



IDAHO PARENTS UNLIMITED INC.

SERVING IDAHO FAMILIES WITH
EXCEPTIONAL CHILDREN SINCE 1985

The Parent Network July 2018

Mission: Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



... keeping families at the center of children's health care



[Click here to download a PDF of this newsletter](#)

Registration and location information for all events can be found on our website: <http://ipulidaho.org>

Upcoming Events

*Includes non-IPUL community events

Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

July: Parent Support and Resource Swap

In-Person: Second Wednesday of each month

Webinars: Last Tuesday of each month

Webinar: No webinar for July

Date: Keep an eye out for August's webinar

Time: 11:00 am. and 9:00 p.m. MST

Locations: Webinar

Visit Idaho Parents Unlimited events calendar for location details and registration at:

<http://ipulidaho.org/events-calendar>

*The Green Apple Project Autism Support Group:

Date: Second Tuesday of each month

Time: 6:30 - 7:30 p.m.

Location: 1630 23rd Ave, Suite 501, Lewiston, ID 83501
(Free childcare available)

*Safe Infant Sleep Class - Statewide Monthly Classes:

***Boise**

Date: Second Thursday of each month

Time: 5:30 - 6:15 p.m.

Location: Ada County Paramedics - 370 N. Benjamin Lane Boise, ID 83704

***Caldwell**

Date: Second Thursday of each month

Time: 5:15 - 6:15 p.m.

Location: West Valley Medical Center Indian Creek Room - 1717 Arlington Ave, Caldwell, ID 83605

***Coeur d'Alene**

Date: Third Thursday of each month

Time: 5:30 - 6:30 p.m.

Location: Heritage Health - 1090 West Place Coeur d'Alene, ID 83814

Register at www.inwsids.org - Attendees will receive a Halo Sleep Sack at no charge

***Idaho Falls Parent Support Group:**

Date: Third Thursday of each month

Time: 9:30 - 11:30 a.m.

Location: Rehabilitative Health Services - 1675 Curlew Dr, Ammon, ID 83406

***Madison Cares Autism Parenting Support Group:**

Date: Third Thursday of each month

Time: Noon - 1:00 p.m.

Location: Madison Education Center - 60 W Main, Rexburg, ID 83440

Contact Deb Allen 208-359-3300 Ext. 3426

***Pocatello Parent Support Group:**

Date: Second Wednesday of each month

Time: 10:00 - 11:30 a.m.

Location: Fifth Street Bagelry - 559 S 5th Ave, Pocatello, ID 83201

Join the Pocatello Support Group on Facebook for more details:

<https://www.facebook.com/groups/796698450427294/>

***Mom's Like Us Parent Support Group:**

Date: 1st and 3rd Tuesday of each month

Time: 6:30 - 7:30 p.m.

Location: Kootenai Medical Center MRI Conference Room - 2003 Kootenai Health Way, Coeur d'Alene, ID 83814

Contact Janell Woods at 208-818-3192 for details

***Band Together Parent Support Group:**

Meeting information can be found monthly

at: <https://www.facebook.com/events/166216207453627/>

Location: 1420 South Blaine St., Moscow, ID 83843

***Parents Reaching Out to Parents Support Group:**

Date: Every Wednesday of Each Month

Time: Noon-2:00 p.m.

Location: Christ the King Lutheran Church 1700 Pennsylvania Ave., Coeur d' Alene 83814

Contact: Kathy at 208-755-1844

***Courageous Kids Climbing:**

Contact Jeff at: JeffRiechmann@cs.com for locations and details

***Idaho Special Olympics:**

For details, contact: 1-800-915-6510 or visit: www.idso.org

***CDA KROC Center Activities in North Idaho:**

Program scholarships are available.

<https://issuu.com/krocdda/docs/kroc-program-guide-winter2018?e=3057940/56428188>

*Visit your local library for upcoming events in your area:

North Idaho:

- [Coeur d' Alene Public Library](#)
- [Bonners Ferry Public Library](#)
- [Post Falls Public Library](#)
- [Moscow Public Library](#)
- [Lewiston Public Library](#)
- [Orofino Public Library](#)

East Idaho:

- [Portneuf District Library](#)
- [Marshall Public Library](#)
- [Larsen-Sant Library](#)
- [Bear Lake County Library](#)
- [Idaho Falls Public Library](#)
- [Madison Library District](#)
- [Fremont District Library](#)
- [The Community Library-Ketchum](#)

Southwest Idaho:

- [Caldwell Public Library](#)
- [Emmett City Library](#)
- [Nampa Public Library](#)
- [Ontario Community Library](#)
- [Payette Public Library](#)
- [Weiser Public Library](#)
- [Boise Public Library](#)
- [Meridian Library District](#)
- [Mountain Home Public Library](#)
- [Twin Falls](#)
- [Kimberly Public Library](#)
- [Burley Public Library](#)

Parent Training and Information Center - IDEA Part D

What is the Difference Between an IEP and a 504 Plan?

