

# CAREGIVERS

# Caregivers of Children

# with Special Needs

# SESSION 1





JUSTIN BROWN

Director  
Oklahoma Department of Human  
Services

Secretary  
Human Services & Early  
Childhood Initiatives





*Prize*

DRAWING



OKCares



# Who We Serve

Families that have a child with special needs:  
Birth to age 21

- Help families raising a child with special needs and professionals with resource navigation.
- Work with Community Coalitions to address gaps in services.
- Provide Respite Vouchers to Family Caregivers



## Statewide

405- 271- 2710

sooner- success@ouhsc. edu

[https: //soonersuccess. ouhsc. edu/](https://soonersuccess.ouhsc.edu/)



# HOUSEKEEPING ITEMS



- Participants will be muted to keep down background noise.



- Participants can put any questions or comments in Q&A feature.
- Q&A inbox will be monitored.



- The sessions are being recorded.
- So relax and enjoy!
- Participants will be able to access the recordings at [www.OKCares.org](http://www.OKCares.org).



# HOUSEKEEPING ITEMS



- There will be opportunities to win Walmart gift cards throughout the sessions.
- Participants will need to be on the Zoom presentation to win.

TAKE SURVEY



- Participants will have an opportunity to complete session evaluations. Participants can be included in a \$50 Walmart gift card drawing upon completion of an evaluation.

THANK YOU!

*Prize*

DRAWING





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# Opal Rose

## *Finding Joy in the Journey*



#Pray4Opal

Josh & Gretchen Trimble  
trimble530@yahoo.com







# Opal's Journey



# What is Acute Flaccid Myelitis?

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- Uncommon but serious neurological condition – ‘one in a million’
- Affects the nervous system, specifically the area of the spinal cord called gray matter, which causes the muscles and reflexes in the body to become weak
- No known cause or cure
- More than 90% of cases have been in young children (ages 4-8)
- Known as a “polio-like” condition







