



Supporting Parents with Disabilities Resource Binder

A collaboration of:



Sections included:

- General Tips & Strategies for All Disability Types
- Healthcare & Wellness Resources for Parents with Disabilities
- Information for Child Welfare Staff
- Including Parents with Disabilities in School Activities
- Assistive Technology
- Autism
- Cognitive/Intellectual/Developmental Disabilities
- Deaf or Hearing Impaired
- Learning Disabilities
- Mental Health Conditions
- Mobility Issues & Other Physical Disabilities
- Traumatic Brain Injuries
- Visual Impairments

An electronic copy of this resource binder is available from Sooner SUCCESS at:
<http://soonersuccess.ouhsc.edu/ServicesPrograms/SupportingParentswithDisabilities.aspx>

Last updated: 7/7/23

General Tips & Strategies (for all disability types)

National Research Center for Parents with Disabilities – resources for parents, social workers, researchers, and legal professionals (available in both English and Spanish)
<http://heller.brandeis.edu/parents-with-disabilities/> (Also available in Spanish)

1 hour Recorded training webinars each specific to different type of disability (Includes Preparing for Parenthood; Parents with Mental Health Issues; Parents with Intellectual disabilities; Challenges to retaining custody; Deaf parents approaches to parenting and more)
<https://heller.brandeis.edu/parents-with-disabilities/community/webinars.html>

Tips for Engaging with Different Disabilities/ People First Language
<http://depts.washington.edu/uwdrs/faculty/faculty-resources/tips-for-working-with-different-disabilities/>

People First: A guide to interacting with people with disabilities
<https://www.dhs.state.il.us/page.aspx?item=32276>

Communication Tools
<https://www.patientprovidercommunication.org/tools-and-resources/communication-tools-and-materials/>

Choosing words with dignity
https://ddc.vermont.gov/sites/ddc/files/documents/mediaandoutreach/vtddc%20pub_choosingwords.pdf

Creating a Care Notebook to organize paperwork
https://www.medicalhomeportal.org/living-with-child/after-a-diagnosis-or-problem-is-identified/caring-for-children-with-special-health-care-needs/managing-and-coordinating-care/care-notebook?fbclid=IwAR0_4rapvZSVjW6QLn6szDwCQ1CQxKHMQujgxT4fINy65uUHe_gj3GoTBM

BridgingApps is a program of Easter Seals Greater Houston that provides access to educational and therapeutic tools—anywhere, anytime—allowing parents, teachers, and therapists to effectively use mobile devices and apps to target and improve individual skill development to help children and adults with disabilities reach their highest levels of physical and cognitive development.
<http://bridgingapps.org/bridgingapps-roadmap/>

Download: Sample Picture Schedules and Visual Planners for common family routines (i.e. going to bed)
https://www.understood.org/en/learning-attention-issues/understanding-childrens-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners?utm_source=facebook&utm_medium=social&utm_campaign=understoodorg

Resources for PwD who wish to foster or adopt
<http://www.adoptuskids.org/adoption-and-foster-care/overview/who-can-adopt-foster/people-with-disabilities>

RideConnect- ride sharing app

http://help.rideconnect.com/index.php?title=Version_1.0_Press_Release

First hand stories – Parenting with a disability

<http://www.able-sc.org/what-you-should-know-about-video-series/parenting-with-a-disability/>

and

<https://www.facebook.com/Enquirer/videos/10155132191189698/>

The Parent Empowerment Network is an E-mail community of parents with disabilities, people with disabilities who hope someday to become parents, and (where applicable) nondisabled partners of parents with disabilities. It is a means of connecting with other parents, through email.

http://www.disabledparents.net/?page_id=20

Parents with disabilities often have lives filled with trauma and less than optimal relationships. For those impacted by someone's abuse of alcohol this chart contains behavioral symptoms and accommodations for someone effected by fetal alcohol spectrum disorder

<http://fafasd.org/wp-content/uploads/2017/01/behavioral-symptoms-accommodations-FASD.pdf>

Casey Life Skills (CLS) is a free tool that assesses the behaviors and competencies youth need to achieve their long term goals. It aims to set youth on their way toward developing healthy, productive lives. Examples of the life skills CLS helps individuals self-evaluate include:

- Maintaining healthy relationships
- Work and study habits
- Planning and goal-setting
- Using community resources...<https://www.casey.org/casey-life-skills/>

A guide to money management for people with disabilities

<http://www.fliconline.org/documents/patffinancialeducationbooklet-final.pdf>

Personal Finance Guide for People with Disabilities

<https://www.calculators.org/savings/people-with-disabilities.php>

Cents & Sensibility: A guide to money management

<https://patf.us/what-we-do/financial-education/>

Budgeting for Students with Autism and Learning Differences (Plus Helpful Tips for Parents)

http://info.cipworldwide.org/blog/budgeting-for-young-students-with-autism-and-learning-differences?utm_campaign=Full+Year+Program+Enrollment+2017-2018&utm_source=hs_email&utm_medium=email&utm_content=54669928&hsenc=p2ANqtz-9KlaZytW8NGtE9cLbW6JF7BWXNocuoXrl3h4GR7mAHIOE-edmtaylMXnKrMdl9TZvUxI57Proh_UeUULs-WZu758-OMg&hsml=54670453

Financial Literacy for students with disabilities

<https://www.eparent.com/features-3/financial-literacy-students-disabilities-necessary-life-skill-independent-living/>

Twitter Chats on Parenting with a Disability

<https://us11.campaign-archive.com/home/?u=7f75f7b1421ef4c72add66a33&id=02c4f0a09f>

Transportation Issues? Consider these options:

<https://www.lyft.com/>

<https://www.uber.com/> or <https://www.uber.com/ride/uberwav/> (wheelchair accessible)

<http://www.wheelchairgetaways.com/> (accessible van rental)

<https://www.medride.com/>

<https://www.sendaride.com/>

Disabled People Reveal The Things Others Do That Really Don't Help

http://www.huffingtonpost.co.uk/entry/disabled-people-reveal-the-things-others-do-that-really-dont-help_uk_593564f4e4b075bff0f53401?section=us_good-news&utm_campaign=hp_fb_pages&utm_source=gn_fb&utm_medium=facebook

PACER's Self-Advocacy and Disability Disclosure web page.

<http://www.pacer.org/transition/learning-center/employment/self-advocacy.asp>

411 on Disability Disclosure: A Workbook for Youth with Disabilities (pdf), from The National Collaborative on Workforce and Disability

http://www.ncwd-youth.info/wp-content/uploads/2016/10/411_Disability_Disclosure_complete.pdf

or

<https://www.youtube.com/watch?v=iMb5aURm81s> (video)

Disability Sensitivity Training Video

<https://www.youtube.com/watch?v=Gv1aDEFIXq8&feature=youtu.be>

Respite – if your parent with a disability has a child with a disability, money may be available to pay for childcare while mom and/or dad take a break – to learn more contact Sooner SUCCESS at respite@ouhsc.edu (**please indicate parent's county of residence in email**),

Supporting parents with disabilities in the community

<https://www.ncd.gov/publications/2012/Sep272012/Ch13>

Disabled Parent Online Community

<https://www.disabledparenting.com/>

Disabled Parent Blog – Top 10 posts of the decade

<https://disabledparenting.com/disabled-parenting-projects-best-of-the-decade/?fbclid=IwAR25e1-E6enr7PhmMIg0NqylATD76xl1t6FJip984WbfQQ3ALsiumtKsGel>

Car Modifications for People with disabilities

<https://www.thesimpledollar.com/insurance/auto/states-guide-to-car-modifications-for-people-with-disabilities/>

Housing for People with Disabilities

<https://www.thesimpledollar.com/financial-wellness/home-ownership-for-people-with-disabilities/>

Social Security Disability Benefit Guide

<https://www.ssa.gov/benefits/disability/>

My next move – a career exploration site

https://www.mynextmove.org/?fbclid=IwAR2pJg9ArvWVnPcIYOeLxRkhOyp7cSKRhBZL2nFx_e15EGlwiwV0KpcDbyM

"Soft Skills to Pay the Bills" - a curriculum developed by the Office of Disability Employment Policy at the U.S. Department of Labor to help teach youth those important soft skills or workforce readiness skills. It is created for youth development professionals as an introduction to workplace interpersonal and professional skills, targeted at youth ages 14 to 21 in both in-school and out-of-school environments. It is a modular, hands-on curriculum with engaging activities and fun games that focus on six key skill areas: communication, enthusiasm and attitude, teamwork, networking, problem solving and critical thinking, and professionalism.¹ The curriculum can be used to supplement existing soft skills exercises or used on its own.

<https://youth.gov/feature-article/soft-skills-pay-bills?fbclid=IwAR0KujRYEtOkC1jnzKvIh6L12Uotx3OCyQveo6K16u68yOMnKp4JpfCU4Wo>

Individuals with Disabilities: Career Ideas Based on your Abilities

<https://www.learnhowtobecome.org/career-resource-center/careers-for-disabilities-abilities/?fbclid=IwAR3UaDBBLvqFH1OaUfQVwSkmtFROke5HbBsRnQBikOYtO9MSdieK5mX-yIc>

Accessible education materials - make your parent education materials more accessible

https://sde.ok.gov/accessible-educational-materials?fbclid=IwAR22yZJss4UPPcgX1SQ8mp9G354W7JBDX9YK3FQHYfWcwWp_xjHwVwb3F1k

Learn what accommodations work well with different types of disabilities (be sure to page down until you get to the charts for different disabilities)

https://sde.ok.gov/sites/ok.gov.sde/files/documents/files/Accommodations%20Guide_0.pdf?fbclid=IwAR3praalqZ28Wz-3EHJnFEhCWoED6tWEI1CkZLjwM_CwqZEy6xMbE77nVC4

National Resource Center for Supported Decision Making

http://supporteddecisionmaking.org/?fbclid=IwAR0Xj-PQTmGsyStZjvmctwy4N_07XKVVvcfVyo9WXF2CgRHJxFQpKzQSL_A

Driving with a Disability

<https://www.moneygeek.com/insurance/auto/resources/people-with-disabilities/>

Home safety for people with disabilities

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Specific-groups-at-risk/People-with-disabilities>

Getting SSI to help meet basic needs each month (for adults with a disability or blindness)

<https://www.ssa.gov/ssi/>

Tech Tools for Growing Up & Dealing with Emergencies (2 separate articles) – click on “continue reading” to see full article

<https://magazine.parentingspecialneeds.org/publication/?m=13847&i=761439&p=34>

All SoonerCare members are eligible to receive a free smartphone with unlimited talk, text and data plan! All you need to do is enroll at OKLifeline.com

Safety Awareness for Empowerment - Developed by the University of Wisconsin–Madison University Center for Excellence in Developmental Disabilities For youth with special healthcare needs Covers first aid (a frequent child welfare concern)
Teaches personal safety and healthy relationship skills to prevent victimization and exploitation

<https://dzp4370ojv4q1.cloudfront.net/wp-content/uploads/sites/74/2017/05/SAFE.pdf>

Healthcare & Wellness for Parents with Disabilities

Simply input an address and locate food assistance programs in the area

<https://www.regionalfoodbank.org/get-help/>

Health Care access – Communicating with individuals with sensory disabilities

<https://iddhealthtraining.org/module-2/scenario-7/>

Do you know a fellow Oklahoman with a hearing, vision, mobility or other disability? The Oklahoma Assistive Technology Foundation will install free special alert smoke alarms to qualified applicants. Learn more about this program and how to apply here

<https://okatfoundation.org/free-smoke-alarms-and-alert-equipment/>

Disability & Reproductive Health: It's Time to Talk About It!

