

# WHAT I WISH SOMEONE WOULD HAVE TOLD ME 17 YEAR'S AGO

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LEND IL TRAINEE- FAMILY 2018-2019

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# IDEA -INDIVIDUALS WITH DISABILITIES EDUCATION ACT STATED PURPOSE REAUTHORIZED IN 2004

- to ensure that all children with disabilities have available to them a free appropriate public education that emphasizes special education and related services designed to meet their unique needs and prepare them for further education, employment, and independent living;
- to ensure that the rights of children with disabilities and parents of such children are protected;
- to assist States, localities, educational service agencies, and Federal agencies to provide for the education of all children with disabilities;
- to assist States in the implementation of a statewide, comprehensive, coordinated, multidisciplinary, interagency system of early intervention services for infants and toddlers with disabilities and their families;
- to ensure that educators and parents have the necessary tools to improve educational results for children with disabilities by supporting system improvement activities; coordinated research and personnel preparation; coordinated technical assistance, dissemination, and support; and technology development and media services;
- to assess, and ensure the effectiveness of, efforts to educate children with disabilities.

# 10 RIGHTS PARENTAL RIGHTS UNDER IDEA<sup>1</sup>

- Parental Safeguards<sup>2</sup>
- Receive Prior Written Notice(10 days in IL)<sup>3</sup>
- Rights of Consent give or deny
- Right to an IEE<sup>4</sup>
- Inspect Student Records
- Understandable in Language<sup>4</sup>
- Participate in meetings Procedures<sup>3,5</sup>
- Resolving Disputes <sup>6</sup>
- Confidentiality of Information<sup>7</sup>
- Placement of child while in dispute<sup>8</sup>

# PRIOR WRITTEN NOTICE<sup>1,9</sup>

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- Divided into notice, content and understandable language to provide FAPE (free appropriate public education).

Notice must be given in a “reasonable time” to parents

1. Proposes to initiate or changes the identification, evaluation or educational placement of child.

2. Refusal to initiate or change the identification, evaluation or educational placement of child.

# CONTENT<sup>1,5,9</sup>

1. Description of action proposed or refused.
2. Explanation of why proposed or refused the action.
3. Description of evaluation, procedures, assessments, and records used for basis for proposal or refusal.
4. State that parents have protections and can get a copy of procedural safeguards.
5. Source to contact for parents to get assistance in understanding these parts
6. Description of options IEP team considered and then rejected;
7. Any material that was used to make the proposal or refusal.

# PRIOR WRITTEN NOTICE<sup>1,5,9</sup>

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1. Must be written understandable to general public.
2. Native language.

- Reason IDEA gave parents a role. Team can be loaded with specialist and teachers. Only you know your child. Teams change. You are the expert of your child.<sup>11</sup>
- Hold team accountable. You have the right to build the strongest team to build the strongest IEP for your child by advocating. Make sure they are present or have notified you why they could not attend.<sup>12,13</sup>
- PWN gives you the intent of meeting to prepare and gather your material or specialists.<sup>3,10</sup>
- You can ask for breaks and more time. IEP have a start time but not usually an ending time.<sup>13</sup>
- School must work with you to schedule a reasonable time frame.<sup>13</sup>
- Team members can call into a meeting.<sup>1</sup>
- Team members need consent to leave a meeting. If they leave and you are not finished, please ask for a reschedule.<sup>15</sup>



# TIPS

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- Be proactive. Call better yet email case manager with times and dates that work for you. Give three dates.
- Don't go alone. Bring someone to take notes or remind you a point or concern.
- Organize materials that work for you. I prefer a binder. It can give material in their hands immediately. Understood.org has a binder organizational tool. <sup>16</sup>
- Build your child's file. CC:(your child's name) school records.



# RESOURCES TO LOOK OVER AN IEP<sup>10</sup>



# RESPITE

NOUN- **A SHORT PERIOD OF REST OR RELIEF...**

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- Pause Hiatus Break Relief Escape
- Cannot give and be effective if empty
- Teapot
- Respite Emergency<sup>17</sup>
- Illinois Respite Coalition<sup>18,19</sup>

## Respite ideas<sup>20</sup>

Eat a healthy meal

Meditation

Do work with your hands- playdough

Watch a favorite TV show or movie

Think about a positive upcoming event

Read a book or magazine

Think about positive memories

Pray

Look at pictures of friends or family

Read letters from family members

Take a bath or long shower

Eat a favorite food

Watch a funny movie

Cook

Visit a favorite place

Listen to your favorite music

Go outside for a walk

Stretch

Dance

Go for a motorcycle ride

Grab some ice cream

Journal

Write down 10 things you are grateful for

Drink Water

Doodle or draw

Call a friend

Sit in the sun

Pick some flowers

Go on a vacation

Go out on a date

Meet with friends

Play a video game

Pet a dog or cat

Exercise water class

Take a nap

Blog

Visit a therapist

Go shopping

Spend time with your hobby

Give self permission to let something slide

Yoga



# RESOURCES

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