# Hospital to Home





# Challenges of Caretaking





# Finding Joy In the Journey



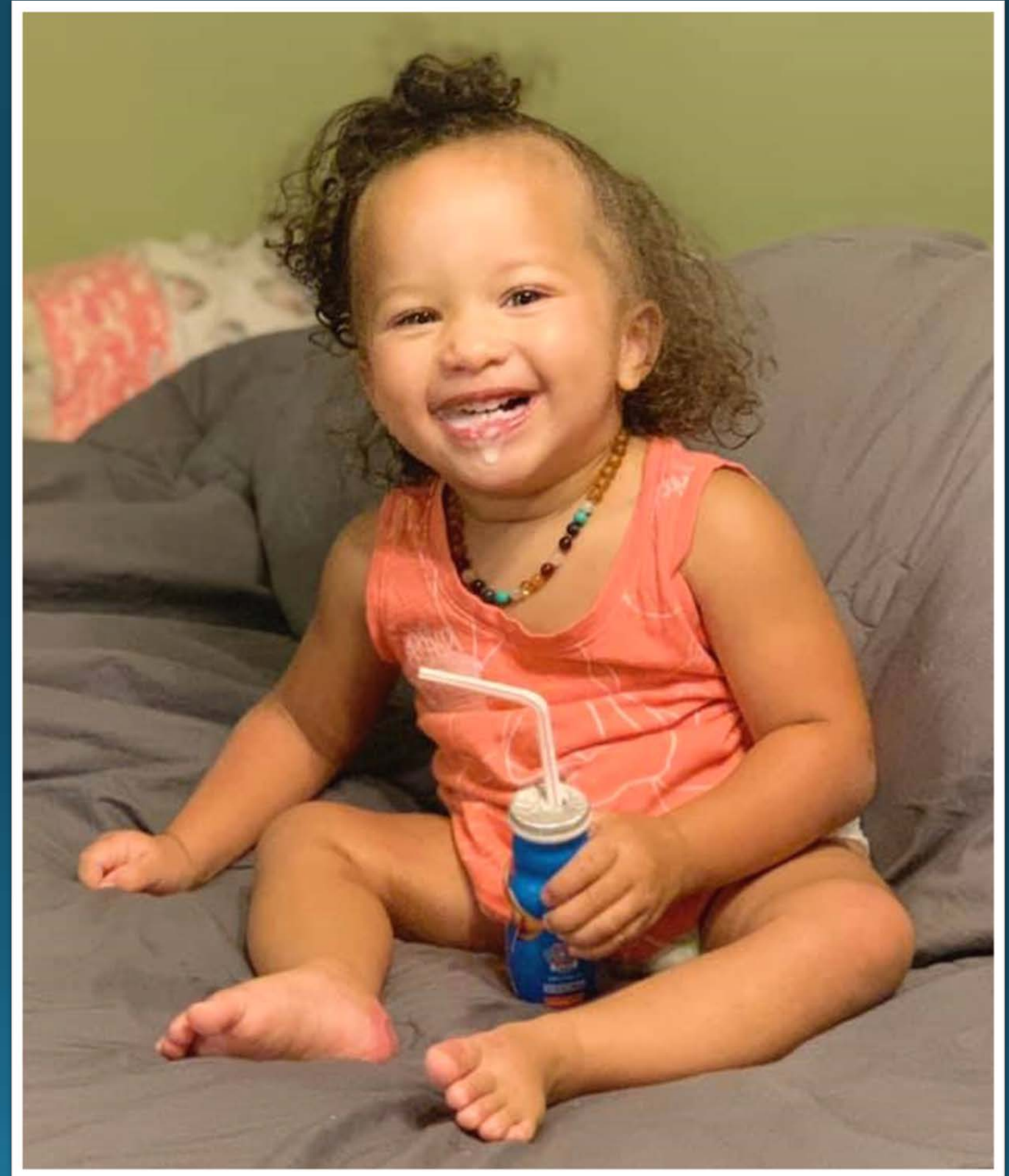


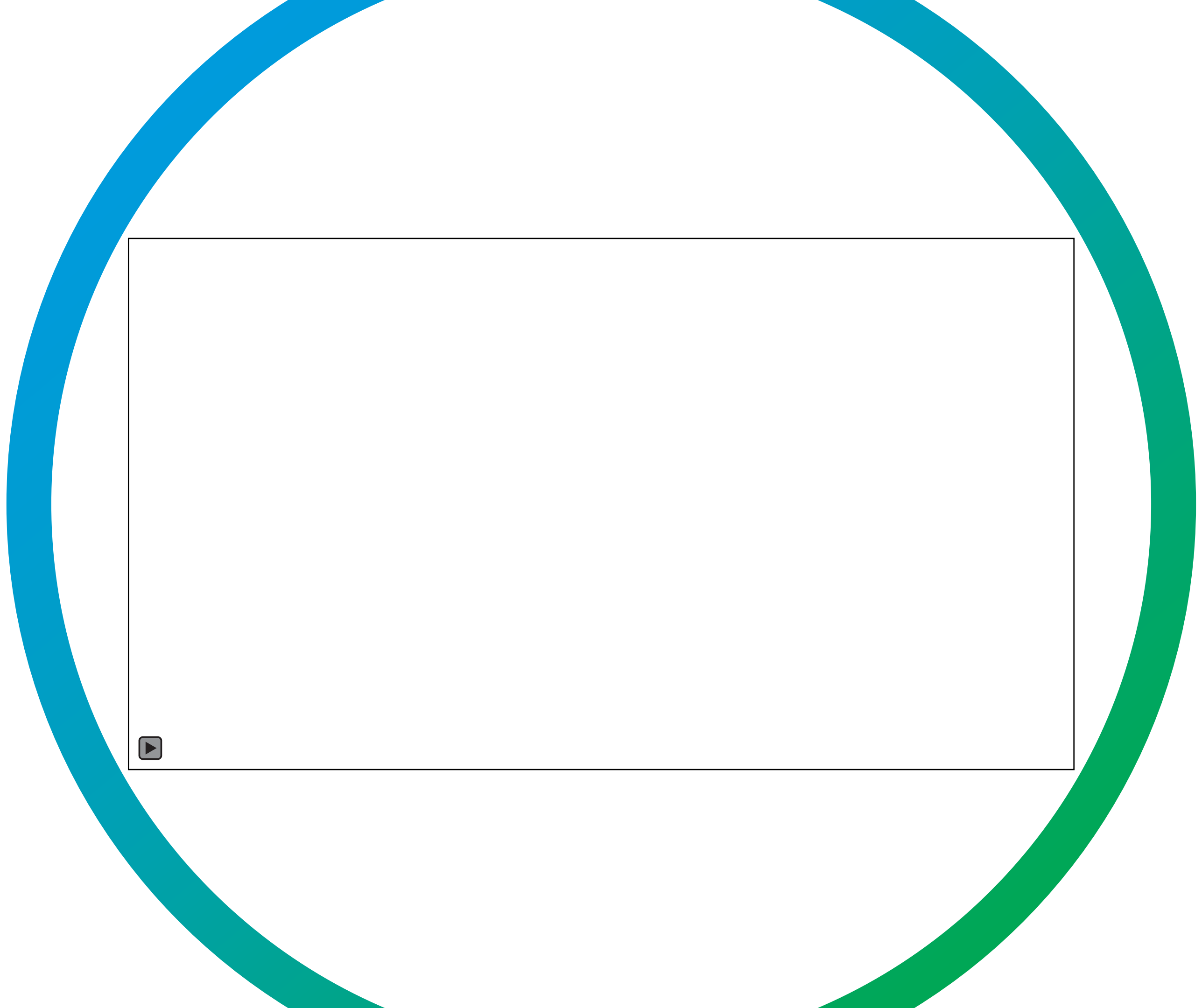




Facebook:

Opal's Fight –  
Team Trimble







*Prize*

DRAWING



# Child Guidance Program

Child Guidance staff provides fee - based services that fall into four general categories:

1. Services to Individual Children and Families
2. Educational Services to the General Population
3. Services to Professionals
4. Community Development

## *Child Guidance Clinics*

Cimarron	Texas	Beaver	Harper	Woods	Alfalfa	Grant	Kay	Osage	Washington	Nowata	Craig	Ottawa
			Ellis	Woodward	Major	Garfield	Noble	Pawnee		Rogers	Mayes	Delaware
			Dewey	Blaine	Kingfisher	Payne	Creek	Tulsa	Wagoner	Cherokee	Adair	
			Roger Mills	Custer	Canadian	Oklahoma	Lincoln	Okmulgee	Muskogee	Sequoyah		
			Beckham	Washita	Grady	Cleveland	Pottawatomie	Seminole	McIntosh	Haskell	LeFlore	
			Greer	Kiowa	Caddo	McClain	Garvin	Pontotoc	Coal	Pittsburg	Latimer	
			Harmon	Jackson	Comanche	Stephens	Murray	Johnston	Atoka	Pushmataha	McCurain	
			Tillman	Cotton	Jefferson	Love	Marshall	Bryan	Choctaw			

County	Phone Number
Bryan	(580) 924-4285 Durant