<https://amchp.org/2022/03/17/disability-reproductive-health-its-time-to-talk-about-it/>

Nutrition 4 All

Daily healthy recipes and tips for easy, inexpensive home cooking from Oklahoma UCEDD

<https://www.facebook.com/nutr4allOK/>

<https://www.pinterest.com/nutr4allOK/>

Medline Plus Easy to read health publication page

https://medlineplus.gov/all_easytoread.html

Tips for First Responders

<https://unmhealth.org/services/development-disabilities/programs/other-disability-resources/first-responder-tips.html>

Improving Print Communication to Promote Health Literacy (Plain/Clear Language)

http://www.chcs.org/media/Improving_Print_Communication1.pdf

How to Write Easy-to-Read Health Materials

https://www.cdc.gov/healthliteracy/pdf/simple_put.pdf

Here's a great way to increase communication between a parent with a disability and their healthcare provider. It's called a medical encounters board:

<https://widgit-health.com/downloads/medical-encounter-board.htm>

Physician House calls

<https://www.housecallsok.com/>

Physicians at Home

<http://www.physiciansathomeok.com/>

HealthSmart DigiScan Instant Read Infrared Talking Forehead and Ear Thermometer for Babies, Children and Adults, Black - \$23

This thermometer instantly reads body temperature in Fahrenheit or Celsius with light ear or forehead contact, using the most advanced technology available. Offers READINGS IN SECONDS. Keep it simple. Just lightly touch the thermometer to the forehead or place it gently in their ear to get their temperature. Great for sleeping babies!

IT TALKS! You get specialized audio readings in multiple languages: English, Spanish, French, German, Italian or Russian. INCLUDES: 30-reading memory capacity, auto shutoff, detailed guidebook in English and Spanish.

Women Be Healthy 2: A Curriculum to Increase Cervical and Breast Cancer Screening Rates of Women With Intellectual and Developmental Disabilities (including autism)

<https://fpg.unc.edu/publications/women-be-healthy-2-curriculum-increase-cervical-and-breast-cancer-screening-rates-women>

Click on the links below to access the related YouTube videos:

- **Mammography:** <http://www.youtube.com/watch?v=jgTrbWUdclg>
- **Pap Test:** <http://www.youtube.com/watch?v=s9ylkUuKcXQ&feature=relmfu>
- **Screening Plans:** <http://www.youtube.com/watch?v=-FER-RCwZNA&feature=relmfu>

Safety Awareness for Empowerment - Developed by the Waisman Center - University of Wisconsin-Madison University Center for Excellence in Developmental Disabilities (free) For youth with special healthcare needs Covers first aid (a frequent child welfare concern) Teaches personal safety and healthy relationship skills to prevent victimization and exploitation

<https://dzp4370ojv4q1.cloudfront.net/wp-content/uploads/sites/74/2017/05/SAFE.pdf>

Healthy Body Toolkits Puberty can be a stressful and confusing time for you and your child with an Intellectual and/or Developmental Disability (I/DD). In spite of delays in other areas, children with I/DD usually enter puberty around the same time as other children their age. Some children with I/DD, including children with spina bifida and cerebral palsy, may start puberty early (called precocious puberty). This toolkit gives you resources and tips on how to talk to your child about these sensitive topics. The toolkit web version is a pdf version of the printed toolkit that you can print for your reference. Separate toolkits for boys and girls. In English or Spanish

The toolkit appendix has storyboards and visuals that you can use in implementing the methods outlined in the toolkit. This file is not included in the printed manual. You may choose to print the entire appendix, or you may want to print a particular page or set of pictures to laminate for everyday use. You may share these pictures with others who work with or care for your child.

<https://vkc.vumc.org/healthybodies/>

Accessible Healthcare - a self advocate toolkit. Information for parents with disabilities and prospective parents.... learn your rights in the healthcare environment and what to do when you encounter barriers.

https://equalrightscenter.org/wp-content/uploads/accessible_healthcare_toolkit.pdf?fbclid=IwAR1pifFpNY0RvpFM6V23EA11i10k7inQeaGrbgEnTKxIUYSK6GpQrrzLw4Q

Oklahoma WIC applications (online)

https://www.ok.gov/health/Family_Health/WIC/index.html

Postpartum depression is more likely to occur in mothers with disabilities. If you know a mom who needs support for PPD, check out the support and provider directory at Postpartum Support International – Oklahoma
<https://www.postpartum.net/>

Responding to Seizures: New approaches to seizure first aid
<https://www.epilepsy.com/learn/seizure-first-aid-and-safety/videos-learn-seizure-first-aid?fbclid=IwAR0Odt5FDQuQi223vEnFXn73DQjzwhqoNarQU4XP1UMvnhaLLPVf9T5Te8>

Sex Education for Students with Disabilities
<https://www.parentcenterhub.org/sexed/?fbclid=IwAR0poBe6Oyke4qn7J5AhhvT5CI4nbctzIKOPkJu4e7aenenj7GkFEO11v7I>

“A Self-Advocate’s Guide to Safer Sex” talks about things like:

- Why people have sex.
- How to have safer sex.
- What pregnancy is and how to prevent it.
- What STIs (including HIV) are and how to prevent them.
- What sexual and reproductive health care is, and how to get it.

And more! This toolkit is available in Easy Read and plain language versions
<https://autisticadvocacy.org/resources/proud/?emci=c72f2ed2-8516-ee11-a9bb-00224832eb73&emdi=2c797086-b716-ee11-a9bb-00224832eb73&ceid=23528534&fbclid=IwAR1-7v4LvPQSMkqVFwJJC-3xdxJEE6Lg0yo6WhVn4wszOdxmF71I2Fk9pm8#a-self-advocates-guide-to-safer-sex>

Toolkit for Healthcare Providers: Serving adults with I/DD
<https://iddtoolkit.vkcsites.org/>

IT'S MY LIFE

- A comprehensive health and wellness curriculum for adolescents and adults with disabilities that examines topics like nutrition, exercise, mental health, social media, and scheduling
- Promotes self-determination and self-advocacy in 4 key areas of daily life: Be Well, Live Well, Play Well, and Plan Well
- Easy-to-implement, one-page lesson plans that incorporate evidence-based practices, discussion questions, and extension ideas

<https://www.attainmentcompany.com/its-my-life>

The Question Builder App

The Agency for Healthcare Research and Quality (AHRQ) offers a mobile app to help patients be more engaged in their healthcare and to make office visits more efficient. The Question Builder app helps patients prepare and organize questions and other information ahead of time, and puts that information at their fingertips as part of an email or calendar appointment that allows for note-taking during medical visits. Question Builder is also available to complete online

<https://www.ahrq.gov/questions/question-builder/index.html>

PEATC has developed a toolkit to help guide parents through this process of discussing Sexual Health and Wellness with their child. The toolkit covers topics such as sexuality, self-care, relationships, social skills, and boundaries. Includes information for individuals with disabilities as well as for those supporting them. Available in English & Spanish.

<https://peatc.org/sexual-health-and-wellness/>

Guides to help healthcare providers talk about sexual violence (7x more likely in people with disabilities)

To prepare health care professionals and advocates for a conversation with women who have intellectual/developmental disabilities and have experienced sexual violence. Site includes these items in both English & Spanish:

- Guides
- PowerPoint slides
- Communication/conversation tips
- Template for referral cards

<https://thearc.org/resource/talk-about-sexual-violence-training-tools/>

Tips for Making Healthy Choices

<https://adscresources.advocatehealth.com/news/tips-for-making-healthy-choices/>

CDC Shares free checklists, children's books and child development tools

<https://www.cdc.gov/ncbddd/actearly/freematerials.html>

If family includes child 4-18 that requires supplemental formula (boost, pediasure, etc).

Access help paying for the formula through this program

<https://bbmc.ouhsc.edu/redcap/surveys/?s=WXP7CJPF44>

Simply Sayin' is an award-winning educational app created by the Child Life team at Phoenix Children's. It uses pictures, sounds and a glossary of terms to facilitate clear conversations about conditions, treatments and medical or healthcare-related experiences. The app helps you find the right words or phrases to explain and talk about an illness or injury, medical procedures or other areas of interest or concern.

The app's user-friendly layout includes:

- Ready access to an extensive glossary of medical terms with simple explanations that are easy for kids to understand
- A script feature to prepare children for surgery, with details about specific procedures and photos of main-campus areas and medical equipment that may be used as part of their care
- Interactive drawing boards for various body systems to help kids become familiar with areas and approaches to treatment
- English and Spanish translations

The app is available free of charge in the iTunes or Google Play stores.

https://play.google.com/store/apps/details?id=com.mediakube.pch.simplysayin&hl=en_US&gl=US

Communicating medication instructions through pictogram –The USP Pictogram Library provides standardized images to convey medication instructions, precautions, and/or warnings to patients and consumers. Pictograms are particularly helpful in passing on important information to patients with a lower level reading ability and patients who use English as a second language. Available free-of-charge to professionals and patient information providers to reinforce printed or oral instructions.

<https://www.usp.org/download-pictograms>

Easy Read Materials on health topics – Requires free membership

<https://www.easyhealth.org.uk/>

Hospital Communication Books

https://atinternetmodules.org/storage/ocali-ims-sites/ocali-ims-atim/documents/The_hospital_communication_book.pdf

or

<http://www.communicationpeople.co.uk/assets/hospital-communication-book---version-3---for-web-2021---low-res.pdf>

COVID 19 Information for people with Disabilities

<https://www.cdc.gov/ncbddd/humandevelopment/covid-19-materials-for-people-with-idd.html>

<https://boggscenter.rwjms.rutgers.edu/resources/publications/covid-19-vaccine-resources-for-the-developmental-disabilities-community>

Assistive Technology for Medication Compliance

<https://www.nmhealth.org/publication/view/general/3982/>

4 Functional Medication Dispensers

<https://www.eastersealstech.com/2016/08/10/4-functional-medication-dispensers/>

A.T. for Medication Management

<https://mainecite.org/wp-content/uploads/2017/01/MedicationManagPicts.pdf>

Easy Read Health Education Ideas

Diabetes - <https://learningaboutdiabetes.org/programs-consumer/>

Diabetes - <https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/2018-03/Top%20tips.pdf>

Diabetes - <https://www.amazon.com/Year-One-Type-Story-Diabetes/dp/1730703496>

Epilepsy - <https://www.epilepsy.com/living-epilepsy/seizure-first-aid-and-safety/first-aid-seizures-stay-safe-side>

Epilepsy - <https://www.epilepsy.com/volunteer/spreading-awareness/start-conversation-epilepsy-seizures>

Epilepsy - <https://www.youtube.com/watch?v=MBfJozL7qHM>

Epilepsy - <https://www.epilepsy.org.uk/living/for-carers>

Asthma - https://www.epa.gov/sites/default/files/2013-08/documents/ll_asthma_brochure.pdf

Asthma - <https://getastmahelp.org/explain-asthma-to-children.aspx>

Asthma - <https://www.asthma.org.uk/advice/child/manage/talking-to-your-child/#simplewaystoexplain>

Asthma - https://www.cdc.gov/healthyschools/asthma/creatingaifs/part1_ppt.pdf

Asthma - <https://getastmahelp.org/day-care-resources.aspx#>

Understanding Cerebral Palsy (with audio option)

<https://kidshealth.org/en/parents/cerebral-palsy.html>

How to explain CP to family members

<https://www.cerebralpalsyguide.com/blog/how-to-tell-your-kids-about-cp/>

School fun pack – divides info on CP into shorter lessons with some graphics

https://worldcpday.org/wp-content/uploads/2015/10/early_school_years_fact_pack.pdf

Books: My child has Cerebral Palsy

Xander's Cerebral Palsy Superpowers (written by pediatric PT)

Information for Child Welfare staff

Check out this 2015 technical brief from the DOJ and HHS: FAQ on supporting parents with disabilities

https://www.ada.gov/doj_hhs_ta/child_welfare_ta.html

Indian Child Welfare Act

<http://www.narf.org/nill/documents/icwa/>

The Child Welfare System: Removal, Reunification, and Termination

<http://www.ncd.gov/publications/2012/Sep272012/Ch5>

Services for parents with disabilities

<https://www.childwelfare.gov/topics/systemwide/service-array/services-disabilities/youth/disabilities/>

The Intersection of Child Welfare and Disability: Focus on Parents

http://cascw.umn.edu/wp-content/uploads/2013/12/Fall2013_CW360_WEB.pdf

New Policy Brief — Parental Disability in Child Welfare

<http://mailchi.mp/umn/new-policy-brief-parental-disability-in-child-welfare>

Disability and Child Support

<https://www.thebalance.com/overview-of-disability-and-child-support-2997976>

<https://www.nolo.com/legal-encyclopedia/how-get-child-support-order-modified-because-disability.html>

Child Welfare, Family Law, and the Rights of Parents with Disabilities and Their Families

<https://heller.brandeis.edu/parents-with-disabilities/data-hub/child-welfare-family-law-rights/index.html>

Family-Centered Practice with Parents with Cognitive Limitations

https://practicenotes.org/vol9_no2/fcp.htm

Child Welfare Staff – FAQ and answers related to serving parents with disabilities

https://www.dropbox.com/s/bk4qe3kcj5mqhq/child_welfare_ta.pdf?dl=0

Including PwD in School Activities – request Through the Looking Glass guide from Lisa Simmons at lisa-simmons@ouhsc.edu

Assistive Technology

ABLE Tech

Assistive technology resale & recycle program; device financing. Demonstration & reuse program includes parenting aids and equipment.