Idaho Parents Unlimited receives several questions in regards to the differences between an IEP and a 504 plan. Parents want to know which one might be the best fit for their child. Each student has their own unique strengths and needs, but it is always helpful to parents when they know the main differences between the two. For a child to be considered eligible for Special Education services they need to meet certain federal criteria. These are often referred to as the "Three Prongs of Eligibility."

If you want to discuss the differences in greater detail, please call the IPUL office to speak to one of our Parent Education Coordinators.

What are the differences between an IEP and a 504 Plan?		
	IEP	504 Plan
Cost to parents	Free	Free
Eligibility	Formal process- Student has to meet "Three Prongs" to be considered eligible.	Each district has their own eligibility determination process.
Services Provided	Specially designed instruction to meet the unique needs of a student with a disability. This includes supports and services in both the general education classroom and the special education classroom.	Accommodations only. These remove any disability-related barriers to allow the student access to their education. These can be educational and/or behavioral.
Protections	The Individuals with Disabilities Education Act (IDEA)	Section 504 of the Rehabilitation Act of 1973
Individuals Involved in the Planning Process	Required IEP Team Members: Parent (or adult student), General Education Teacher, Special Education Teacher and a District Representative/Administrator	There are no required team members. A school can implement accommodations without parent consent.
Dispute Resolution	Parents and districts have access to Dispute Resolution through the State Department of Education.	Each district has their own Section 504 dispute resolution process. Parents can also file complaints with the Office for Civil Rights.

Family to Family Health Information Center - Idaho Family Voices

Idaho Children's Developmental Disability Services Enhancement Project

As Idaho's Family to Family Health Information Center, keeping families of children with disabilities and/or special healthcare needs informed of the most recent developments surrounding healthcare is always a priority for Idaho Parents Unlimited.



As many of you may have heard, Idaho will be making changes to Children's Developmental Disability Services. Idaho Medicaid received guidance from Centers for Medicare and Medicaid Services (CMS) regarding changes in federal law that require Idaho to make changes in the way Children's Developmental Disability Services are provided. The Idaho Department of health and Welfare has traveled statewide to provide trainings open to parents and professionals regarding these proposed changes. Families will have an opportunity to provide input during the public open comment period. State agencies will consider public input before they proceed with the adoption of a pending rule.

According to the Idaho Department of Health and Welfare "All notices of proposed rules that publish in the Administrative Bulletin include instructions on how and when to provide input. When the comment period is over, state agencies consider all public input thoroughly and make appropriate changes before proceeding with the adoption of a pending rule."

The Idaho Department of Health and Welfare hopes to have the proposed rules posted on the Idaho Administrative Bulletin on July 4, 2018.

You can locate the proposed rules here: <https://adminrules.idaho.gov/bulletin/>

For more information about the Children's Developmental Disability Services Enhancement Project, visit:

<http://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/ChildrensDDServices/ChildrensDDServicesEnhancementProject/tabid/3566/Default.aspx>

As always, you are welcome to contact Idaho parents Unlimited with any questions.

Youth Corner

High Expectations

High expectations in education mean that educators, families and students should have the same expectations for all students and the desire to instill the value that all students can and should strive to achieve their personal goals and accomplish the requirements set forth. Life after high school for students or young adults can be an exciting time and what many look forward to as they approach the age of independence. All students should expect to plan for their life after high school and all students should expect to be a part of that plan. In fact, it should be their plan with the help and guidance of those people in their lives that are preparing them for the adventures that await.

In a recent survey by transition.org, students with parents who had HIGH EXPECTATIONS were more likely to be engaged in postsecondary education and employment. Transition to life after high school means to help students visualize what they want to achieve by helping them craft their path and find opportunities to reach adult living experiences through educational activities and employment practice.

Students who receive special education services should be expected to and are required to have these same opportunities and options. There are several examples of what this can look like.

