you can visit <http://www.commonwealthfund.org/Content/Blog/2011/Feb/New-Protections-for-Students.aspx>.

Want more information on Understanding the Affordable Care Act?

Simply visit:

www.HealthCare.gov or contact the Louisiana Family to Family Health Information Center at 1-800-331-5570.

HealthCare.gov



**Communities Are Responding Everyday
C.A.R.E. Clinic**

NO HEALTH INSURANCE?

WE CAN & WANT TO HELP YOU!

FREE HEALTH CLINIC FOR THE UNINSURED

**Ernest N. Morial Convention Center
900 Convention Center Blvd
New Orleans, LA 70130**

***Monday, August 29, 2011
11:00am – 7:00pm***

CALL 877-236-7617 TO REGISTER

Attendees will see a doctor or nurse practitioner and will receive information on additional medical resources.

You must register. Walk-ins will be seen only as resources are available. Sorry - no guarantee unless you have an appointment.

Please note:

- This event is for those WITHOUT insurance. Recipients of Medicare, Medicaid or Veterans Administration benefits are not eligible.
- If you are taking medications, please bring your medicine bottles
- *Parking will be free.*

Monday, August 29, 2011 – 11:00am – 7:00pm

CALL 877-236-7617 TO MAKE AN APPOINTMENT TODAY!



Create & Take



Individualizing Transition Portfolios

What is a transition portfolio? If your child is 14 or over, a transition portfolio will help both the student and the teacher as they plan for life after high school.

This presentation will describe the benefits of individualizing transition portfolios and provide examples of important pages that should be included. Following the presentation, materials will be provided to help you make one for your child. Bring a photo of your child to be included in the portfolio.

Saturday, August 13, 2011
Families Helping Families of SELA
4118 Franklin Ave, NOLA 70122
2:00 pm to 4:00 pm

Please call 504-943-0343 or 1-877-243-7352 to register.

JOE'S IEP NON-FORM (TRANSITION)		
Student's Needs (taking into account preferences & interests)	Special Education & Related Services to be Provided and Agency Link- ages & Responsibilities (L & R)	Goals & Objectives (if appropriate)
<p>INSTRUCTION 1. Self-Advocacy (PLOP): presently Jim is unaware of his legal rights under Section 504 and ADA, and unable to express the accommodations he would need in given situations in such a large class</p>	<p>1. Small group instruction from Special Ed teacher in relevant rights & procedures under Section 504, ADA, IDEA Role-playing as describing needed accommodations to "employers" and "professors" (Services to begin Tuesday, Sept. 15, two 30-minute sessions weekly until goals are met.) (L & R) Protection & Advocacy will assist teacher and provide materials at no cost. Verified by phone - M. Adams.</p>	<p>1. Goal: Appropriately explain to a potential employer, professor, or other representative of the post-school world what accommodations are needed and, if necessary, the basis for the request. Objectives: 1. By Dec. 15, Jim will pass (75%) of a 25-item objective test over basic rights and procedures under Sec.504 and ADA. 2. By March 1, given 5 hypothetical situations of common denial of rights under Sec.504 or ADA, correctly explain possible actions and defend choice of actions to be taken.</p>
<p>COMMUNITY 2. Driver's License (PLOP): Jim has been driving for a year on a learner's permit and is concerned he cannot pass the test required for his license, although he is confident of all his driving and related skills except map reading.</p>	<p>2. Within two weeks the driver training instructor will inform Jim about accommodations in the state, if any, for licensing people with learning disabilities. Then she and Jim will develop a plan to follow through and that plan will be added to this IEP no later than Oct. 10. Instruction in appropriately obtaining assistance in (a) route highlighting and (b) map drawing will be incorporated in self-advocacy practice above. (L & R) DMV will assist instructor and will provide information on test accommodations. Verified by phone - J. Hill.</p>	<p>2. Goal: Jim will be a competent, licensed driver in Jefferson state prior to June 15 and will be able to obtain and follow highlighted maps and line maps. Objectives: 1. By Dec. 1, Jim will be able to describe correctly 8 of 10 times how he would get from A to B following a highlighted map and will 8 of 20 times succeed in getting clerks, gas station attendants or others to assist him in drawing a line map with approximate distances and major landmarks. 2. By Dec. 15, Jim will score at least 70% on practice exams, administered under actual conditions.</p>



New Directions for People with Disabilities, Inc. is a 501(c)(3) non-profit organization providing high quality local, national, and international travel vacations and holiday programs for people with mild to moderate developmental disabilities.

