



# Family Support Newsletter

## Future Planning Guide Available

The Family Support Partnership Project is pleased to announce the release of the New Hampshire Future Planning Guide, written by Deborah Merritt, MPA and Michelle Winchester, JD. The Guide provides assistance with the development of a “future plan”, including a life plan and a letter of intent. These tools are designed to share knowledge, dreams and aspirations for your son, daughter or other family member with a disability. The Guide also offers assistance for legal and financial planning including guardianship, public benefits considerations, special-needs trusts, health care coverage, and explains why planning is so important. While there are other guides available to assist families with future planning, none are specific to New Hampshire’s laws and services that effect individuals with disabilities and their families.

According to Ms. Merritt, “Future planning encompasses many things. Typically it refers to envisioning a desired future for a person and then identifying the people, resources and services needed to make all, or part, of the plan a reality. This Guide will provide families with step-by-step instructions that will assist them in developing a future plan specific to their desires, needs and resources.”

To receive a copy of the New Hampshire Future Planning Guide, please call Deirdre or Betsy in Family Support at 749-4015. The Guide is also available to download from the Community Support Network, Inc.’s website at [www.csni.org](http://www.csni.org).

## IDEA Reauthorization

The Individuals with Disabilities Education Act (IDEA) is the law which requires every child with a disability to receive a free appropriate education in the least restrictive setting. It was last amended in 1997 and is now up for reauthorization in the next legislative session. There are already calls for a “major overhaul.” While change is inevitable and often good, it will be important that we monitor what changes are being proposed so as to ensure that these basic protections to our students with disabilities are not compromised. There was a strong force to reduce the provisions in 1997 and there is no reason not to expect a similar or stronger push now. We will keep you apprised through the newsletter or you can get more info at:

<http://www.wrightslaw.com/news/idea2002.htm>

## Positive Behavioral Approaches

UNH’s Institute on Disability is doing both a family focused presentation and an all day general session on Monday, June 3 and Tuesday, June 4, 2002. These workshops will examine the use of research-based strategies that support young children in ways that are gentle, respectful, and effective. Positive Behavior Support (PBS) seeks to understand the communicative intent of behavior and develop holistic supports to address challenges and enhance quality of life. The location for these trainings is at the Highlander Inns, Elms Conference Center, Manchester, NH. Call us here at the office for further information and a registration form or call the Institute directly at 228-2084.

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## MEAD - Medicaid for Employed Adults with Disabilities

MEAD is a new Medicaid coverage group that allows adults with disabilities to work and earn fairly high wages without losing their Medicaid coverage. The program allows a person with a significant disability, who is employed, to be eligible for Medicaid by expanding the eligibility criteria relative to earnings and resources. This means is that you can work, save money, and you have the option to keep your Medicaid coverage. There is a monthly premium, which is based on the amount you earn. If you would like to apply for this program contact your local Department of Human Services office. In Strafford County, it would be (603) 332-9120. You can also learn more at: [www.dollarsense.org](http://www.dollarsense.org) and [www.gsil.org](http://www.gsil.org).



## Flat Funding for Fiscal Year 02-03

DSSC has learned that there will be no additional money to operate our agency for the next year. This is likely to mean no new services for most on the waiting list for services. We will continue to try to be creative in our planning, as best we can. Community Support Network, Inc. (CSNI), which represents NH's 12 area agencies for persons with developmental disabilities recently identified five action steps to address the current economic decline of the developmental services system. CSNI recommends:

1. We recommend that the lawsuit class (through The Disability Rights Center) be defined as all individuals currently waiting for services or who are found eligible in the future to receive services.
2. DDS's wait list plan must include all individuals on the list at the time the plan is funded plus all individuals who will be placed on the list as the plan goes forward.
3. Service contracts must include annual cost-of-doing-business increases if NH is to maintain the quality of its' services to persons with disabilities.
4. Service contracts should pay for actual services provided to individuals and families, eligibility criteria and the definition of entitled services must be revisited.
5. A separate and adequate funding source for forensic services must be created.

We can only hope our legislators are listening.

## Best Keep Secret....

By Suzanne Iverson

The **Family Resource Connection (FRC)** of the NH State Library is one of the best local resources available to families and professionals that can be accessed via the Internet or through an 800 number. As Director of the Early Supports and Services (ESS) program at DSSC, I regularly find myself exclaiming the benefits of the helpful and friendly service of the staff, the great listings of journals, the parenting videos and books available, the plethora of information on child care, mental health, education, specific disabilities (autism, down syndrome, epilepsy, ADHD, etc.), and the list goes on and on. And, it is FREE!! Several of us here in the ESS Program have requested materials to expand our knowledge base and provide resources to families. These books, videos, articles are mailed directly to our door with a postage paid envelope for their return. I have also benefited from the FRC Research Services when requesting articles on the effectiveness of early intervention to better educate our referral sources about the benefits of the ESS program. So, if you are ever in doubt about where to go to find an answer to a question, need a little support, want to find the closet location of a training, wish you could find an article out of the latest American Academy of Pediatrics Journal or just looking for a great place to spend a few hours surfing; the **Family Resource Connection** is the place to go. You can find them at [www.state.nh.us/nhsl/frc](http://www.state.nh.us/nhsl/frc) on the web or call them at 1-800-298-4321.