Melissa Goforth

Oklahoma State University - Seretean Wellness Center

1514 W. Hall of Fame

Stillwater, OK 74078

Local: (405) 744-9748

Toll Free: (888) 885-5588

Fax: (405) 744-2487

<http://okabletech.okstate.edu/>

Equipment Resale & Recycling: <http://oec.okstate.edu/>

Funding Guide: <http://okabletech-اتفunding.org/>

Adaptive Babycare Equipment program

[https://www.okabletech.org/core-programs/device-reutilization/#:~:text=Free%20adaptive%20baby%20care%20\(ABC,it%20is%20no%20longer%20needed\).](https://www.okabletech.org/core-programs/device-reutilization/#:~:text=Free%20adaptive%20baby%20care%20(ABC,it%20is%20no%20longer%20needed).)

Assistive Technology Training Online Project

<https://atinternetmodules.org/>

Did you know Oklahoma ABLE Tech now installs portable, temporary accessible ramps, thresholds and pathways? ABLE Tech is able to loan and install a portable temporary accessible ramp, threshold ramp or pathway (or any combination of the former) to your clients for up to three months. They will also give your clients a list of places and phone numbers to call in order for them to receive a low cost, or free long term solution. For more information, please see the attach information and contact Melisa Cranfield at 405-523-4807 or mecranf@okstate.edu .

DDSD Equipment Recycling Program

907 S Detroit

Enid, OK 74106

(918) 561-1357

DDS Remote Supports & Enabling Technology

<https://oklahoma.gov/okdhs/services/dd/rsst.html>

Described and Captioned Media Program

Provides free-loan, open-captioned videos to deaf and hard of hearing persons. More than 4,000 titles including classic movies, educational videos, and special-interest videos are available. Teachers may use CMP videos and their accompanying lesson guides in the classroom. The CMP videos enhance the literacy value to all students in the classroom, even though only one child may have a hearing loss. Participation is limited to deaf or hard of hearing Americans, their parents, families, teachers, counselors, or others whose use of our collection would benefit a deaf or hard of hearing person. Recently added ... Video-described media for persons who are blind and visually impaired.

<https://dcmp.org/>

Loan Closet

90-day equipment loans for consumers and persons with a disability. Can also assist with: Info & Referral, Skills Training, Advocacy Training, Peer Counseling, Social/Recreational Activities, Transportation, & Emergency Intervention.

Sandra Beasley Independent Living Center

705 S. Oakwood, Ste B-1

Enid, OK 73703

1-800-375-4358 or 580-237-8508 or 580-233-6403

Email: sbilcdirector@coxinet.net

http://www.members.tripod.com/~Lew_3/

Rehab Tool's Free Search Service

Assistive technology specialists will conduct personalized product searches, recommend appropriate solutions, and send you relevant links and references to the products that best meet your needs and requirements.

<http://www.rehabtool.com/search.html>

No Spill Spoons

<http://www.assistivetechservices.com/steadyspoon.html>

Genuine Care - Adaptive devices that can help for a variety of disabilities. Check out

Genuine Care in OKC

<http://www.genuinecareokc.com/>

AT resources for employment, postsecondary education, and independent living.

<http://www.pacer.org/transition/learning-center/assistive-technology/>

Re-Vibe

For those who are easily distracted? RE-vibe is a new reminder bracelet that gives gentle vibrations to help stay on task or remind adults to do something regularly (Ike check on kiddos!).

<https://www.revibetech.com/>

How to use your smart phone to improve learning, work and life

https://livestream.com/pacercenter/events/7654513/videos/162616634?origin=digest&mixpanel_id=139c0b42cf468d-0af841a4d-2f052f72-1fa400-139c0b42cf5108d&acc_id=10893569&medium=email

Firefly – turns a wheelchair into a motorized scooter

<https://www.youtube.com/watch?v=za1j6MTQ6iQ>

Videos - AT examples from Oklahoma ABLE Tech

https://www.youtube.com/user/OklahomaABLETech/videos?disable_polymer=1

Different types of support dogs

<https://www.facebook.com/PTSDog/photos/a.1842811972615517.1073741828.1842335632663151/2157289044501140/?type=3&theater>

Wearables as Supports for Executive Functioning and Independence (see Café Resources at bottom of page)

https://files.ablenetinc.com/ANU_Handouts/Handouts/Archive_Presentations/From_Portable_to_Wearable_Supports.pdf

New AT for Baby Care

https://at3centerblog.com/2018/09/26/new-at-for-baby-care/?fbclid=IwAR2oov5AAC39wCy0MIBj91xPqpAquwikKk7DOiQotky47AYQj6f38c4U_Wg

Apps to help those with different types of disabilities

<https://www.educatorstechnology.com/2016/01/a-handy-chart-featuring-over-30-ipad.html?fbclid=IwAR1Xag28Gc-N6OXNn5cq2yTxiVGyBvhchteSIRJWL-pk7IMtQ0I3PIIzp94>

ABLE Tech AT Discovery highlights a variety of tools to assist individuals with disabilities in the areas of Computer Access; Daily Living; Environmental Adaptations and Controls; Hearing; Learning, Cognition, and Development; Recreation; Seating, Positioning and Mobility; Speech Communications; Vehicle Modifications; and Vision. Each page includes explanations of available resources, tips, financial information, fact sheets, videos, and links to devices available for short-term loan from ABLE Tech.

<https://www.okabletech.org/at-discovery/>

ChatGPT for Parents with Disabilities

https://disabledparenting.com/chatgpt-for-parents-with-disabilities/?fbclid=IwAR0myx5gf-PIuzDBi968ILT6I9jCK-5qNnU_nx4q_40NLgxqamEazBj27eU

Smart Homes Made Simple – A guide for people with disabilities

<https://smarthomesmadesimple.org/>

Disability Inclusion and Accessibility tools through Google

<https://about.google/belonging/disability-inclusion/>

Google's Action Blocks Simplify Smartphones for People with Cognitive Disabilities

Action Blocks is a dedicated app, which allows users to create custom Google Assistant commands and put it as a shortcut on the home screen for easy access. Any task that the Google Assistant is able to perform (make calls, send texts, play music, control smart home devices, etc.) can be transformed into an action block. Action Blocks is designed for people with communication needs, cognitive disabilities and mobility issues. It can also be used by caregivers to set up the command. Learn more about Action Blocks.

<https://pocketnow.com/googles-action-blocks-simplify-smartphones-for-people-with-cognitive-disabilities/>

2 practical guides that offers room by room suggestions for technology that can help with parenting tasks. Source: The Idaho Assistive Technology Project

http://idahoat.org/Portals/60/Documents/Services/Resources/AT_ParentsHandbook.pdf and

http://idahoat.org/Portals/60/Documents/Services/Resources/AT_CognitiveImpairmentsHandbook.pdf

Autism

AutismTalk App — an interactive communication app that helps first responders communicate with people on the autism spectrum through picture-based messaging.

<https://themighty.com/2017/06/autismtalk-app-police-autism/>

Lifespan Toolkits – free toolkits for supporting all phases of life with autism

https://www.autismgrownup.com/collections/lifespan-toolbox?page=1&grid_list=grid-view

Being a parent on the Autism spectrum

<https://heller.brandeis.edu/parents-with-disabilities/pdfs/autism-parent-factsheet.pdf>

An employer's guide to Autism and Neurodiversity

https://www.differentbrains.org/an-employers-guide-to-autism-neurodiversity/?fbclid=IwAR2oCbe4bAqWUec0sqo8N3nbtpfagwFoMM4hYm35zJbF4pxjXHWp qFqX_k4

Parents make mistakes. Even great parents. For parents with developmental disabilities (think Autism or an intellectual disability) frustration with themselves when things don't go just right can be hard to manage. Here's a toolkit of ways to help parents prepare themselves and respond when things go wrong

https://www.autismclassroomresources.com/behavioral-tools-mistakes/?fbclid=IwAR0R1xcb-qatB_EVe9eHoZtpc97jluVgr2GbFTyMD4s--y8FkPzCPHIfYbk

Presentation by Parent with Autism: True Inclusion in Making a Family

<https://www.youtube.com/watch?reload=9&v=xi4CytNlSe0&feature=youtu.be&fbclid=IwAR0QwZryAMqsmcY0y07cKvJzu1j-b2KNz4U3n1GLtdAu97SgWq2lNnOdLM>

Adulting Made Easy - This website has a bunch of free activity templates to download including money math, job interviews, time, dress code, being late to work, and writing a resume.

<https://handsinautism.iupui.edu/tools-resources/activities/>

Resources for Adult Sensory Processing Disorders

https://www.theotttoolbox.com/adult-sensory-processing-disorder/?fbclid=IwAR0ae2bxewn66VBWSodgzxI9IqpyqFplr_pIT4viMAF250i4RS1-UuYjxcg

Breastfeeding for mothers with autism

https://www.nytimes.com/2022/10/04/health/formula-shortage-autism-breastfeeding.html?fbclid=IwAR1OOuCo3FtxFC2l0-pBptYBe4Qfh6r9HA9vF50fhnGg03T0XSk8F_EEZGw

Co-parenting with a partner on the autism spectrum

<https://psychcentral.com/autism/co-parenting-with-a-partner-on-the-autism-spectrum>

Parenting is easier when there is a plan. Creating a visual schedule can help everyone stay on track, but you don't need to recreate the wheel -- check out the visual schedule options available for under \$50 at Amazon

<https://www.amazon.com/s?k=Visual+Schedule+with+Easel&crd=FMHQ12JM4417>

Tips to navigate the sensory challenges of motherhood

<https://reframingautism.org.au/the-autistic-doula-navigating-the-sensory-challenges-of-motherhood/>

A self-advocate's guide to Medicaid

https://autisticadvocacy.org/policy/toolkits/medicaid/?utm_campaign=shareaholic&utm_medium=facebook&utm_source=socialnetwork

Cognitive or Intellectual Disabilities

Interacting with People with Cognitive, Intellectual or Psychiatric Disabilities

<http://depts.washington.edu/uwdrs/faculty/faculty-resources/tips-for-working-with-different-disabilities/>

Quick Guide to Intellectual Disabilities

<https://childmind.org/guide/quick-guide-to-intellectual-development-disorder/>

Take a free organizational self-assessment to see if your agency is ready to support parents with intellectual disabilities

<https://achancetoparent.net/organizational-self-assessment-on-supporting-and-advocating-for-parents-with-i-dd/>

An easy-read guide to pregnancy

https://drive.google.com/file/d/0B4JDKOJZY_qORWJ5TGVOVEd5RTg/view

Milestones in Action - a FREE library of photos and videos of developmental

<https://www.cdc.gov/ncbddd/actearly/milestones/>

Adults with I/DD are often verbally, fiscally, physically, and sexually abused. Learn the signs to watch for:

<http://www.andwecanstopit.org/#maintitle>

At the Minnowbrook Summer Institute, Aldea LaParr talked with Janice Fitzgerald (Parent to Parent NY) about supporting parents with developmental disabilities. Aldea has developed a 'prevention' portfolio to protect her family from being institutionalized in times of stress. A powerful lesson from an experienced parent.