Canadian	(405) 262-0042 El Reno
Carter	(580) 223-9705 Ardmore
Cleveland	(405) 321-4048 Norman (405) 794-1591 Moore
Comanche	(580) 248-5890 Lawton
Custer	(580) 323-2100 Clinton
Garfield	(580) 233-0650 Enid
Kay	(580) 762-1641 Ponca City
LeFlore	(918) 647-8601 Poteau
Muskogee	(918) 683-0321 Muskogee
Oklahoma	(405) 271-5700 Oklahoma City (Child Study Center)
Payne	(405) 372-8200 Stillwater
Pittsburg	(918) 423-1267 McAlester
Pottawatomie	(405) 273-2157 Shawnee
Rogers	(918) 341-3166 Claremore
Tulsa	(918) 594-4720 Tulsa





# Todd P. Loftin

Todd is the Deputy Superintendent of Special Education Services at the Oklahoma State Department of Education. He is also a board member for the National Association of State Directors of Special Education. Prior to his time at the OSDE, he served as a special education teacher in Moore Public Schools.



Todd P. Loftin  
Deputy Superintendent  
Special Education Services  
Oklahoma State Department of  
Education



# Special Education Services

November 12, 2020



**OKLAHOMA**  
Education



# AGENDA

- COVID Resources
- IEP Changes
- Special Education Signature Series
- Current Activities
- State Systemic Improvement Plan
- District Determinations