Family Resource Connection  
of the NH State Library



➡ Good Luck Strafford County Special Olympians!! ⬅

## Recreation Support you Need to Know About

Located in Durham at UNH is a valuable resource called Northeast Passage. Not only does NEP offer opportunities for people with disabilities to experience recreational activities such as water skiing, cycling, tennis, and golf but they provide the equipment and staff expertise to be sure the inclusion is successful. It has recently expanded to offer services to children with developmental as well as physical disabilities.

NEP has a new program called TREK (Therapeutic Recreation Empowering Kids). This program is designed to offer therapeutic recreation services to schools by working with students, parents, and staff. Staff will provide inclusion in extracurricular activities, modified physical education programs, use of adaptive equipment, disability awareness education, and consultation.

Call 862-0070, email [northeast.passage@unh.edu](mailto:northeast.passage@unh.edu) or visit their web site at: [www.nepassage.org](http://www.nepassage.org).

Call Betsy in Family Support if you have any questions..



## Vacation Opportunities

For those families who have an adult child with a disability, there are many alternatives to going to a summer camp for a vacation. We get information from *The Guided Tour, Inc.* here at the office. They've been providing vacation experiences for persons with developmental and physical challenges since 1972. *The Guided Tour* can be reached at 215 782-1370 and their web site is [www.guidedtour.com](http://www.guidedtour.com).

We also have further information on *Outpoint*, an organization located in Maine, which provides many fun activities and vacation opportunities in New England. *Outpoint* can be reached at 207 743-2368. Another group that organize vacations is called People and Places. They are in New York and can be reached at <http://www.people-and-places.org> or by phone at 716 937-1813. Please feel free to call Betsy at 749-4015 to check out brochures.

## Remember Kids on the Block? The Puppets

If you do, you'll also remember that these puppets teach children and adults about disabilities, medical and educational differences and social concerns. The UNH Cooperative Extension has Kids on the Block Puppets that can be borrowed here in Strafford County that could provide presentations on Bullying, Cerebral Palsy, Visual Impairments, Hearing Impairments, and Down Syndrome.

UNH Cooperative Extension provides the training as a puppeteer. Family Support would like to support parents (and their friends and relatives), staff, and teachers who might be interested in taking this training so that we could provide presentations in local schools or for local organizations interested in educating themselves. Get a group from your school together! Get a group from church or scouting! Call Betsy if you are interested at 749-4015



## Soap Box Derby

The annual soap box derby in Dover will be held on Sunday, June 23, 2002. As usual, the sponsors are looking for kids from age 8 to 16, with special needs, to participate. They have times available at 10:30, 11:30, 12:30, and 1:30 and the plan is to meet on Central Ave., at the Wiggin Purdy McCooley Dion Funeral Home. Please call us for further information and to sign up. Call Betsy at 749-4015.



## Teen Social Group Update

The teen social group just enjoyed a night out at Joker's in Portsmouth recently. 13 teens, along with some siblings, attended the fun at Joker's with video games, a climbing wall. Chris made it to the top!!! Laser tag was a big hit for all the teens! Miah got "supreme commander" status! The teen social meets every couple of months, about 6 times per year, for a time of fun and interaction with peers. The teens range from 13-18. Over the past couple of years, we have enjoyed activities such as archery, bowling, swimming, pizza, Joker's, Hilltop Fun Center for some miniature golf, movie nights, video games and fun, fun, fun. If you have a teen who may be interested in having some fun on a Friday or Saturday, please sign up when you receive the flyers sent to all teens in the Area Agency, DSSC, and join the fun! I guarantee both you as parents and the teens will enjoy both your time and your sons and daughters time in this fun, safe group!!! Call Betsy Carroll at DSSC for more info. or Karen Salter 692-2088, or Cathie Lacasse 332-0937 for more information. Our next activity will be June 15, at the Hilltop Fun Center for some miniature gold, followed by swimming and pizza at the Lacasse home. Watch for the flyer in the mail! Hope to see you there!

Karen Salter, Parent and Family Support Council Member.



## Six Flags Anyone?

DSSC has been given discount cards for Six Flags New England.

Call Annette in Human Resources at 749-4015 if you are interested in obtaining any number of these for you and your family.

## Family Wellness Project

The HUB (Healthy Universal Beginnings) has a new program called the Family Wellness Project which offers home visiting, parent education and support, and family empowerment to families. Families need to have at least one child in the home under the age of 18 and live in Strafford County. Priority is given to families with newborns and DCYF referrals.

