



# Supporting Parents with Disabilities Resource Binder

*A collaboration of:*



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

**Last updated: 11/9/17**

## **General Tips & Strategies**

National Research Center for Parents with Disabilities – resources for parents, social workers, researchers, and legal professionals

<http://heller.brandeis.edu/parents-with-disabilities/>

Basic Guidelines for Interacting with People with Disabilities

[http://www.mghpcs.org/eed\\_portal/Documents/Disabilities/Etiquette.pdf](http://www.mghpcs.org/eed_portal/Documents/Disabilities/Etiquette.pdf)

Tips for Engaging with Different Disabilities/ People First Language

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

Quick Tips for Interacting with People with Disabilities

[http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiqBK\\_11\\_16\\_general.pdf](http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiqBK_11_16_general.pdf)

<http://www.nationaldisabilitynavigator.org/wp-content/uploads/Materials/Fact-Sheet-17-Disability-Etiquette.pdf>

Communication Tools

[http://www.patientprovidercommunication.org/communication\\_tools.htm](http://www.patientprovidercommunication.org/communication_tools.htm)

Preferred teams regarding people with disabilities

<http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Language-Tips.pdf>

Choosing words with dignity

<http://ddc.vermont.gov/outreach/choosing-words-with-dignity>

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](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>

Health Care access – Communicating with individuals with sensory disabilities

<http://hfcdhp.org/health-care-disable/health-care-access-communication/>

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

<http://ow.ly/h3bZ302ONxd>

Tools to Empower Clinicians and Women with Disabilities to Interact Effectively

Training is an important approach to improving health care interactions between clinicians and patients with disabilities. This online toolkit is available for use by health educators, as well as clinicians and women with disabilities, to improve health care interactions.  
<http://www.amchp.org/.../.../CliniciansandWomenInteractions.aspx>

RideConnect- ride sharing app  
[http://help.rideconnect.com/index.php?title=Version\\_1.0\\_Press\\_Release](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](http://www.disabledparents.net/?page_id=20)

Tips for Going to the Doctor  
<https://vkc.mc.vanderbilt.edu/assets/files/tipsheets/goingdrtips.pdf>

Planning Accessible Meetings Guide  
<http://www.adahospitality.org/accessible-meetings-events-conferences-guide/book>

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/>

NIH Easy to read publication page  
<https://www.nlm.nih.gov/health/publications/easy-to-read.shtml>

Easy to Read Medline  
[https://medlineplus.gov/all\\_easytoread.html](https://medlineplus.gov/all_easytoread.html)

Tips for First Responders  
<http://cdd.unm.edu/dhpd/pdfs/FifthEditionTipssheet.pdf>

Improving Print Communication to Promote Health Literacy (Plain/Clear Language)  
[http://www.chcs.org/media/Improving\\_Print\\_Communication1.pdf](http://www.chcs.org/media/Improving_Print_Communication1.pdf)

How to Write Easy-to-Read Health Materials  
<https://medlineplus.gov/etr.html>

Books Bind Us is a new nonprofit organization in OKC that will provide free libraries to foster children and low income classrooms in Oklahoma.  
<http://www.facebook.com/booksbindus>

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>

#### Informational Video on Disability for Healthcare Workers

The Florida Center for Inclusive Communities/ Florida UCEDD has released a video for healthcare workers, including reception staff, on providing high quality care for people with intellectual and developmental disabilities. To view the video and read the accompanying fact sheet, visit:

<http://www.xcel.flcic.org/>

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>

The 10 Commandments of Communicating with People with Disabilities is a twenty-two (22) minute interactive video which can be used in diversity training, new employee orientation or customer service training. This video provides the audience a brief glance of communicating with people with disabilities in all walks of life. WesternU staff, faculty and students can share this video to stimulate discussion, promote sensitive, respectful treatment of people with disabilities and promote better communication with people with disabilities.

[http://www.westernu.edu/bin/home/10\\_commandments\\_256k.wmv](http://www.westernu.edu/bin/home/10_commandments_256k.wmv)

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...
  - Daily living activities
  - Budgeting and paying bills
  - Computer literacy
  - Their permanent connections to natural supports

Although designed for youth, this tool could also be used to help figure out which skills parents with disabilities may be missing.