These profoundly enriching educational travel opportunities expand experiential learning and dramatically enhance the self-esteem of every traveler.

Our programs open whole new worlds of understanding for both the participants and the general population. Through these programs, people with disabilities are increasingly understood, appreciated and accepted as important and contributing members of our world.

Go to <http://www.newdirectionstravel.org/> for more information.

Two Upcoming Education Workshops

A PARENT'S TOOLKIT

Learn what to do **before, after and during** the IEP meeting . Participants will also learn what questions to ask, what not to write in an IEP and what exactly supplemental aids and services are.



Saturday, August 20, 2011
Families Helping Families Of SELA
4118 Franklin Ave.
New Orleans, La 70122
10:30 am to 12:30 pm

TRANSITION PLANNING ACTIVITIES AT HOME AND IN THE COMMUNITY

Many transition planning activities and objectives are carried out at school. However, unlike traditional IEP objectives, many objectives stated in the transition plan take place outside of the school, at home and in the community. Come to this workshop and see what these activities may include and find out how to incorporate them in your child's transition plan. (See examples on page 10)



Friday, September 9, 2011
Grace Baptist Church
3900 N. Rampart. NOLA, LA 70117
10:00 am to 12:00



To register call 504-943-0343 or
1-877-243-7352.



These workshops are supported under a contract with the Louisiana Department of Education with funds under Part B of the Individuals with Disabilities Improvement Act

“Understanding Mental Health Diagnoses in Individuals with Developmental Disabilities”

By Rahsheda Perine, PhD



The purpose of this workshop is to provide Direct Support Workers, Professionals, and Family Members with information about mental health symptoms and treatment for individuals with Intellectual/Developmental Disabilities and Mental Illness:

Wednesday, August 31, 2011

Time: 2:00 -4:00 p.m.

Place: Goodwill Industries

3400 Tulane Ave

Room 182 A&B

New Orleans, LA 70119

To register for training please contact

Troy Robair @ Metropolitan Human Services District/Developmental Disabilities Services
504-599-0245



Parents/Individuals with Developmental Disabilities: Upcoming conferences you may be interested in attending:



AAIDD-LA ANNUAL MEETING
PRESERVING QUALITY SERVICES -
THINKING OUTSIDE THE BOX
TUESDAY SEPTEMBER 13TH 2011

9 am - 4:30 pm

Best Western Inn and Suites and Conference
Center

2720 North MacArthur Drive Alexandria, Louisiana

(318) 445-5530

For more information contact AAIDD at aaidd@yahoo.com or go to
their website at www.aaidlla.com

STIPENDS ARE AVAILABLE FOR THESE CONFERENCES

LOUISIANA STATE AUTISM CHAPTER

STEPPING FORWARD FOR AUTISM

NOVEMBER 4-5, 2011

Marriott Hotel and Convention Center, Baton Rouge, LA

Keynote speakers for conference 2011 will be Dr. Vincent Carbone
from the Carbone Clinic and Dr. Jane Guice from the University of
North Carolina.

For more information contact Louisiana
State Autism Chapter contact Pat Giamanco at 800-955-3760 or
email her at pjmanco@cox.net.

The Arc of Greater New Orleans took on a challenge last year and all of their efforts are about to come to fruition. The Chalmette Community Center is slated to open its doors this month. The Prince of Peace rectory has been turned into a center that you must see to appreciate. Soon there will be adults with developmental disabilities gracing its halls. There are plans for a day habilitation program, a vegetable garden, work crews and much, much more. You can help the Arc achieve a high level of success by supporting their upcoming fundraiser and silent auction. And you will notice that our own board member, **Polly Campbell**, has had a lot to do with this dream come true.

Arc of Greater New Orleans' Chalmette Community Center
Proudly Presents

ANYTHING GOES

fundraiser dinner and silent auction

THURSDAY, OCTOBER 6TH
DOORS & CASH BAR OPEN @ 6:30^{PM} ... DINNER @ 7:00PM

**Join Us For An Evening Of "Anything Goes...Almost"
Entertainment, Food, Unique Auction Items & FUNdraising!**

...

**Community "Waiters/Waitresses" Will Serve Themed Tables.
You Are Encouraged To Dress In Costume!**
(Prizes Will Be Awarded for Best Decorated & Top Fundraising Table.)

...

Bring a Handful of \$5 Bills to Participate in FUNdraising!

TICKETS \$40 EACH • TABLES SEAT 8
SEATING IS LIMITED.