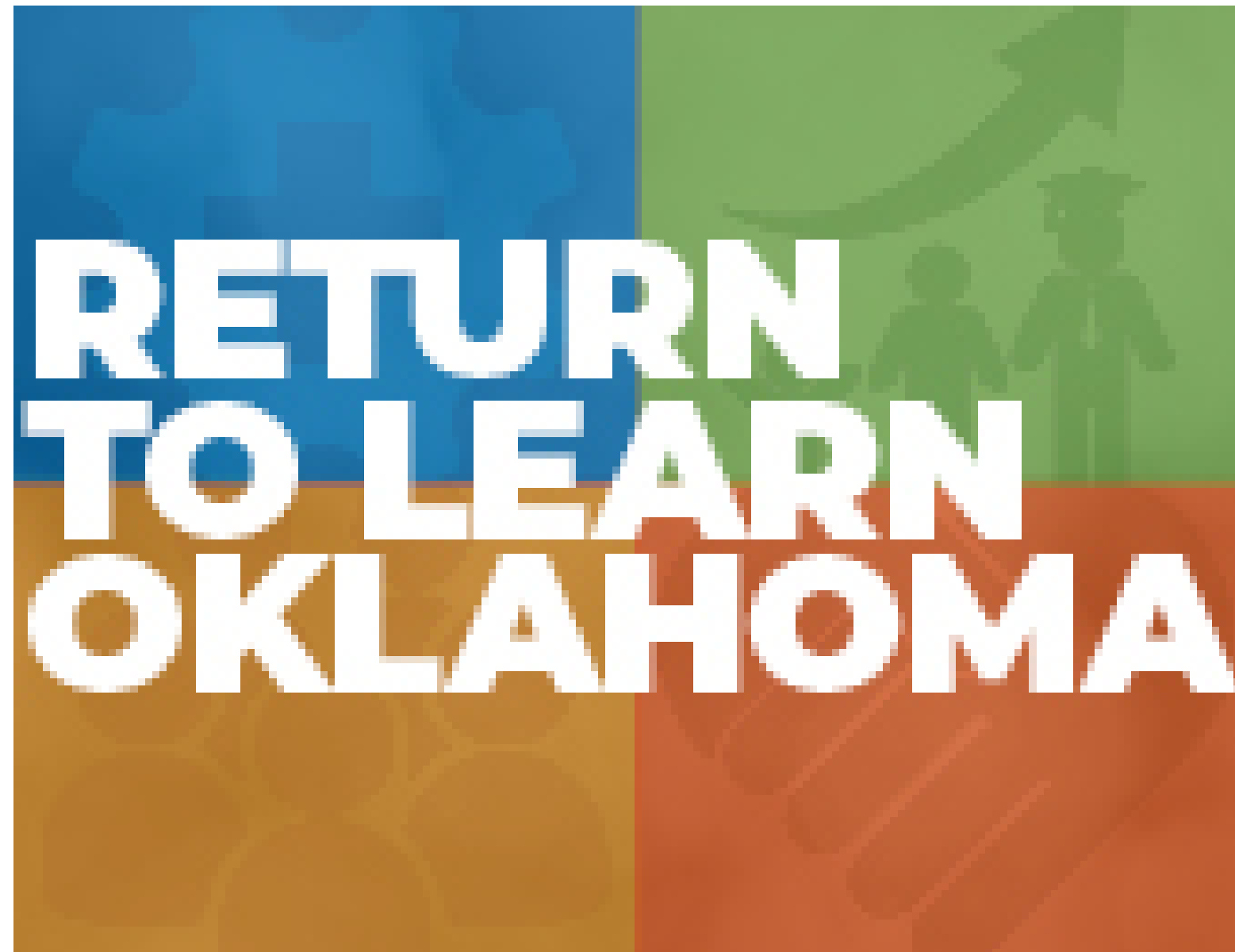
# COVID Resources

- Homepage- <https://sde.ok.gov/special-education>
- Distance Learning Guidance - <https://sde.ok.gov/sites/default/files/DistanceLearningGuidanceforSpecialEducation.pdf>
- IDEA FAQ - <https://sde.ok.gov/sites/default/files/IDEA%20FAQ%20Special%20Education%20COVID.pdf>
- [New: Special Education & Related Services During the 2020-21 School Year](#)
- [New: Planning for Virtual or Distance Learning Services and Developing a Contingency Plan in OK EDPlan 08/14/20](#)



# OSDE Return to Learn

- <https://sde.ok.gov/sites/default/files/Return%20to%20Learn%20Oklahoma.pdf>



# Additional COVID Activities

- Project 617
- Leveraging the Power of Community
- Listening Sessions with Special Education Directors
- Fall 2020 Survey



# IEP Changes

- Contingency Plans
- Shortened Day Requirements
- IEP Goals
- Additional Settings – Virtual/Distance

# Special Education Services Signature Series

- **Practical Trauma-Informed Strategies for Reducing Anxiety in Students** - Jessica Minahan, MEd, BCBA.
- Jessica is the co-author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).
- Virtual Event: September 25th from 9:00 am - 12:00 pm.