<https://www.youtube.com/watch?v=QZx8dGG7Oys>

IDD Toolkit www.iddtoolkit.org

The IDD Toolkit website offers health care information for primary care physicians and nurses to provide improved care to adults with intellectual and developmental disabilities. Checklists and disability specific tables to guide treatment and care. (includes physical and mental health topics)

<https://iddtoolkit.vkcsites.org/>

Visual schedules/routines can help parents with developmental disabilities sequence the steps in a childcare task or complete all the steps in a daily routine (i.e. their baby's morning wake up routine)

<http://www.do2learn.com/picturecards/printcards/>

Parenting in Pictures

Articles on lots of basic parenting skills and situations with both words and pictures. Covers all ages.

http://raisingchildren.net.au/parenting_in_pictures/pip_landing_page.html

Basics Easy-Read Parenting Guides

<https://injoyhealtheducation.com/all-products/new-parent-clips-online-videos-for-parents.html>

Parent Clips for 1 on 1 education (Download list of available clips)

<https://injoyhealtheducation.com/parenting-basics-clips.html>

Designing support groups for parents with intellectual disabilities – email Lisa to see if copy is still available at lisa-simmons@ouhsc.edu

Home Routines App

<http://www.homeroutines.com/>

Tools for working on building relationships between parent & child

<http://csefel.vanderbilt.edu/resources/strategies.html>

Sample Picture schedules

<https://www.understood.org/en/learning-attention-issues/understanding-childrens-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners>

Adaptive Functioning Level & Communication

<https://iddtoolkit.vkcsites.org/general-issues/adaptive-functioning-communication/>

Guidelines for Practice when working with parents with intellectual disabilities – can be requested by emailing Lisa Simmons at lisa-simmons@ouhsc.edu

Fact Sheet: Teen Pregnancy and Youth with Disabilities

https://instrc.indiana.edu/pdf/resources/Fact_Sheet_Teen_Pregnancy_with_Disability.pdf

WAKE UP CALL: PREGNANT AND PARENTING TEENS WITH DISABILITIES

<http://eric.ed.gov/?id=EJ846543>

Baby Buddy App

<https://www.bestbeginnings.org.uk/baby-buddy>

How developmental disabilities impact the sexual health of young adults

<https://public.health.oregon.gov/HealthyPeopleFamilies/Youth/YouthSexualHealth/Documents/SexualHealthDisparities-DevelopmentalDisabilities.pdf>

Picto selector - a free program to create visual schedules for those who need help learning, understanding, or remembering parts of an activity or the steps of a routine.

<https://www.pictoselector.eu/>

Best Practice: Understanding & Supporting Parents with Intellectual Disabilities. This is a resource guide with lots of good stuff from facts sheets to share to actual curriculums to help with teaching parenting skills around different types of challenges.

<https://portal.ct.gov/-/media/DDS/pwid/PWIDresourceguide.pdf>

Helpful Charts and Great Resources for New Parents! Baby feeding guides, baby food charts, baby sleep guidelines and more!

<https://princesspinkygirl.com/parenting-cheat-sheets/>

Visual tool – when I need to keep my child home from school

<https://www.facebook.com/CaffeineandKindergarten/photos/a.1638299229784077.1073741829.1605783066369027/2001363720144291/?type=3&theater>

Visual easy read guide for helping kids prepare for a new school

<http://www.parentingacrossscotland.org/media/1113/starting-primary-school-easy-read-1st-edition.pdf>

Understanding Slow Processing Speed

https://www.understood.org/en/articles/processing-speed-what-you-need-to-know?utm_source=google&utm_medium=cpc&utm_term=slow+processing+speed&utm_campaign=EN_SPS_EJ&gclid=CjwKCAjw44mlBhAQEiwAgP3eVv6Ide7DoJTYgcOOpYcSinX_tdHYKpvBcwEdL2i78BJCSxLn2U8NxBoCHCcQAvD_BwE&gclsrc=aw.ds

Accommodating a slow processing speed

https://www.understood.org/en/school-learning/partnering-with-childrens-school/instructional-strategies/classroom-accommodations-for-slow-processing-speed?utm_source=fbshare&utm_medium=social&utm_campaign=share&fbclid=IwAR1Wb91vVUq5Swe20U6PVaKnFVyKecq1q-7b25nDNcOz2WD5uwQaXfebqHE

Needs a visual way to teach a new mom what "safe sleep" looks like for her infant? The National Institute for Children's Health has done it for you in a 3 minute video. Check it out at: (you may have to register to view the video)

https://www.nichq.org/how-safe-sleep-savvy-are-you?submissionGuid=846a506c-1126-4987-8d81-81e3775fe73b&fbclid=IwAR1Yif-YTT2WL2HZKICqZdKOK_zeKhVh75TVvNO4y6NOascjMjzqpQOvg70

Graphics: When you feel anxious

<https://www.facebook.com/photo.php?fbid=10215494658230919&set=a.1830162485138&type=3&theater>

Larger Files Available in Dropbox

The Step-by-Step Parenting Program Maurice Feldman, PhD, C. Psych., BCBA-D. *The Step by Step Parenting Program* breaks down essential child-care skills for children from birth to about 3 years or age into small steps. A wide-range of parenting skills are covered related to child health, safety, and development, including: newborn care; feeding and nutrition; diapering; bathing; home and sleep safety; first aid; toilet training; parent-child interactions; and positive behavior support. The *Step-by-Step Parenting Program*® combines the *Step-by-Step Child-Care Manual*, modelling, roleplaying, and performance feedback to help teach the parents the above skills. The 230-page *Step-by-Step Child-Care Manual* includes over 60 step-by-step child-care checklists developed with the input of pediatric health care professionals and consumers, and corresponding picture books for about half of these skills.

<https://www.dropbox.com/s/4uqa6bbl7rey0yz/Step-by-Step%20Child%20Care%28revised%29.pdf?dl=0>

Through the Looking Glass conference call on Parents with Intellectual Disabilities

<https://www.dropbox.com/s/8h2j1ucswkgvvhxf/Conference%20call%20on%20Intellectual%20Disabilities.mp3?dl=0>

Through the Looking Glass conference call on Parents with Physical Disabilities and legal issues related to PwD

<https://www.dropbox.com/s/ls4xfnudmyljkbj/Conference%20call%20on%20physical%20disabilities%20and%20legal%20issues.mp3?dl=0>

Healthy Start for me & my Baby – parent education materials

Facilitator Guide

<https://www.dropbox.com/s/3s26pgbcf46uo06/Healthy%20Start%20for%20Me%20and%20My%20Baby%20Facilitator%20Guide.pdf?dl=0>

Parent Booklet

<https://www.dropbox.com/s/8x3vm9pclqvoau/Healthy%20Start%20for%20Me%20and%20My%20Baby%20electronic%20book.pdf?dl=0>

Supporting Families when Parents have Intellectual Disabilities – nice walk through of process

<https://www.dropbox.com/s/hgto0wla3jq2ie3/Supporting%20families%20with%20DD.pdf?dl=0>

TASP resource list for parents with cognitive limitations

<https://achancetoparent.net/resources-2/?fbclid=IwAR1DFSC0pavMKFuRwLRYyQjayZgu1EgpLehem57FZWf6KC0P0egSjswMvZE>
<https://achancetoparent.net/product-category/archived-webinars/>

Lots of interesting information and resources on this page about supporting parents with learning disabilities. The site is British, but most of the information is very practical for the US

http://www.bristol.ac.uk/sps/wtpn/resources/?fbclid=IwAR0KPDSuJHeTqAVL40oujZ5p0Q-V2wGDhr_7gmbWBBIry6kMFKRR0-sA93Q

The Picture Cookbook, No-Cook Recipes for the Special Chef – Used \$7

<https://www.amazon.com/Picture-Cookbook-No-Cook-Recipes-Special/dp/189469452X/>

Look'n Cook Microwave - \$39

Provides a microwave cookbook with 68 easy-to-make recipes. Black and white reproducible recipes are illustrated step-by-step so even nonreaders can become successful cooks.

<https://www.amazon.com/Lookn-Cook-Microwave-Ellen-Sudol/dp/1578610788/>

Life Skills Activities for Secondary Students with Special Needs - \$10

A unique collection of 190 illustrated activity sheets with related exercises, discussion questions, and evaluation suggestions to help students acquire the basic skills necessary to achieve independence and success in everyday living.

<https://www.amazon.com/Skills-Activities-Secondary-Students-Special-ebook/dp/B00316UMYO/>

Social Skills Activities for Secondary Students with Special Needs - \$20

A collection of 200 ready-to-use worksheets to help adolescents build the social skills they need to interact effectively with others and learn how to apply these skills to various real-life settings, situations, and problems.

<https://www.amazon.com/Darlene-Mannix/dp/0470259361/>

Color Me Healthy, NC Cooperative Extension and NC Division of Public Health, English Kit - \$88, Spanish Add on \$34

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

<https://www.colormehealthy.com/>

You Make the Difference in Helping Your Child Learn by Manolson, A., Ward, B. & Dodington, N. (1995) \$25

These well-illustrated guidebooks are designed to help parents with limited literacy skills foster their children's self-esteem and language development. Accompanying DVD to use with parents. Available in Spanish language.

<https://www.amazon.com/You-Make-Difference-Helping-Child/dp/0921145063/>

A Fair Chance - \$125.00 plus \$15.00 shipping and handling

This is a training video for providers that hears from six families with parents with developmental disabilities who talk frankly about their hopes and fears as parents. It is organized into six segments, each about eight minutes in length, this program profiles the strengths and limitations of six parents who have developmental disabilities. These challenging stories lead one to ask "are parents being given a fair chance to raise their own children?" If not, what systematic changes would be helpful?

https://www.disabilitytraining.com/product-info.php?A_Fair_Chance_DVD-pid169.html

My Safety, My Responsibility, My Plan is AbleLink's cognitively accessible, independently usable videos for self-paced learning of six different emergency preparedness modules. These YouTube videos are designed to be used directly by individuals with special needs (is not dependent on having literacy skills) to learn about what to expect and what to do in natural disasters

<https://www.wihd.org/resources/resource/emergency-preparedness-my-safety-my-responsibility-my-plan>

Everyday Skills provides self-directed learning sessions for 40 important skills necessary for living independently and accessing the community based on proven content developed by the Attainment Company. Everyday Skills provides an accessible learning tool that is specifically designed to be used directly by individuals with autism, learning or other developmental disabilities at their own pace on the coolest technology platform there is - the iPad! Everyday Skills is powered by Visual Impact, AbleLink's highly effective cognitively accessible learning tool. - \$30

<http://www.ablelinktech.com/index.php?id=16>

Living Safely provides self-directed learning sessions for 27 important safety skills topics based on proven content developed by the Attainment Company. Living Safely provides an accessible learning tool that is specifically designed to be used directly by individuals with autism, learning or other developmental disabilities at their own pace on the coolest technology platform there is - the iPad! - \$30

<http://www.ablelinktech.com/index.php?id=16>

The **Step-by-Step Parenting Program**® combines the *Step-by-Step Child-Care Manual*, modelling, roleplaying, and performance feedback to help teach the parents the above skills. Two Step-by-Step manuals are available free of charge (contact Prof. Feldman at mfeldman@brocku.ca). The Step-by-Step manual is for teaching child-care and interaction skills to parents with newborns, infants, toddlers and preschoolers. The 230 page manual consists of task analysis checklists and picture books illustrating step-by-step parenting skills. The Family Game® is the second manual. It is for teaching parents of children from 2 to 10 years old how to promote positive parent-child relationships and prosocial child behavior.