## Save up to 25% on your Electric Bill

### The Interim Electric Assistance Program

The Department of Human Services in cooperation with Public Service of NH has initiated a new program for qualifying families to reduce their electric bill approximately 25%. To qualify you must be a residential customer of PSNH, the bill be in your name, and have income within their guidelines. The guidelines are for a family of: 1 - \$13,290; 2 - \$17,910; 3 - \$22,530; 4 - \$27,150; 5 - \$31,770. The guidelines go up approximately \$4,000 for each additional family member. Call the Strafford County Community Action for more info or to apply at any of the following numbers: Dover 749-1334; Rochester - 332-3963; Farmington - 755-9305; or Milton - 652-9893.

## Free Computer Literacy Training

Grace Community Church in Rochester is sponsoring a free computer literacy training program for low-income, single moms. Lean to use a computer, become familiar with computer technology and get an introduction to some of the most popular software in business today! Learn Microsoft Word, Excel, and Access... You can succeed! (and it's fun!) Enrollment is limited! To enroll or for more info, please contact Pam Baker at 207-658-9114 or pjbaker@worldpath.net

## Gadget of the Month



The Technology Lending Center's Gadget of the Month this month is their computer that has an active internet connection. This is available for our families who do not have internet access but would like to come in to use it to access the wealth of information on disability that is available on the web. Just give anyone in Family Support a call if you wish to use it.



## Interested in Legislative News?

Every year, the New Hampshire State Legislature proposes and votes on legislation that affect our family members who have a disability. If you would like to receive by e-mail information about the hot topics being discussed, send your email address to [hphilbrick@dssc9.org](mailto:hphilbrick@dssc9.org) and put "Legislative updates" in the subject line. If you would prefer it by mail, call Hugh at 749-4015 and leave me a message with your name and address.

PARTNERS IN  
HEALTH



## Partners In Health News



Help for Children with  
Chronic Health  
Conditions

Support for their  
Families

The PIH family Support Council has approved the new design to change the PIH logo. Posters have been printed and will be distributed throughout Strafford County within the next few weeks. This comes as a result of our Visioning Plan to get the word out in all communities that Partners In Health is here to help families of children with "Chronic Health Conditions". Special Thanks to Sonya Wendall, for her vision and computer expertise.

## Conference on Grief

In April the Partners in Health Coordinator, Cheryl Goscinski-Drew, attended a conference on Grief sponsored by Wentworth Douglas Hospital and Pete's Place A grief support program for children, teens and families. Guest speaker Alan D. Wolfelt, Ph.D. Director of the Center for Loss and Life Transition program in Fort Collins, Colorado provided an overview of how adult's, teens and children deal with the grief process. The information Alan Wolfelt shared was very insightful and will help me in working with families of children with chronic and terminal conditions. PIH & Family Support has purchased materials by Alan D. Wolfelt, Ph.D. for families to borrow from the TLC resource library. For more information please contact a family support team member at 749-4015 or contact me directly, Cheryl Goscinski-Drew at Ext. 211.

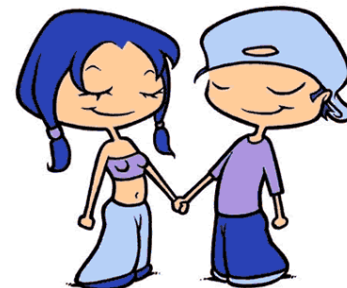
## Bill of Rights: for Young People with Disabilities and Special Needs

Parent to Parent of NH has a great web site . A Bill of Rights for Young People with Disabilities and Special Needs is printed there with the opportunity for young people to add to it. Please feel free to log on and add your own comments. Some of rights include: People with disabilities deserve to be treated with dignity as do all human beings, and, We should be allowed to make our own choices about what we want for our future. There are many more. Check it out at [www.p2pnh.org](http://www.p2pnh.org)!

## Issues of Safety and Sexuality

On **Wednesday, June 19**, parents will be meeting to discuss their concerns for their children with developmental disabilities around the issue of sexuality. A small group, facilitated by Deb Thibodeau, met on May 15th at our Dover Community Office. Due to so many questions and much discussion, we were unable to finish and decided to invite Deb back again. Please feel free to join us at DCO at 6:30. You do not need to have been at the first meeting to attend the June meeting. It is open to all parents.

Call Betsy at 749-4015 if you have any questions.



## May Raffle for DSSC Families



Spiderman?  
The Rookie?

Attack of the Clones?

Scorpion King?

Take your whole family to the movies - Win a \$50.00 gift certificate to the movies. Fill out this coupon or send your name on a paper with the words "Movie Raffle" at the top to Gerry Riecks at the below address by June 7th:  
Good Luck!

**Name:**

**Address:**

**Phone:**



PARTNERS IN HEALTH

Help for Children with Chronic  
Health Conditions  
Support for their Families

Phone:603-749-4015

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It's about the mission.

[www.dssc9.org](http://www.dssc9.org)