3700 Jean Lafitte Parkway • Chalmette, LA 70043
Polly Campbell 504.554.7134
Judy Hoffmeister 504.400.3657

All Proceeds Benefit Arc's Chalmette Community Center

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Early Steps—Community

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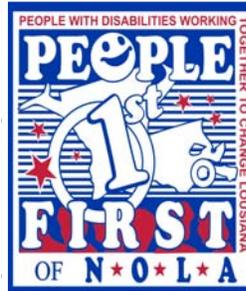
Bookkeeper

Delery Rice

LaCAN Leader

People First of NOLA meets every third Tuesday of the month at 4:30 pm.

Meetings will be held at:



**Goodwill Headquarters
3400 Tulane Avenue
New Orleans, LA 70119**

Upcoming meeting dates are:

**August 16, September 20, October 18,
November 15 and December 20.**

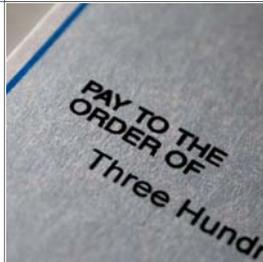
See pictures from the picnic on page 8!

VISION STATEMENT

Families Helping Families of Southeast Louisiana envisions a region where people with disabilities live and are fully included in school, work, and recreational activities.

MISSION STATEMENT

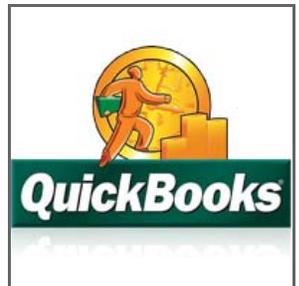
Our mission is to educate and empower individuals with disabilities, their families, professionals and communities by providing resources, training, and family-to-family support.



Wanted: A CPA or accountant familiar with Quick Books for Non-Profits to work with the bookkeeper

approximately 2-3 hours a month to oversee reconciliation.

If you or someone you know is interested, please call Carol at 943-0343.



As a non-profit doing business in Louisiana, board meetings are open to the public. Our meetings are scheduled bi-monthly, on the second Thursday of the month at 6 pm. Board meetings are scheduled on **October 13, and December 8, 2011, and February 9, April 12 and June 14, 2012.** FHF of SELA has created a five year strategic plan and soon work groups will be formed, which are also public meetings. Check out the website to view the strategic plan. Meetings will be posted on the FHF website. If you are interested in serving in **any** capacity, please contact Carol at 943-0343.



ADDRESS CORRECTION REQUESTED

NONPROFIT ORG.
 US POSTAGE
 PAID
 NEW ORLEANS LA
 PERMIT NO. 267

4118 Franklin Avenue
New Orleans, LA 70122

504-943-0343
1-877-243-7352 (Toll-Free)
504-940-3242 (Fax)

www.fhfsela.org

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• FHF of SELA receives partial funding from the Louisiana Developmental Disabilities Council, Metropolitan Human Services District, Louisiana State Department of Education, Family to Family Health Information Center, Louisiana

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Still Waiting for Waiver Services?

Join LaCAN NOW!

LaCAN (Louisiana Citizens for Action Now) is a statewide grassroots network of individuals and families who have worked together since 1988 advocating for a system that supports individuals to live in their own homes rather than having to move to a facility to receive needed services.

MAKE A DIFFERENCE! JOIN LACAN!

WWW.LACANADVOCATES.ORG



Louisiana Together Educating All Children (LaTEACH) is a grass root network of individuals that believe all children should have the opportunity to be educated with their typical peers in a typical classroom.

LaTEACH has made great strides this year but they still need **YOU** to help make a difference in improving education for our children with disabilities.

Christy Cormier, Statewide Coordinator
 Louisiana Together Educating ALL Children
 2927 Hodges St
 Lake Charles, LA 70601
 337-436-2578 FAX
 1-800-894-6558



A Statewide Talk List

What is LadisAbility Talk? An e-mail talk list from Louisiana Parent Training and Information Center/Families Helping Families of Jefferson to help families of people with disabilities and their advocates in Louisiana share information, resources, and support.

What's a talk list? It is a way for e-mail users to be in a group with others who have similar interests.

Who should join? Parents of children with disabilities, self-advocates, and advocates for people with disabilities in Louisiana.

How do I join? Just send an e-mail to: fhfprompter@yahoo.com or LaDisabilityTalk-subscribe@yahoogroups.com.

FREE—FREE—FREE