STARS Social Skills Training Guide (book \$18) - Educate young adults and build their self-esteem so they can make informed choices! Specially designed for teaching adolescents and adults with developmental disabilities, the STARS model focuses on four areas: Understanding Relationships, Social Skills Training, Sexual Awareness, and Assertiveness—with the goals of promoting positive sexuality and preventing sexual abuse. Assessment tools help identify the strengths and needs of each individual, and then the activities can be catered to address specific needs.

Goals and activities cover a variety of important skills:

- Building a Positive Self-Image
- Making Choices
- Learning Relationship-Appropriate Behaviors
- Engaging in Mature Relationships
- Identifying Body Parts and Understanding Their Functions
- Understanding Public and Private Behavior
- Understanding Sexual Feelings and Behaviors
- Understanding Reproduction
- Health Issues Related to Sexual Awareness
- Recognizing a Situation as Potentially Unsafe
- Learning to Say "No" and Using Basic Self-Protect

<https://www.amazon.com/S-T-R-S-Assertiveness-Relationship-Building-Awareness/dp/1932565256>

Living in an Adult World

Living in an Adult World is a publication sponsored by the State Bar Association of North Dakota (SBAND) and its Law Related Education Committee. The booklet is designed for distribution to high school seniors and young adults to highlight the changes in legal rights and responsibilities upon reaching 18 years of age and the transition into adulthood. Scroll to the bottom of the page for materials adapted for individuals with I/DD

- A standard version of the 15 "Living in an Adult World" chapters (PowerPoints with simplified language for students with relatively good reading skills) - Folders 1 & 2
- A visual version of the 15 "Living in an Adult World" chapters (PowerPoints with less words and more pictures for visual learners and students who have difficulty with reading) - Folders 3 & 4
- Supplementary learning activities (Word documents for each of the LIAW chapters with lesson plans and resources) - Folders 5 & 6

https://www.sband.org/page/graduating_into_an_adult_world

The Development of Anger Management Skills in Adults with Moderate Intellectual Disability.

<https://docplayer.net/21794652-The-development-of-anger-management-skills-in-adults-with-moderate-intellectual-disability.html>

5 Anger Management Methods For Individuals With Special Needs

<https://www.friendshipcircle.org/blog/2014/05/21/5-anger-management-methods-for-individuals-with-special-needs/>

The National Center for Disability and Pregnancy Research is publishing a video guide in four segments for women with intellectual and/or developmental disabilities who are preparing for having a baby or have just had a baby.

https://heller.brandeis.edu/disability-and-pregnancy/research/videos.html?fbclid=IwAR211Irh5BmW4H0J0qvOI1-9tUamY6ruWgmyo8vIpp9LBn0fZdRAx0dbL_o

Johns Hopkins Bloomberg School of Public Health and the University of Maryland School of Medicine have updated their Toolkit to Support Home Visiting Services for Caregivers with Learning Differences.

<https://health.maryland.gov/phpa/mch/Documents/MIECHV/Toolkit%202.0%20-%20JHU%20->

[%20November2022.pdf?fbclid=IwAR1bsQJdUspApusxgtAGfJDqo1pl4rf_mcJpUH2PZX-i3pncx2uFDppFZXY](#)

Curriculum – Sexuality Education for Individuals with Developmental Disabilities (Elevatus)
<https://www.elevatustraining.com/workshops-and-products/sexuality-education-for-people-with-developmental-disabilities-curriculum/?fbclid=IwAR2DV4A0NCX44-gB72IV26ia2FOv23uzjmupQQjZCvTUHQUs3HrNJSNc3tc>

Assistive Technology for individuals with cognitive impairments
http://idahoat.org/Portals/60/Documents/Services/Resources/AT_CognitiveImpairmentsHandbook.pdf

9 Ways Home Visitors can Support Parents with Cognitive Disabilities
<https://blog.brookespublishing.com/9-ways-home-visitors-can-support-parents-with-cognitive-disabilities/>

Teaching Life skills (Laundry & cooking) – Tips from an OT
<https://www.theotttoolbox.com/laundry-skills/>

The Oklahoma Self Advocacy Network (OKSAN) provides trainings to people with intellectual and developmental disabilities (I/DD), family members, and professionals. The following trainings are available:

- Bullying
- Emergency Preparedness
- Taking Control of Your Health
- SALT (Self Advocacy Leadership Training)
- Disability Awareness
- Sexual Health and Wellness Overview (full training in development)

They offer in-person trainings across the state and a virtual option via zoom. If you are interested in learning more and/or would like to schedule a class, email Miranda: Miranda-Hooper@ouhsc.edu

How to dress a newborn for the weather
<https://www.whattoexpect.com/baby-health-and-safety/dress-newborn.aspx>

Parenting Advice in Plain Language
<https://www.proudparents.info/>

Building Healthy Relationships at Work (curriculum)
<https://www.elevatustraining.com/workshops-and-products/curriculum-build-healthy-relationships/>

Safety Lesson in Plain Language
<https://www.rwjbh.org/childrens-specialized-hospital/patients-visitors/living-safely/safety-resources/>

Plain Language Made It Easy

The RAISE Center and PEATC (Virginia's PTI) collaborated to develop this resource guide and video in English and Spanish to assist people in making their documents accessible to everyone.

- The Importance of Using Plain Language explains how plain language makes information easier for people to read and to understand. (In Spanish)

<https://raisecenter.org/wp-content/uploads/2021/11/Plain-Language-ENG-updated.pdf>

- Using Plain Language video explains how using plain language makes it easier for people to understand.

<https://raisecenter.org/wp-content/uploads/2021/11/Plain-Language-Eng.mp4>

How TASP's Mental Health Toolkit can assist professionals providing care to adults with I/DD

<http://achancetoparent.net/resources/blog/how-tasps-mental-health-toolkit-can-assist-programs-and-professionals-working-directly-with-parents-with-idd-who-have-mental-health-challenges/>

Supported Decision Making in Health Care & Medical Treatment Decisions

https://supporteddecisionmaking.org/resource_library/supported-decision-making-in-health-care-medical-treatment-decisions/

Breaking down complex tasks into smaller steps often helps learning. This article describes apps that can help with breaking a task into steps. Scroll down for adult recommendations

<https://www.parentingspecialneeds.org/article/break-it-down-tech-tools-for-task-analysis>

Tips to help someone with I/DD communicate when upset

<https://www.elevatustraining.com/sexuality-and-developmental-disabilities-workshops-learning-tip/>

Access the free healthy boundaries lesson for people with I/DD here:

<https://www.elevatustraining.com/healthy-boundaries/>

Developmentally Appropriate Play for Babies (Idea sheet for 1st year)

<https://oftheearth.com/wp-content/uploads/2019/04/Play-Guide-for-Baby.pdf>

How to help parents with learning challenges

<https://connectionsforfamilies.ca/learn-more/how-to-help-parents-with-developmental-disabilities/>

The Maryland Department of Health, along with the Johns Hopkins Bloomberg School of Public Health and the University of Maryland School of Medicine have developed a toolkit for home visiting staff that describes the potential benefits of home visiting for caregivers with learning differences, presents a conceptual model for supporting and strengthening home visiting services for caregivers with learning differences, and summarizes resources for models, programs, and home visiting staff to support caregivers with learning differences.

https://health.maryland.gov/phpa/mch/Documents/IDLL_Toolkit_22Feb.pdf

Parenting is easier when there is a plan. Creating a visual schedule can help everyone stay on track, but you don't need to recreate the wheel -- check out the visual schedule options available for under \$50 at Amazon

<https://www.amazon.com/s?k=Visual+Schedule+with+Easel&crd=FMHQ12JM4417>

Using an Ecomap to Identify the Significant People in your Life:

<https://achancetoparent.net/wp-content/uploads/2021/08/Using-an-Ecomap-To-Identify-the-Significant-People-in-Your-Life-A-Workbook.pdf>

Ways to promote health literacy for adults with I/DD

Covers:

- Promoting preventative care

- Managing chronic conditions
- Managing mental health conditions
- Using primary & hospital based care
- Communicating about health
- Healthcare decision making and more

https://www.notredame.edu.au/data/assets/pdf_file/0025/327463/Health-Care-Guide.pdf

Deaf or Hearing impaired

Communicating with people with hearing loss

<https://www.ucsfhealth.org/education/communicating-with-people-with-hearing-loss>

Video – Why using an interpreter is important

https://www.youtube.com/watch?v=PHwkFydp1ps&feature=player_embedded

Do you know a fellow Oklahoman with a hearing, vision, mobility or other disability? The Oklahoma Assistive Technology Foundation will install free special alert smoke alarms to qualified applicants. Learn more about this program and how to apply here

<https://okatfoundation.org/free-smoke-alarms-and-alert-equipment/>

Strategies and Resources for Deaf and Hard of Hearing Parents

<https://heller.brandeis.edu/parents-with-disabilities/data-hub/additional-resources/dhh-strategies-review.html>

ADA Questions and Answers for Health Care Providers—Auxiliary Aids and Services

<https://www.nad.org/resources/health-care-and-mental-health-services/health-care-providers/questions-and-answers-for-health-care-providers/>

For someone who is deaf, but needs to hear a crying child... check out a baby cry sound signaler

<https://www.amazon.com/Sonic-Bomb-Baby-Cry-Signaler/dp/B00494MBK0/>

Ava is a new app that makes conversations accessible for the deaf

<https://www.producthunt.com/products/ava>

How to Help Someone Who Lip Reads

https://h2g2.com/edited_entry/A65193924

12 tips to help hearing people communicate with deaf people

<http://limpingchicken.com/2014/07/10/communication-tips/>

Oklahoma Association for the Deaf & Hard of Hearing

<https://www.ok-oad.org/>

Jeenie app – gives deaf users an on-demand ASL interpreter for just \$1/minute

<https://www.youtube.com/watch?v=WVsHfHX2Pbk>

https://play.google.com/store/apps/details?id=com.newsolo&hl=en_US

<https://apps.apple.com/us/app/jeenie-on-call-language-help/id1341871432>

17 free sign language learning resources

<https://www.lifewire.com/free-sign-language-classes-online-1357048>

AUDIENT program

Telephone: 1-866-956-5400 x2

Website: www.audientalliance.org

Audient is an affiliate of the Northwest Lions Foundation for Sight and Hearing and it's administered by EPIC Hearing Healthcare. They provide hearing aids at partial cost to low-income individuals across the U.S.

Easter Seals

Website: www.easterseals.com

Over 400 local service centers with varying services; some assist low-income adults and children with hearing aids and other rehabilitative devices. Visit their website and find your local office to get contact information.

Travelers Protective Association of America Scholarship Trust for the Hearing Impaired
3755 Lindell Boulevard, St. Louis, MO 63108

Website: <http://www.tpahq.org/scholarship-trust-for-the-hearing-impaired/>

The TPA Scholarship Trust for the Hearing Impaired provides financial aid to children and adults with hearing impairment who need assistance obtaining devices, medical treatment or specialized education or services. There are no age restrictions or requirements for degree of hearing loss; grants are based solely on financial need.

DRS Services for the Deaf and Hard of Hearing offices in Tulsa and Oklahoma City have free visor cards available to place in vehicles to identify people who are Deaf or hard of hearing for law enforcement officers. These cards allow quick and easy access should you be pulled over, or they can be used in various other settings and situations as needed. Cards are available in the Tulsa or OKC offices, or staff will mail cards to deaf or hard of hearing people. You can email SDHH@okdrs.gov, call by videophone 405-543-2646 or voice call 918-836-5556 for more information.