- Student led IEP meetings
- Get involved in extracurricular activities
- Ask questions
- Have high expectations
- Ask yourself what you enjoy doing, what makes you happy, and how you

- can use those strengths towards finding employment
- Keep it simple, but try to think outside the box

For more ideas and activities, visit the Idaho Training Clearinghouse, <http://www.idahotc.com/Portals/45/Documents/Transition%20to%20Adulthood%20in%20Idaho.pdf> [ipulidaho.org](http://www.idahotc.com/Portals/45/Documents/Transition%20to%20Adulthood%20in%20Idaho.pdf).

Opportunity for Parents of Children with Disabilities in Idaho to Advocate at the Federal Level

There are many changes occurring at the federal level right now that may have an impact on children with disabilities and special health care needs. If these issues concern you and you would be interested in providing feedback to our congressional leaders in Washington, please note their contact information below:

Washington DC Contact information:

Senator Mike Crapo

239 Dirksen Senate Office Building
Washington, DC 20510
Phone: (202) 224-6142
Fax: (202) 228-1375
Website: <https://www.crapo.senate.gov/>

Senator James Risch

483 Russell Senate Office Building
Washington, DC 20510
Phone: 202-224-2752
Fax: 202-224-2573
Website:
<http://www.risch.senate.gov/public/>

Representative Raúl Labrador

1523 Longworth HOB
Washington, DC 20515
Phone: (202) 225-6611
Fax: (202) 225-3029
Website: <https://labrador.house.gov/>

Representative Mike Simpson

2084 Rayburn House Office Building
Washington, D.C. 20515
Phone: 202-225-5531
Fax: 202-225-8216
Website: <http://simpson.house.gov/>

Idaho Contact Information / Office locations:

Senator Mike Crapo:

Boise:

251 E. Front St., Suite 205
Boise, ID 83702
Phone:(208)334-1776
Fax:(208)334-9044

Coeur d'Alene:

610 Hubbard, Suite 209
Coeur d'Alene, ID 83814
Phone:(208)664-5490
Fax:(208)664-0889

Idaho Falls:

410 Memorial Dr., Suite 204
Idaho Falls, ID 83402
Phone:(208)522-9779
Fax:(208)529-8367

Lewiston:

313 'D' St., Suite 105
Lewiston, ID 83501
Phone:(208)743-1492
Fax:(208)743-6484

Pocatello:

275 S. 5th Ave., Suite 225
Pocatello, ID 83201
Phone:(208)236-6775
Fax:(208)236-6935

Twin Falls:

202 Falls Ave., Suite 2
Twin Falls, ID 83301
Phone:(208)734-2515
Fax:(208)733-0414

Senator James Risch:

Boise:

350 N. 9th St., Suite 302
Boise, ID 83702
Phone:(208)342-7985
Fax:(208)343-2458

Coeur d'Alene:

Harbor Plaza
610 Hubbard, Suite 213
Coeur d'Alene, ID 83814
Phone:(208)667-6130

Idaho Falls:

901 Pier View Drive, Suite 202A
Idaho Falls, ID 8402
Phone:(208)523-5541

Fax:(208)765-1743

Fax:(208)523-9373

Lewiston:

313 D. Street, Suite 106
Lewiston, ID 83501
Phone:(208)7430792
Fax:(208)746-7275

Pocatello:

275 South 5th Avenue, Suite
290
Pocatello, ID 83201
Phone:(208)236-6817
Fax:(208)236-6820

Twin Falls:

1411 Falls Avenue East,
Suite 201
Twin Falls, ID 83301
Phone:(208)734-6780
Fax:(208)734-3905

Representative Raúl Labrador

Coeur d'Alene:

1250 Ironwood Drive, #241
Coeur d'Alene, ID 83814
Phone:(208) 667-0127
Fax:(208) 667-0310

Lewiston:

313 D Street, Suite 107
Lewiston, ID 83501
Phone:(208) 743-1388
Fax:(208) 888-0894

Meridian:

33 E. Broadway Avenue,
Suite 251
Meridian, ID 83642
Phone:(208) 888-3188
Fax:(208) 888-0894

Representative Mike Simpson

Boise:

802 West Bannock, Ste 600
Boise, ID 83702
Phone:(208)-334-1953
Fax:(208)-334-9533

Idaho Falls:

410 Memorial Drive, Ste 203
Idaho Falls, ID 83402
Phone:(208)-523-6701
Fax:(208)-523-2384

Twin Falls:

1341 Fillmore St. Ste 202
Twin Falls, ID 83301
Phone:(208)734-7219
Fax:(208)734-7244

Pocatello:

275 S. 5th Ave.
Pocatello, ID 83201
Phone:(208)-233-2222
Fax:(208)-233-2095



VSA Idaho - The State Organization on Art and Disability

This spring at Lowell Elementary in Boise students in a K-6th special education class participated in a residency lead by Matthew Jordan. During the ten week music education residency students learned how to compose a song by creating a rhythmic pattern, repeating it and then changing it to a new pattern which completes the song. Students wrote and performed an original score about "little creatures" and their role on nature's biology, linking it to their curriculum for science. Students gained knowledge about instruments and their geographic origins by giving oral reports and demonstrating how to play them for an audience. The instruments included a Kalimba from Africa, a singing bowl from Tibet, a Theremin from Russia, a Ukulele from the Pacific islands and a Melodica from America. For more information about our arts programming please contact Heather@ipulidaho.org.



To learn more about IPUL's arts programs please contact Heather@ipulidaho.org.

For more about VSA International please visit VSA, The National Organization on Arts and Disability:

<http://education.kennedycenter.org//education/vsa/>.

THE KENNEDY CENTER

vsa

This program is provided under a contract with the John F. Kennedy Center for the Performing Arts

— 2017-2018 —



arts
IDAHO



Idaho Parents Unlimited Save the Date

Idaho Parents Unlimited, Inc.
Save the Date
Monthly Workshop and Webinar Series
2018 - 2019



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Save the Date

August 2018:	Success with the IEP
September 2018:	Strength-Based Student-Led IEP
October 2018:	Bullying Prevention
November 2018:	Parent and Professional Collaboration
December 2018:	Understanding Idaho Medicaid
January 2019:	Power of a Personal Story
February 2019:	Planning a Healthy Transition to Adulthood
March 2019:	Getting and Keeping the First Job
April 2019:	Success with the IEP
May 2019:	Positive Behavior Interventions and Supports
June 2019:	Tools for Your Toolbox
July 2019:	Support and Resources/ Parent Meet-Up



Dates & Times
Second Wednesday of every month
from 6:00-9:00 p.m.
Webinar offered on the last Tuesday
of the month at 11:00 a.m. MST

RSVP:

www.ipulidaho.org
208-342-5884
parents@ipulidaho.org

BOISE

IPUL

4619 W. Emerald Ste. E

POCATELLO

A New Hope
300 N. 7th Ave.

COEUR D'ALENE

Kootenai Health Center
2003 Kootenai Health Way
*check with the front desk for room location



July 2018

Support & Resources/ Parent Meet-Up

Date:

In Person Workshops - Second Wednesday of each month
Webinars - Last Tuesday of each month

Time:

In Person Workshops - 6-9 p.m. in all locations
Webinars- 11 a.m. and 9 p.m. Mountain Standard Time

Locations:**Boise:**

4619 E. Emerald Street, Suite E
Boise, Idaho 83642

Pocatello:

A New Hope
300 N. 7 th Avenue
Pocatello, Idaho 83201

Coeur d'Alene:

Kootenai Health Center
Heart Health Center Classroom
2003 Kootenai Health Way
Coeur d'Alene, Idaho 83814

Registration:

Call - 208-342-5884

Email - parents@ipulidaho.org

Link to online registration - <http://ipulidaho.org/rsvp-for-monthly-workshops-here>

IPUL Staff



Angela Lindig, Executive Director

Amy Ireland, North Parent Education Coordinator

Brandi Shaffer, East Parent Education Coordinator

Sarah Tueller, Southwest Parent Education Coordinator

Joe Gonzales, Southwest Parent Education Coordinator

Casey Gordon, Southwest Parent Education Coordinator

Heather Kirk Skinner, Statewide Arts Education Coordinator

Rosario Beagarie, Bilingual Parent Education Coordinator

Candace Garman, Bookkeeper

Bill Nuttycombe, IT Specialist

IPUL Board:

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Darci Graves

South Central:

Becky Novak

Southwest:

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Dallas Gudgell
Robert Rhodes

East:

Jared White
Alycia Birch

Join the IPUL Board of Directors! <http://www.ipulidaho.org>

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IPUL's parent education programming is always free to families. Consider making a tax-deductible contribution to assist us in assisting families who are raising exceptional children in Idaho. If making a cash contribution is out of reach right now, you can still help by making Idaho Parents Unlimited your charity of choice when shopping at Amazon.com or Fred Meyer thanks to their fantastic giving programs:

Donate to IPUL Here

Shop at AmazonSmile
and Amazon will make
a donation to:
Idaho Parents
Unlimited Inc
[Get started](#)
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