# Special Education Services Signature Series

- **Maslow Before Bloom** – Dr. Bryan Pearlman
- Maslow Before Bloom means that basic human needs must be addressed before learning can occur. If a student is hungry, tired, or scared—give them food, a nap, or a personal connection. This does not require board approval or a bond issue. It seems so simple. It is simple. It is also very effective. This presentation addresses the human side of things that lead to higher levels of learning.
- Dr. Bryan Pearlman will present real-life stories, current research, hands-on strategies, and a problem-solving approach that is easy to implement and effective.
- Virtual Event: Thursday, December 3, 2020, 9:00 AM – 12:00 Noon
- Zoom Information-Register in advance for this webinar.  
[https://zoom.us/webinar/register/WN\\_PL9zJA4qT1a8G-SK7dTmTg](https://zoom.us/webinar/register/WN_PL9zJA4qT1a8G-SK7dTmTg)

# Determinations

- Each year, the OSDE assigns a determination for each district based on compliance, results, and risk factors.
- These determinations are Meets Requirements, Needs Assistance, Needs Intervention, and Needs Substantial Intervention.
- Monitoring activities are based on the level of determination.
- Compliance activities take place in conjunction with determinations.





# Celebrating Family Caregivers

Caregivers of  
Children with  
Special Needs





# Nadine Walter

DHS Aging Services  
Community Engagement  
and Coalitions Unit







**How do I  
manage this?**

**What's next?**

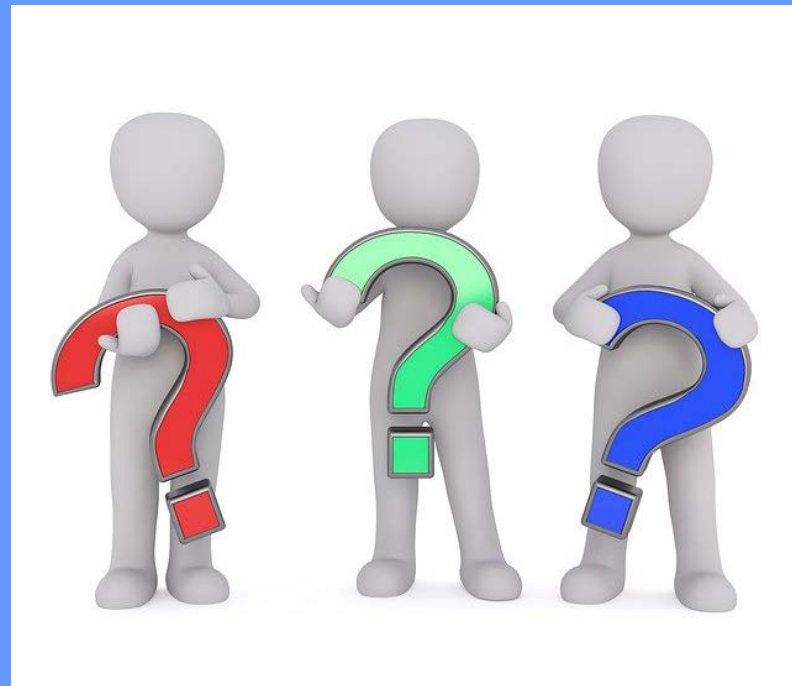
**Is he ok?**

Being the parent of a child with a disability carries with it unique *responsibilities*, *stressors*, and *rewards*. It requires an extra dose of *emotional resilience*, *perseverance*, and *resourcefulness*. Powered by the same drive to *nurture*, *protect*, and *empower* the children.





How are YOU  
addressing  
YOUR needs?



How can You  
make Self-Care  
a Priority?

# Self-Care Includes

- RECHARGING



- RESETTING



- RALLYING for the next challenge





# Acceptance

- ✓Talk therapy
- ✓Live in the present, not focusing on the long haul
- ✓Our needs and strengths change

“When I'm at the end of my rope,  
it's time to build more rope”



# Acceptance

Periodically reevaluate self-care tactics:

- ✓ What do I need?
- ✓ What aren't I getting?
- ✓ What am I currently appreciative of?
- ✓ Who do I need to talk to in order to get more answers?