OKC SDHH Office

Shepherd Mall

2401 NW 23rd St. Ste. 51, OKC

Monday - Friday 8 a.m. - 5 p.m.

Tulsa SDHH Office

8740 E 11th St., Ste. F, Tulsa

Monday - Thursday 8 a.m. - 6 p.m.

Deaf Fairy Tales - Readers are transported into the enchanting world of fairy tales in this full-color book — with one slight twist: all the stories have characters who are Deaf or sign. Designed for the reader who uses American Sign Language or wants to learn about sign language and Deaf culture

<https://www.amazon.com/gp/product/0986355259/>

Learn useful phrases in sign language by following the AI media facebook page

https://www.facebook.com/aimediaAUS/?hc_ref=ARRFqRHrHMZsSW8rVBK2DvKgSVDRXLw7yWcAWPcWZNFLkVK2vQEuW1VYx529b5cxie8&fref=nf

Top ASL Signs for Medical Emergencies

<https://www.facebook.com/aimediaAUS/videos/10155480937894220/UzpfSTMwNjgxNTQ0Mjk5Mjk4Mzo1MzcxMjE1NTY0MjkwMzY/>

Workplace resources for the Deaf

https://disability.workforcegps.org/resources/2018/01/10/16/38/Workplace_Resources_for_the_Deaf?fbclid=IwAR0ao5Z5wwMcKPk9Y6hMnvtL1EwT-waIbpcvE-kleBN5vumNbbEgOygcMvg

ASL Connect: Learn ASL for free – basic vocabulary

<https://www.gallaudet.edu/asl-connect/asl-for-free?fbclid=IwAR0Vt3dhoR2D5BfNN01Gf5acSMiUZGSzRQRpaMKxGpk4A0MbEOKQcbsnO8A>

ASL University Lessons – click on individual lessons to activate

https://www.lifeprint.com/asl101/lessons/lessons.htm?fbclid=IwAR3XxILO0ZAOFIDDZgLwZM_V75d51M9dBaA0bYO3jNg2ZyGQZdxWApuP5NM

Understanding Deaf Parents with Hearing Children

<https://www.disabledparent.org.uk/research/understanding-deaf-parents-with-hearing-children>

Communication Card to Help Deaf and Hard-of-Hearing Individuals Communicate with Law Enforcement

<https://ood.ohio.gov/about-us/resources/communication-card-to-help-deaf-and-hard-of-hearing>

DRS Services for the Deaf and Hard of Hearing

<https://oklahoma.gov/okdrs/information/promo/pub/sdhh.html>

The role of deaf fathers in the family

<https://ensemble.brandeis.edu/hapi/v1/contents/permalinks/Pz95Kop6/view>

Health Bridge - Behavioral healthcare, social service, and advocacy information for people who are Deaf, Deafblind, and Hard of Hearing

<https://healthbridges.info/>

Deaf Parents' Approaches to Parenting (recorded webinar)

<https://ensemble.brandeis.edu/hapi/v1/contents/permalinks/Dj6s3Y9R/view>

Able Tech Hearing Center

<https://www.okabletech.org/at-discovery/hearing/>

Learning disabilities

Learn about specific LDs. Each section provides signs and symptoms of the LD, as well as helpful strategies to engage with those impacted by the specific LD.

<https://ldaamerica.org/adults/>

Working with a parent that has memory issues? Here's a simple strategy if they have a smart phone. Model the parenting task you want them to learn with their child in their environment. Talk through the task as you do it. Let them video you on their phone and help them label the video with the task name. Next time they need help remembering all the steps -- you can be there in living color to boost their memory!

Best apps for parents

<https://www.educationalappstore.com/app/category/apps-for-parents>

For each parent you work with, assume that they have the ability to be good parents. The vast majority will. Beyond that you need to work with the parent to identify how their particular disability is impacting their parenting, make sure they have access to sound

parent education that is in a format they can understand (this is often the key ingredient to success), and then problem solve the identified issues. For most individuals with learning disabilities, you will be better off giving them information in smaller chunks, visually or verbally. Some of the resources below are general community resources but set up for low literacy levels or to offer information verbally. Others are for you as a provider to give you helpful tips.

Medline Plus

Help when explaining health issues to individuals with low literacy levels is available at The site includes:

- Easy-to-Read materials
- Medical Dictionary
- Understanding Medical Words tutorial
- Interactive tutorials
- How to write easy-to-read materials

<https://medlineplus.gov/>

https://medlineplus.gov/all_easytoread.html

You Make the Difference in Helping Your Child Learn by Manolson, A., Ward, B. & Dodington, N. (1995)

These well-illustrated guidebooks are designed to help parents with limited literacy skills foster their children's self-esteem and language development. Accompanying DVD to use with parents. Available in Spanish language. Available at Amazon for \$24.95 plus \$3.99 shipping and handling. Spanish language version (Usted Hace LA Diferencia: Para Que Su Hijo Pueda Aprender) is \$24.41

<https://www.amazon.com/You-Make-Difference-Helping-Child/dp/0921145063/>

Oklahoma Center for Poison & Drug Information

Parents can call both in emergencies and when they are giving medication to their children and have questions or would like someone to walk them through the process to prevent mistakes.

<https://oklahomapoison.org/about/contact-us>

WIC Plus Parent Line

One of the cool features that caregivers at the WIC+ sites have access to is the Parent Line. This Parent Line is a modification to the existing Child Care Warmline. This number is answered by a live person Monday-Friday from 8 AM to 5 PM, but it also has some automated options that are available 24/7. Parents can call this number and either talk to a trained Warmline/Parent Line consultant (during their operating hours), or they can contact the line after hours and get automated information about a variety of topics that are applicable to families of young children, such as Hand, Foot, and Mouth Disease, Strep Throat, Teething, Biting in the Toddler Years, Bedwetting in Children, etc.,

The Baby Buddy App can help with parent education in bite size amounts plus other practical info. and tips are included here.

<https://www.bestbeginnings.org.uk/>

What works for parents with learning disabilities – a Summary

<https://www.choiceforum.org/docs/wwfp.pdf>

Communicating with Parents that have learning disabilities – includes tips to check for understanding

<https://www.ualberta.ca/rehabilitation/media-library/faculty-site/research/fdsi/documents/practice-points/communicating-with-parents-ld.pdf>

Supporting parents with learning disabilities: Good practice Guidance

<https://www.bristol.ac.uk/media-library/sites/sps/documents/wtpn/FINAL%202021%20WTPN%20UPDATE%20OF%20THE%20GPG.pdf>

The CHANGE organization has created several books in “easy read” – they teach parenting skills and life skills in a style that was developed with input from parents with LD to ensure the information was accessible.

<https://www.changepeople.org/shop/products>

Once Upon An Accommodation: A Book About Learning Disabilities addresses questions children and adults may have about Learning Disabilities, accommodations, and how to go about self-advocacy. These issues are the same whether you are 8 or 88.

<http://www.specialneedsbookreview.com/2014/05/25/upon-accommodation-book-learning-disabilities-nina-g/>

AT for struggling readers

<https://www.readingrockets.org/article/assistive-technology-tools-reading>

<https://www.understood.org/en/articles/assistive-technology-for-reading>

Resources for advocates working with Parents with Learning Disabilities: A roadmap for a complex journey

<https://www.ldw.org.uk/wp-content/uploads/2018/09/resource-for-independent-advocates-working-with-pld-a-roadmap-for-a-complex-journey.pdf>

An easy-read guide to pregnancy

https://drive.google.com/file/d/0B4JDKOJZY_qORWJ5TGVOVEd5RTg/view

Mobile apps to assist with school tasks and employment tasks

<https://www.sanandreasregional.org/app/uploads/2019/06/Apps-for-Transition-Age-Youth.pdf>

App recommendations from the Job Accommodation Network

https://askjan.org/solutions/Applications-apps.cfm?csSearch=4561531_1

Baby care equipment on the market that supports parents with disabilities – request by emailing Lisa Simmons at lisa-simmons@ouhsc.edu

Working from home ADHD: a guide to telecommuting

https://www.additudemag.com/working-from-home-adhd/?fbclid=IwAR3vENXKjblD9CB0urDr-AUBhmv6gQ9KOg-agzE_fOLPsdVvUh5Zeu7EnZc

How to build a consistent daily routine to support a child and/or parent with ADHD

<https://www.additudemag.com/slideshows/daily-routine-for-adhd-child/?fbclid=IwAR27QyUvVi3NyA0sM16mxEjPSOKx4W4CmhBxyqzAsLC97f-lxXGxKpoJ3g0>

6 Great Alarm Clocks for Adults with ADD

Including extra-loud models designed to rouse the deepest sleepers and progression clocks for those who need to be coaxed into wakefulness.

https://www.additudemag.com/alarm-clocks-for-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=best_november_2019&utm_content=111519&goal=0_d9446392d6-f85763de14-288192433&fbclid=IwAR0gZ5L87AWE5RmzzJgFoJEMxh3EXxCDow83h-L1-h5KrcJOV3glVOqxDM

When parent and child both have ADHD

<https://childmind.org/article/help-for-parents-with-adhd/>

Understood Explains ADHD in Adults

<https://www.understood.org/podcasts/understood-explains-season-2>

20 Free Apps for Executive Functioning Skill Deficits (adults and students)

<https://adayinourshoes.com/apps-executive-functioning-adults-students/>

Ways to improve working memory skills

<https://www.theotttoolbox.com/how-to-improve-working-memory/>

The Maryland Department of Health, along with the Johns Hopkins Bloomberg School of Public Health and the University of Maryland School of Medicine have developed a toolkit for home visiting staff that describes the potential benefits of home visiting for caregivers with learning differences, presents a conceptual model for supporting and strengthening home visiting services for caregivers with learning differences, and summarizes resources for models, programs, and home visiting staff to support caregivers with learning differences.

https://health.maryland.gov/phpa/mch/Documents/IDLL_Toolkit_22Feb.pdf

Mental Health Conditions

Interacting with People with Cognitive, Intellectual or Psychiatric Disabilities

<http://depts.washington.edu/uwdrs/faculty/faculty-resources/tips-for-working-with-different-disabilities/>

Parenting with a mental illness: programs & resources

<http://www.tucollaborative.org/parenting/>

Be the best parent you can

<http://www.mentalhealthamerica.net/parenting>

Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family.

<https://www.amazon.com/Parenting-Well-When-Youre-Depressed/dp/1572242515/>

Tips for Parenting with a mental illness

<http://psychcentral.com/lib/tips-for-parenting-with-a-mental-illness/>

Smartphone App Found to Help Users Cope with Emotional Difficulties

<http://alert.psychnews.org/2016/11/smartphone-app-found-to-help-users-cope.html>

Other recommended apps: Insight Timer has hundreds of guided meditations for free. The meditation I am Safe is very effective with victims of trauma and abuse. These apps may be just the support needed by a parent with mental health concerns.

Practical tips for supporting both the child and the parent when a parent has a mental health condition.

<https://www.mentalhealth.org.uk/a-to-z/p/parents>

How to help someone in crisis de-escalate

<https://www.nami.org/Blogs/NAMI-Blog/September-2017/How-to-Help-Someone-in-Crisis>

Mental Health and Transition-age Youth: Preparing for the Future is a recent livestream in-service presented by PACER Center that highlights strategies that workforce development professionals can use to work effectively with transition-age youth with mental health needs.