[http://lifskills.casey.org/clsa\\_learn\\_provider](http://lifskills.casey.org/clsa_learn_provider)

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>

Life After IEPS – Tools for teaching financial literacy skills

<http://lifeafterieps.com/tools-for-teaching-financial-literacy-skills/>

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-](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&hsmi=54670453](https://www.2018&utm_source=hs_email&utm_medium=email&utm_content=54669928&hsenc=p2ANqtz-9KlaZytW8NGtE9cLbW6JF7BWXNocuoxrl3h4GR7mAHIOE-edmtaylMXnKrMdl9TZvUxI57Proh_UeUULs-WZu758-OMg&hsmi=54670453)

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/>

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](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)

### **Potential tools with cost attached:**

- **Visual Recipes: A Cookbook for Non-Readers** \$25

This unique cookbook, written for individuals with autism spectrum disorders and other developmental disorders, will foster independence and confidence for anyone in the kitchen. The clear photographs, which include all of the small details that a person with autism or a nonreader needs to be successful, are easy to understand. The book features 35 recipes grouped into the following categories: breakfast, lunch, side dishes, snacks, desserts, and drinks. The recipes consist of picture-based directions, and each step is framed for visual clarity. Simple text directions also accompany each step, and the importance of safety is highlighted.

- **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.

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

- **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.

- **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.

- **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.

- **Sunny Side of the Street Practice & Play Cards** - \$15

Preschoolers and parents learn that routines help reinforce basic life and social skills at home. One of the tools to help kids learn new routines is with cue cards. The five colors in the deck of cards stand for a different skill or time of day.

- **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.

- **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.

Available from Through the Looking Glass:

- a. 3 DVD Set of **Parenting Adaptations for physical limitations** - \$40.00
- b. **Strategies and Adaptations in Working with Parents with Intellectual Disabilities** \$15.00
- c. Training Module: **Designing Support Groups for Parents with Intellectual Disabilities** - \$100.00
- d. **The Family Court Experience: A Guide for Parents with Disabilities and their Advocates** - \$15.00

- **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?

- **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.

- **My Safety, My Responsibility, My Plan** is AbleLink's cognitively accessible, independently usable informational App designed for self-paced learning of six different emergency preparedness modules. For this App AbleLink has again partnered with staff at the Westchester Institute for Human Development (WIHD), a leader in promoting health and well-being for individuals with intellectual and other cognitive disabilities. This program is designed to be used directly by individuals with special needs (the App is not dependent on having literacy skills) to learn about what to expect and what to do in natural disasters - \$10

- **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
- **Comprehensive Competence-Based Parenting Assessment for Parents w/Learning Differences & their children** – Book \$45
- **Competence-Based, Parenting Assessment & Interventions for Parents w ID** – CD - \$20
- **Supported Parenting: It Does Work for Parents With Developmental Disabilities** – CD \$20
- 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](mailto: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

### **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-atfunding.org/>

#### **Assistive Technology Training Online Project**

Internet-based training in both general and specific areas of adapted computer use. They focus on technology that addresses the needs of students with disabilities in elementary classrooms.

<http://atto.buffalo.edu/>

#### **DDSD Equipment Recycling Program**

907 S Detroit

Enid, OK 74106

(918) 561-1357

#### **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.

<http://www.cfv.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](mailto:sbilcdirector@coxinet.net)

[http://www.members.tripod.com/~Lew\\_3/](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>

### Parenting with assistive technology

<http://ilc.com.au/.../03/Parenting-with-Assistive-Technology....>

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://shop.fokuslabs.com/>

Succeeding on the Job: Using Technology to Boost the Skills Employers Want (webinar transcript & handouts)

<https://www.ctdinstitute.org/library/2017-08-31/succeeding-job-using-technology-boost-skills-employers-want>

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

### **Parents with Mental Health Concerns**

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://tucollaborative.org/pdfs/Toolkits\\_Monographs\\_Guidebooks/parenting/Parenting\\_with\\_a\\_Mental\\_Illness\\_Programs\\_and\\_Resources.pdf](http://tucollaborative.org/pdfs/Toolkits_Monographs_Guidebooks/parenting/Parenting_with_a_Mental_Illness_Programs_and_Resources.pdf)

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/psychcentral>

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>

### **Parents with 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/>

Communicating Effectively

<http://vkc.mc.vanderbilt.edu/etoolkit/general-issues/communicating-effectively/>

Check for Understanding

[http://www.healthystart.net.au/~healthys/images/resources/01-The-Basics/Checking\\_for\\_Understanding.pdf](http://www.healthystart.net.au/~healthys/images/resources/01-The-Basics/Checking_for_Understanding.pdf)

An Age by Age Guide for What to Expect From Kids – And What They Need From Us

<https://zenparent.in/parenting/age-age-guide-expect-kids-need-us>

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

<http://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>

A single mom with an intellectual disability reveals how happy and scared she was to raise her daughter.