# Seek Out Respite

- ✓ Everyone needs a break!
- ✓ Can't do it all on your own
- ✓ Don't feel guilty
- ✓ Replenish your emotional resources to be stronger and more resilient
- ✓ Intentionally build social relationships



# Seek Out Respite

Benefits include:

- ✓ Improves family caregiver physical and emotional health
- ✓ Improves overall family well-being and stability
- ✓ Improves marriages, sibling, and other family relationships
- ✓ Reduces hospital costs and helps avoid or delay more costly foster care, or other out-of-home placements
- ✓ Gives care recipient a break



# Seek Out Respite

## Lifespan Respite Vouchers

- ✓ Care recipient needs assistance with activities of daily living
- ✓ Caregiver and care recipient does not qualify for any other respite program
- ✓ \$400 vouchers every 4 months
- ✓ No income eligibility restrictions

# Seek Out Respite

## Lifespan Respite Vouchers

- ✓ Caregiver hires the care provider and negotiates the pay
- ✓ Care provider can be another family member, neighbor, adult day facility, etc.
- ✓ Caregiver determines what type of respite best fits their needs



# Seek Out Respite

Lifespan Respite Vouchers

Sooner SUCCESS

405-271-5700 Ext. 47801

<https://soonersuccess.ouhsc.edu/Services-Programs/Respite>

Other Respite Voucher Programs

Respite Locator

[OKCares.org](http://OKCares.org)

# Embrace Movement: Exercise Works

- ✓ Good for your body
- ✓ Improves your mood
- ✓ Cognitive efficiency increases
- ✓ Sense of well-being increases
- ✓ Feel in charge of yourself
- ✓ Manages stress





# Meditation

- ✓ Free phone apps with guided meditations
- ✓ Slow down
- ✓ Be in the present
- ✓ Let go of trying to fix or control external circumstances
- ✓ Take time to check in with yourself
- ✓ Acknowledge your limitations
- ✓ Give your nervous system a much-needed rest

# Find Support

- ✓ Community – take an interesting class, get involved in church or a book club
- ✓ Professional – work on challenges, reduce fears, grieve, rejoice, process anger, learn to be a vocal and effective advocate
- ✓ Peer mentoring group – online or in person to feel supported and connected, access resources, learn coping skills





# Make A List Of Fun Things You Would Like To Do

- ✓ Bike ride
- ✓ Go to dinner with a friend or partner
- ✓ Paint or journal
- ✓ Watch a movie
- ✓ Get a message
- ✓ Take a walk
- ✓ Haircut, manicure, pedicure
- ✓ Make it **YOUR** time!



## Daily 'ME' Time (15-30 minutes)

- ✓ Read a magazine
  - ✓ Cup of favorite coffee or tea
  - ✓ Call a friend
  - ✓ Drive through a park on the way home
  - ✓ Take a bubble bath
  - ✓ 'Mindful minute' and look around at colors, shapes, beauty, sounds
  - ✓ Watch the scrolling slides with Caregiver
- Tips




# Oklahoma Caregiver Coalition



[OKCares.org](http://OKCares.org)





“It is so important as a caregiver  
not to become so enmeshed in the  
role that you lose yourself. It’s  
neither good for you nor your  
loved one.”

- Dana Reeve





405-348-9979

[www.youpoweryoga.com](http://www.youpoweryoga.com)

**We've gone Hybrid.**

**We are offering both in-studio and live-streaming classes.**

**In-studio classes limited to 15 students.**

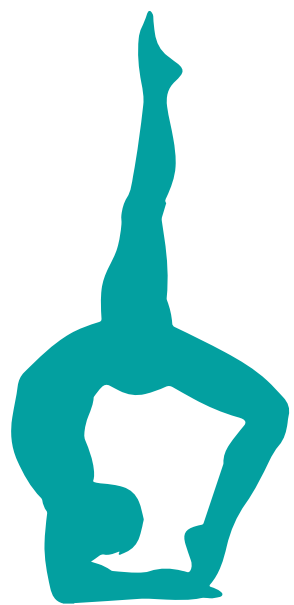
**For either option, book online or via our free You Power Yoga app or the online schedule. If you need help getting setting up, please email or call us - we are here to help.**

**Casi Summers YOGA**





If any yoga pose isn't  
working for your body, it's  
completely okay to back  
off.







THE OKLAHOMA CAREGIVER COALITION  
CELEBRATES YOU AND YOUR ENDLESS  
EFFORTS!

Make choices that support  
you... Re-energize and  
Rejuvenate Mind, Body, and  
Soul  
Start Today!



*Prize*

DRAWING



OKCares





# Thank You For Attending!

## Win \$50 Walmart Card

Complete conference Evaluation - (eval will be  
emailed to you)

Stay on this zoom presentation to see our valued  
sponsors + more resources





Thank You for Attending **Session 1**  
Presenting our Valued Sponsors from 12 - 1pm  
**Session 2 Starts at 1 PM**