<https://livestream.com/pacercenter/events/8155154>

Tips and language to help you talk with the kids about their parent's condition. "What does it mean to have a parent with bipolar disorder"

<https://www.healthline.com/health/bipolar-disorder/how-to-deal-with-a-bipolar-parent#answers>

Center for Technology & Behavioral Health

http://www.c4tbh.org/program-reviews/?f=true&category=mix&commercially_available=mix

Supporting parents with fetal alcohol syndrome

<http://www.communitylivingbc.ca/wp-content/uploads/Supporting-Success-for-Adults-with-FASD.pdf>

Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency

https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis?fbclid=IwAR0ACw_Qz_hb_2S-Xd6_ofW07TUKEG2CieYXma2xOSi6cBP30wIJj6RBGgq0

Learn more about different types of mental health conditions. NAMI offers quick guides to treatment and support at

<https://www.nami.org/Learn-More/Mental-Health-Conditions?fbclid=IwAR0mRu8HKC1q59JxdI2Lj-pHrlxr4OZ53H22beK8XN0QwmaLJWe1wvtp1yY>

Social support is critical for most parents to have long term success. Check out this fact sheet for ideas on how a parent can build emotional, instrumental, and information support

<https://outandabout.ctb.ku.edu/wp-content/uploads/Social-Support-and-Networking-Fact-Sheet-tagged-version.pdf?fbclid=IwAR2H8UpsKd95Usehy7XxMTbteRgPIzXqVDYbYa9Bdj5rSrHZGbqGfzD1rns>

This brief features information on creating and implementing interventions for parents with mental illness that encompass the entire family.

http://heller.brandeis.edu/parents-with-disabilities/pdfs/biebel-creating-capacity-1.pdf?fbclid=IwAR3_GN3elkccKsrpRxRJsrRuh8b5gbtrWtIgHYHAI3OBNDv25iEb_635-okk

ParentingWell® is an approach to routine practice that makes talking about parenting, children, and family experiences a natural part of the conversation and of an adult's recovery process. Appropriate, effective treatment for an adult's specific behavioral health condition is paramount. However, recovery does not occur in isolation. Family can provide motivation for change. Family members can encourage and support individuals to seek help. Parenting provides opportunities to be part of a community – in the neighborhood or through participation at children's school events, for example. ParentingWell promotes a parent's ability to live interdependently and to pursue recovery in the context of family life.

The ParentingWell practice approach promotes opportunities to conduct family-focused conversations, to generate a family-informed service plan, or simply to provide services to an adult living with a mental health condition or addiction, taking parenting and family circumstances into account.

<https://heller.brandeis.edu/parents-with-disabilities/work/parenting-well.html>

Free virtual support groups from the Mental Health Association of Oklahoma

https://mhaok.org/support-groups?fbclid=IwAR16gzz0NjebKbs-GzV7dqQY8JN_FGKA0yXvbC4h_5PqO6ql0JnIXfKVsw

Anger Management: Calming Strategy Cards (Visuals)

http://www.lizs-early-learning-spot.com/anger-management-23-calming-strategy-cards/?fbclid=IwAR0Bc9EmoC6cWfjQQZLNImvMpDapY8bP_IGtomxiThX8y9fCCI-Jj-6WVOq
<https://childmind.org/article/parenting-through-depression/>

988 - a direct, three-digit lifeline (similar to 911) that connects you with trained behavioral health professionals that can open the door to seek help

<https://988oklahoma.com/what-is-988/>

Severe and Persistent Mental Illness and Mothers A Mothers' Mental Health Toolkit Project Learning Video with Dr. Joanne MacDonald Reproductive Mental.

<https://slideplayer.com/slide/6376858/>

Webinar: Family Mental Health Begins with Parents

Covers different types of interventions for parents with mental illness and their families, the advantages of leveraging access to mainstream resources, and the need to enhance existing practices to make them parent-informed and family-focused.

<https://ensemble.brandeis.edu/hapi/v1/contents/permalinks/Mj2b6E7P/view>

Supporting Success for Adults with FASD – this resource contains **practical tips on how to create environments that support success and maintain daily routines**

<http://www.communitylivingbc.ca/wp-content/uploads/Supporting-Success-for-Adults-with-FASD.pdf>

Mobility issues or other physical disabilities

Parenting Done Differently – Podcase Series

<https://www.youtube.com/watch?v=bvBL7opFrlc>

Disability etiquette from the United Spinal Association

<https://www.unitedspinal.org/pdf/DisabilityEtiquette.pdf>

10 CORRECT WAYS TO INTERACT WITH PEOPLE WITH DISABILITIES

<https://www.themobilityresource.com/blog/post/10-correct-ways-to-interact-with-people-with-disabilities/>

Tips for Interacting with people with Speech Disabilities

<https://accessiblecampus.ca/reference-library/interacting-persons-disabilities/interacting-with-persons-with-speech-related-disabilities/>

Parents and Grandparents with Disabilities: Using Public Transportation with Your Child.

<https://www.facebook.com/lookingglass.org/videos/10153735663691656/>

Oklahoma ABLE Tech is proud to announce that it has received a Quality of Life grant from the Christopher and Dana Reeve Foundation. The award will be used for adaptive baby care equipment.

[https://www.okabletech.org/core-programs/device-reutilization/#:~:text=Free%20adaptive%20baby%20care%20\(ABC,it%20is%20no%20longer%20needed\).](https://www.okabletech.org/core-programs/device-reutilization/#:~:text=Free%20adaptive%20baby%20care%20(ABC,it%20is%20no%20longer%20needed).)

Ideas for adaptive parenting aides

http://www.disabledparents.net/?page_id=89

Pedialift accessible crib

<http://www.pedialift.com/>

Wheeled walker with an attached baby carrier so that parents with physical disabilities can safely transport their child.

Oklahoma Library for the Blind and Physically Handicapped

300 Northeast 18th
Oklahoma City, OK 73105
Tel: 405/521-3514 800/523-0288
www.library.state.ok.us

Guide to Adaptive Baby Care equipment available for purchase – contact Lisa Simmons at lisa-simmons@ouhsc.edu for a copy of chart.

Child Custody Assistance (expert witness when needed) – national resource

<https://lookingglass.org/parents-grandparents/>

If you are supporting a parent with physical disabilities, I've found a great resource! The entire document has good information, but for practical ideas be sure to check out section 2. It has specific examples of AT for parents both by area of need and then a wonderful chart listing "possible problems" in one column and potential solutions in the next column and offers helpful home modifications room by room based on tasks usually performed there. Really practical and helpful!

http://idahoat.org/Portals/60/Documents/Services/Resources/AT_ParentsHandbook.pdf

Accessibility Tips for Healthcare providers

<https://phhp-fodh.sites.medinfo.ufl.edu/files/2011/03/Accessibility-Tips-for-HealthCare-Providers-9-6-13.pdf>

A Pinterest board with ideas for those parenting with a physical disability

<https://www.pinterest.com/lmswedberg/parenting-with-a-disability/>

Using a swivel base car seat can help a parent with physical disabilities more easily get their child in/out of the seat. Here are the top recommended seats:

<http://www.pushchairexpert.com/en/news/five-of-the-best-swivel-car-seats/>

Google maps now shows wheelchair accessibility under "amenities"

<http://www.theverge.com/2016/12/15/13968054/google-maps-twenty-percent-wheelchair-accessible>

Free Smoke Alarms and Alert Equipment for Oklahomans with a Disability

<https://www.okabletech.org/community/fire-safety/>

Grants for Home Modification: 16 Resources for Homeowners with Disabilities. This guide is designed to provide information on available grants to improve the quality of home life for people with disabilities. Provides info on nationwide and state specific programs as well as suggestions on what modifications may be the most helpful for individuals.

<http://www.parentcenterhub.org/grants-for-home-modification-16-resources-for-homeowners-with-disabilities/>

or

<https://www.homeadvisor.com/r/grants-for-home-modification/#.Wa9thJpOmEe>

National Library Service for the Blind and Physically Handicapped – Free talking books

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-physically-handicapped/about-this-service/>

Oklahoma ABLE Tech now installs portable, temporary accessible ramps, thresholds and pathways? ABLE Tech is able to loan and install a portable temporary accessible ramp, threshold ramp or pathway (or any combination of the former) to your clients for up to three months. They will also give your clients a list of places and phone numbers to call in order for them to receive a low cost, or free long term solution. For more information, please see the attach information and contact Melisa Cranfield at 405-523-4807 or mecranf@okstate.edu .

Pinterest page for Moms with disabilities

<https://www.pinterest.com/restministries/mom-products-when-ill-or-disabled/>

WheelMate gives you an instant overview of your nearest wheelchair-friendly toilets and parking spaces on an interactive map. It is powered by wheelchair users who add and verify every single location themselves, ensuring it works the way it should. It is easy and simple to use, and it is free!

<https://itunes.apple.com/us/app/wheelmate/id515277627?mt=8>

Seizure alert devices

http://www.childneurologyfoundation.org/wp-content/uploads/2017/05/Seizure_Alert_Device_Handout.pdf

<https://sudep.org/epilepsy-safety-devices>

<https://www.epilepsy.com/learn/early-death-and-sudep/sudep/role-seizure-alerts>

Pregnancy & Epilepsy

<https://epilepsysociety.org.uk/living-epilepsy/pregnancy-and-epilepsy>

<https://www.epilepsy.org.uk/living/having-a-baby>

Parenting with epilepsy

<https://epilepsysociety.org.uk/living-epilepsy/pregnancy-and-epilepsy/pregnancy-and-parenting>

<https://www.epilepsy.org.uk/living/parents-and-children/parents-with-epilepsy>

Parenting with a Disability: Know your rights toolkit

https://ncd.gov/sites/default/files/Documents/Final%20508_Parenting%20Toolkit_Standard_0.pdf

Making Homes Visitable: A Guide for Wheelchair Users and Hosts, which provides tips for making visits possible.

[https://rtcil.ku.edu/sites/rtcil/files/documents/Making%20Homes%20Visitable%20with%20TAGS%20\(3\)--fixed.pdf](https://rtcil.ku.edu/sites/rtcil/files/documents/Making%20Homes%20Visitable%20with%20TAGS%20(3)--fixed.pdf)

Ford Mobility Motoring offers Reimbursement grants of up to \$1,000 to USA individuals, organizations, churches, nursing homes, and municipalities for installation of equipment that will help people with disabilities. Funding is intended for equipment that is clearly related to a specific medical need, such as aftermarket alert hearing devices, swivel seats, pedal extensions and running boards, and will require original medical documentation clearly detailing the physical disability or permanent impairment for which the equipment is intended. This documentation must be prepared by a licensed, certified medical professional.

Mobility Program Steps:

<https://www.fordmobilitymotoring.com/HowToGetStarted/MobilityProgramSteps?fbclid=IwAR1cezMsJaqtQbAiU-xy9xNLdF3YVf0Wfgj5eCBXr312uJZz5Fw2d2rlcGM#.W89472hKiUk>

Adaptive Parenting Strategies Used by Mothers with Physical Disabilities Caring for Infants and Toddlers

<https://heller.brandeis.edu/parents-with-disabilities/support/parenting-tips-strategies/adaptive-strategies-mothers-physical.html>

24 Clever baby products for parents with physical disabilities

<https://www.disabilitydame.com/parents-with-physical-disabilities/>

Does your house need to be modified? Check out DRS' home modification brochure.