[https://www.facebook.com/hashtag/whoweare?source=feed\\_text](https://www.facebook.com/hashtag/whoweare?source=feed_text)

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>

Here's a project that can benefit parents with disabilities who need visual tools and struggle with nutrition for themselves and their kiddos -- Find daily healthy recipes and tips for easy and inexpensive home cooking at [www.facebook.com/nutr4allOK](http://www.facebook.com/nutr4allOK) and [www.pinterest.com/nutr4allOK](http://www.pinterest.com/nutr4allOK) Follow the hash tag #Nutrition4All.

Donna Nigh Foundation offering grants to Schools, organizations and individuals with ID/DD.

<http://occf.org/nighfoundation/>

Great chart with examples of how to effectively communicate with someone who has an intellectual disability

<http://vkc.mc.vanderbilt.edu/.../g.../communicating-effectively/>

IDD Toolkit [www.iddtoolkit.org](http://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)

<http://vkc.mc.vanderbilt.edu/etoolkit/>

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](http://raisingchildren.net.au/parenting_in_pictures/pip_landing_page.html)

Basics Easy-Read Parenting Guides with Text4Video

<http://injoyvideos.com/formats/basics-easy-read-guides-with-text4video-f.html>

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

<http://injoyvideos.com/formats/new-parent-clips.html>

Designing support groups for parents with intellectual disabilities

[http://www.lookingglass.org/store/product\\_info.php?products\\_id=51](http://www.lookingglass.org/store/product_info.php?products_id=51)

Strategies and Adaptations for working with parents with intellectual disabilities

[http://www.lookingglass.org/store/product\\_info.php?cPath=21\\_28&products\\_id=47](http://www.lookingglass.org/store/product_info.php?cPath=21_28&products_id=47)

Challenges facing parents with developmental disabilities

<http://www.developmentaldisability.org/parents.pdf>

Raising Children – Interactive Tools

[http://raisingchildren.net.au/interactive\\_tools/interactive\\_tools\\_landing.html](http://raisingchildren.net.au/interactive_tools/interactive_tools_landing.html)

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>

Serving Families when Parents have Intellectual Disabilities or Cognitive Challenges  
[https://nrcihs-stage.icfwebservices.com/sites/default/files/events/NRCINHOME%20PPT%20Presentation\\_FINAL.pdf](https://nrcihs-stage.icfwebservices.com/sites/default/files/events/NRCINHOME%20PPT%20Presentation_FINAL.pdf)

Adaptive Functioning Level & Communication  
<http://vkc.mc.vanderbilt.edu/etoolkit/general-issues/adaptive-functioning-communication/>

Guidelines for Practice when working with parents with intellectual disabilities  
<https://www.lookingglass.org/local-services/services-for-children-with-disabilities/98-guidelines-for-practice-with-parents-with-intellectual-disabilities-and-their-children>

Fact Sheet: Teen Pregnancy and Youth with Disabilities  
[https://instrc.indiana.edu/pdf/resources/Fact\\_Sheet\\_Teen\\_Pregnancy\\_with\\_Disability.pdf](https://instrc.indiana.edu/pdf/resources/Fact_Sheet_Teen_Pregnancy_with_Disability.pdf)

Sexual Education for Teens with Disabilities  
<http://missourifamilies.org/features/adolescentsarticles/adolesfeature16.htm>

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.  
[http://www.ct.gov/dds/lib/dds/pwid/pwid\\_resource\\_guide.pdf](http://www.ct.gov/dds/lib/dds/pwid/pwid_resource_guide.pdf)

Sexuality Resource Center – Tools & tips for teaching about human sexuality to those with developmental disabilities  
[http://www.srcp.org/for\\_some\\_parents/developmental\\_disabilities/index.html](http://www.srcp.org/for_some_parents/developmental_disabilities/index.html)

### **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/4uqa6bb17rey0yz/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>

Child Welfare Staff – FAQ and answers related to serving parents with disabilities  
[https://www.dropbox.com/s/bk4qe3kcj5mqhq/child\\_welfare\\_fa.pdf?dl=0](https://www.dropbox.com/s/bk4qe3kcj5mqhq/child_welfare_fa.pdf?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>