<http://ow.ly/3KPK50KwELV>

How people with disabilities can use an ABLE account to buy a house

https://www.businessinsider.com/personal-finance/can-you-buy-house-with-able-account?fbclid=IwAR0MRvajmlsjbDACj6LflcRxeTCDz9IRedpgZ9FJY_GzZp274-bBPAMP-aw

Oklahoma ABLE accounts are called STABLE accounts, learn more at:

<https://okstable.org/>

Simple Home Fixes to Ease Parenting with Disabilities

https://www.redfin.com/blog/simple-home-fixes-to-ease-parenting-with-disabilities/?fbclid=IwAR0ae2bxewn66VBWSodgzxI9IqpyqFplr_pIT4viMAF25Oi4RS1-UuYjxcg

Tips for the First Year of Parenting as a High-Level Quadriplegic

https://newmobility.com/baby-on-board-behind-the-first-year-of-parenting-as-a-high-level-quadruplegic/?mc_cid=e8d1fc88df&mc_eid=715d197517&fbclid=IwAR1WZ6Xk44w1kFUHbp8wur5i6oEJDsMQH9fF1kEmV_DsXqbE-cxCFKBcIL0

Ways to Make Parenting More Accessible

https://www.webmd.com/parenting/baby/features/accessible-parenting-tips?fbclid=IwAR211Irh5BmW4H0J0qvOl1-9tUamY6ruWgmyo8vIpp9LBn0fZdRAx0dbL_o

Intro to DHS State Plan Personal Care Services

<https://www.youtube.com/watch?v=0Elk3idScKU>

Guidance to make sure facilities and practices comply with the Americans with Disabilities Act

https://www.ada.gov/medcare_ta.htm

ADA Readily Achievable Barrier Removal Checklist for Existing Facilities

<https://www.ada.gov/racheck.pdf>

Facilitators and Barriers to Breastfeeding among Mothers with Physical Disabilities in the United States

<http://heller.brandeis.edu/parents-with-disabilities/pdfs/powell-breastfeeding-1.pdf>

Recommendations for Clinicians Working with Pregnant Women with Physical Disabilities
Recommendations for clinicians, all derived from research and first-hand experiences of women with disabilities affecting their mobility.

<http://heller.brandeis.edu/parents-with-disabilities/pdfs/smeltzer-for-clinicians-1.pdf>

Assistive Technology for Parents with Disabilities – Room by room

http://idahoat.org/Portals/60/Documents/Services/Resources/AT_ParentsHandbook.pdf

Traumatic Brain Injuries

Resources and information about Traumatic Brain Injury

<https://soarworks.samhsa.gov/article/brain-injury-awareness-and-education-resources>

Challenges, Changes, and Choices: A Brain Injury Guide for Families and Caregivers

<https://www.biausa.org/wp-content/uploads/Guide-for-Families-and-Caregivers.pdf>

Being a parent with a TBI

<https://msktc.org/tbi/factsheets/being-parent-traumatic-brain-injury>

TBI Caregiving Puzzle

https://www.caregiveraction.org/tbi?gclid=CjwKCAjwzJmIBhBBEiwAEJyLu2kN2yToXgxSG86IptAal-BFbBOU8v7JdEuXLov7myzZtQ1WUmcn-RoCwGsQAvD_BwE#top

Brainline.org – information for individuals, family & professionals on TBI

<http://www.brainline.org/>

VALIR Rehab. – TBI program

<https://valir.com/rehabilitation-hospital/our-services/traumatic-brain-injuries/>

Using Augmentative Communication with those who have brain injuries

<http://blog.asha.org/2017/08/31/tips-on-aac-systems-for-clients-with-acquired-brain-injury/>

Support for parent with TBI or PTSD who is active or past military – find Homeland class through NAMI

<https://www.namioklahoma.org/education>

Grants to USA military service members and veterans with disabilities who require special housing adaptations. Individuals may be entitled to a grant for the construction or purchase of an adapted home. Funding is also available for the modification of an existing home to accommodate a disability.

Two grant programs exist: the Specially Adapted Housing (SAH) grant and the Special Housing Adaptation (SHA) grant. In addition, the Temporary Residence Adaptation (TRA) Grant may be available to SAH/SHA eligible Veterans and Servicemembers who are or will be temporarily residing in a home owned by a family member.

Applicants may wish to view the following videos for more information:

Navy Veteran Mike Gillies:

https://www.youtube.com/watch?v=EGV0Ev9q6-g&fbclid=IwAR2MXiV3ZBA8Xg3K0k8k4M2_LvzdFpFVLD9h83iZ_6qRd2JenLTCGG0eZBq

Specially Adapted Housing:

<https://www.youtube.com/watch?v=EN5QMihyuhY&fbclid=IwAR1WY1ZGB5zMuWqtCarmphNBjGeY1fBmZ-ZadoePukWdcLFkE65kXiFRHE0>

Expanded Eligibility:

<https://www.youtube.com/watch?v=AKZjGmvJJ6c&fbclid=IwAR1ueiJtdreYXjpfFusCKf7RwZmqikVnIiPaKXfQA0FHd1FrD3QjLHyuvPI>

SAH Overview:

https://www.youtube.com/watch?v=gbJSFFS4z3o&fbclid=IwAR0T_MoOSTP7d7vy56MCJri6Zhpm6oJcdXI-UYF6ZrIDgXasDGKeLpgm0c

You can call the VA toll free at 1-800-827-1000 to have a claim form mailed to you or you can visit the nearest VA regional office.

For more information, contact a Specially Adapted Housing (SAH) staff member at:

(877) 827-3702

sahinfo.vbaco@va.gov

The Maryland Department of Health, along with the Johns Hopkins Bloomberg School of Public Health and the University of Maryland School of Medicine have developed a toolkit for home visiting staff that describes the potential benefits of home visiting for caregivers with learning differences, presents a conceptual model for supporting and strengthening home visiting services for caregivers with learning differences, and summarizes resources for models, programs, and home visiting staff to support caregivers with learning differences.

https://health.maryland.gov/phpa/mch/Documents/IDLL_Toolkit_22Feb.pdf

Visual impairments

Best Practices Guide for Hospitals Interacting with People Who Are Blind or Visually Impaired

https://www.afb.org/research-and-initiatives/serving-needs-individuals-visual-impairments-healthcare-setting?gad=1&qclid=CjwKCAjwzJmIBhBBEiwAEJyLu_zFoTQtqWWWB706FPBnXQ_zIMHsL2v5WHwZ1xXqw8k_yITeP06YrxoCAR4QAvD_BwE

Quick tips for interacting with people with visual disabilities

<https://studentaffairs.vancouver.wsu.edu/access-center/etiquette-interacting-people-who-are-blind-who-have-low-vision>

Talking thermometer—so parents who are blind can monitor the health of their child...

This one can be ordered to talk in English or Spanish

<https://www.amazon.com/Advocate-Infrared-Thermometer-Forehead-Technology/dp/B016CGJT8E/>

Blind Parenting Mentoring

<https://nfb.org/programs-services/blind-parent-mentoring>

Parenting without sight -- what attorneys and social workers should know

<https://nfb.org/sites/default/files/images/nfb/publications/bm/bm10/bm1010/bm101003.htm>

Video – Ways for PwD to use public transportation with their children

<https://www.facebook.com/lookingglass.org/videos/10153735663691656/>

Oklahoma Library for the Blind and Physically Handicapped

300 Northeast 18th

Oklahoma City, OK 73105

Tel: 405/521-3514 800/523-0288

www.library.state.ok.us

Check out the Facebook group for Low Vision Blind Parents

<https://www.facebook.com/groups/1322245404456277/>

MiniVision2: A simple cell phone for people who are blind or visually impaired

<https://www.perkins.org/resource/minivision2-simple-cell-phone-people-who-are-blind-or-visually-impaired/>

Helpful items for a parent who is blind

<https://www.afb.org/blog/entry/blind-low-vision-parents-holiday-shopping-list-0>

Raising children with one blind and one sighted parent

<https://pneumasolutions.com/raising-children-with-one-blind-and-one-sighted-parent/>

Several studies have shown significant benefits of early reading for the development of children. There are alternative techniques that allow visually impaired and blind parents to read to their children. Holly Bonner, blogger and blind mother of two young daughters, uses the small high-tech camera [OrCam MyEye 2](#) to read children's books to her daughters. For this, the small device is simply attached to a pair of glasses by a magnet and then recognizes the written text.

<https://www.orcam.com/en-us/orcam-myeye>

Blind Parenting

<https://nfb.org/our-community/blind-parents>

Introduction to Blind Parenting

<https://visionaware.org/emotional-support/for-family-and-friends/introduction-to-blind-parenting-series/>

Grandparenting with vision loss

<https://visionaware.org/emotional-support/for-family-and-friends/introduction-to-blind-parenting-series/parenting-or-grandparenting-with-vision-loss/>

Technology resources for people with vision loss

<https://www.afb.org/blindness-and-low-vision/using-technology>

NFB information for blind parents

<https://nfb.org/blindparents>

Supporting with a new visual impairment or one that is deteriorating. Check out the free white cane program from the National Federation of the Blind

<https://nfb.org/free-cane-program>

Would you like a parent with a visual impairment to encourage literacy skills in their young child? You can pick up magnetic alphabet letters for the fridge with braille markings at Walmart

<https://www.walmart.com/ip/Braille-Alphabet-Magnets-26-Upper-Case-Letters/103973660?wmlspartner=wmlspartner=1854&adid=2222222227046813637&wmlspartner=wmtlabs&wl0=&wl1=g&wl2=c&wl3=146930344444&wl4=pla-286705457964&wl5=9026402&wl6=&wl7=&wl8=&wl9=pla&wl10=112561751&wl11=online&wl12=103973660&wl13=&veh=sem>

Here is a link for the Seedlings free braille book program.

<http://www.seedlings.org/bkangel2009.php>

Free Smoke Alarms and Alert Equipment for Oklahomans with a Disability

<https://www.okabletech.org/community/fire-safety/>

National Library Service for the Blind and Physically Handicapped – Free talking books

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-physically-handicapped/about-this-service/>

Request a free bag of Braille ReadBooks (1 per child)

https://www.nbp.org/ic/nbp/programs/readbooks/parent_info.html?from_search=1

Free braille books from Braille Institute for parents to use with their kiddos!

<https://www.brailleinstitute.org/special-collection/catalog-order-form>

Using Amazon's Alexa as a support tool

https://www.pcmag.com/news/358338/why-amazons-alexa-is-life-changing-for-the-blind?utm_source=email&utm_campaign=whatsnewnow&utm_medium=image

Learning routes to your child's school

https://makingitontheplayground.com/2018/08/29/back-to-school-countdown-day-5/?fbclid=IwAR3Zlyf8TUjMaDdtNphUz7oqEbB-rxdbe5w6YJ-Shf2gPm6_BXECp88CQA

Parenting Essentials: Making It on the Playground Blog

<https://makingitontheplayground.com/category/parenting-essentials/>

Financial & Support Resources for Individuals with Vision Impairments -

<https://www.moneygeek.com/financial-planning/resources-for-individuals-with-visual-impairments/>

CanDo Braille Labels!

No more mystery cans! These CanDo reusable braille labels (created by Candoable) make identifying contents of containers a snap. Shaped like bracelets, you just clip these CanDo labels quickly and securely to the outside of a can, bottle, or jar, then put your labeled items away quickly, and locate them again independently, even if they get shuffled around. Easy to read braille (contracted) is molded into the front, and the corresponding text is engraved on the inside of each label. The labels are hand washable and tough enough to use in the fridge, freezer, and ice chests.

<https://candoable.co/>

Print, Braille, & Picture Books – lots to choose from \$5-10/book

Allows parent with a visual impairment to read too and with their young child

https://www.amazon.com/s?k=%E2%80%A2+Print%2C+Braille%2C+%26+Picture+Books&ref=nb_sb_noss

DRS Brochure - Services for the Blind and Visually Impaired assistive technology

https://oklahoma.gov/okdrs/information/promo/pub/sbvi-at.html?fbclid=IwAR1MKDwjegl-IbFguPUX54cndpt_4A1uhZAYObNh4EIW-Mbc-aleVwzTAjY

Assistive Technology to Support Visual Impairments

<https://www.okabletech.org/at-discovery/vision/>

Intro to DHS Aged, Blind & Disabled Program

<https://www.youtube.com/watch?v=Bsrr3E3nFH0>

5 minute look into the life of parents who are blind (talk about a variety of safety strategies they use)

https://www.youtube.com/watch?v=po9QvKT_XxM

LeaderDog – They believe every person deserves equal opportunity for independent travel, all of our services are provided at no cost, covering expenses for training, room, and board, and travel to our campus from anywhere in North America.

<https://www.leaderdog.org/>

To request white cane or guide dog, contact National Federation of the Blind or DRS visual services. <https://nfb.org/programs-services/free-white-cane-program>