Healthy Bodies for Boys w/Disabilities

<https://www.dropbox.com/s/ivwaekxvgpfps0j/HealthyBodiesAppendix-Boys.pdf?dl=0>

Healthy Bodies for Girls w/Disabilities

<https://www.dropbox.com/s/6in5odo53bf7nxd/HealthyBodiesAppendix-Girls.pdf?dl=0>

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

<https://www.dropbox.com/s/hqto0wla3jq2ie3/Supporting%20families%20with%20ID.pdf?dl=0>

### **Parents with Autism**

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

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

Supporting a parent with autism

<http://www.asdinfoales.co.uk/news/autism-a-guide-for-those-who-support-adults-following-a-diagnosis>

### **Parents who are deaf or have a hearing impairment**

Interacting with people with Hearing Disabilities

[http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Etiq\\_BK\\_11\\_16\\_Tips\\_hearing.pdf](http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Etiq_BK_11_16_Tips_hearing.pdf)

Devise - Vibrating bed alarm to alert for fires-

Video – Why using an interpreter is important

[https://www.youtube.com/watch?v=PHwkFydp1ps&feature=player\\_embedded](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 <http://ow.ly/h3bZ302ONxd>

Adapting early intervention services for Deaf Parents  
<https://www.lookingglass.org/pdf/Intervention-Model-for-Deaf-Parents-Project-TLG.pdf>

ADA Questions and Answers for Health Care Providers—Auxiliary Aids and Services  
<http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Q-and-A-Effective-Communication-FINAL.doc>

For someone who is deaf, but needs to hear a crying child... check out a baby cry sound signaler <https://www.amazon.com/TeleDynamics-BC400-Baby.../.../B00494MBK0>

Ava is a new app that makes conversations accessible for the deaf  
<https://www.producthunt.com/posts/ava-5>

How to Help Someone Who Lip Reads  
[https://h2g2.com/edited\\_entry/A65193924](https://h2g2.com/edited_entry/A65193924)

[http://www.ox.ac.uk/media/global/www.ox.ac.uk/local/sites/studentgateway/documents/disabilityadvisoryservice/Hearing\\_impairment - working with students who lip read.pdf](http://www.ox.ac.uk/media/global/www.ox.ac.uk/local/sites/studentgateway/documents/disabilityadvisoryservice/Hearing_impairment_-_working_with_students_who_lip_read.pdf)

12 tips to help hearing people communicate with deaf people  
<http://limpingchicken.com/2014/07/10/communication-tips/>

Central Oklahoma Association for the Deaf & Hard of Hearing  
<https://occf.org/coadhi/>

AUDIENT program  
Telephone: 1-866-956-5400 x2  
Website: [www.audientalliance.org](http://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.

Starkey Hearing Foundation: Hear Now program  
Toll Free: 1-800-328-8602  
Website: [www.starkeyhearingfoundation.org/hearnow](http://www.starkeyhearingfoundation.org/hearnow)  
Hear Now is a national non-profit program committed to assisting permanent U.S. residents who are deaf or hard-of-hearing and have limited financial resources. Eligibility requirements, program details, and applications can be found on their website.

Easter Seals  
Website: [www.easterseals.com](http://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](mailto: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/ref=ox\\_sc\\_sfl\\_image\\_2?ie=UTF8&psc=1&smid=ATVPDKIKX0DER](https://www.amazon.com/gp/product/0986355259/ref=ox_sc_sfl_image_2?ie=UTF8&psc=1&smid=ATVPDKIKX0DER)

Learn useful phrases in sign language by following the AI media facebook page  
[https://www.facebook.com/aimediaAUS/?hc\\_ref=ARRFqRHrHMZsSW8rVBK2DvKgSVDRXLw7yWcAWPcWZNFLkVK2vQEuW1VYx529b5cxie8&fref=nf](https://www.facebook.com/aimediaAUS/?hc_ref=ARRFqRHrHMZsSW8rVBK2DvKgSVDRXLw7yWcAWPcWZNFLkVK2vQEuW1VYx529b5cxie8&fref=nf)

### **Parents who have a learning disability**

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!

10 Apps to Help With organizing and taking notes

<https://www.understood.org/en/school-learning/assistive-technology/finding-an-assistive-technology/>

Supporting parents with learning disabilities – Parent & Family Support

<http://www.fdsa.ualberta.ca/en/AboutUs/SupportingParentswithIntellectualDisabilities/PracticePoints.aspx>

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

<http://medlineplus.gov> The site includes:

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

<http://www.nlm.nih.gov/medlineplus/etr.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

#### HELP When the Parent has Disabilities (\$39.95)

This unique and pioneering resource offers thousands of activities and training techniques for directly involving parents who are blind, deaf, have physical or learning disabilities, or have cognitive delays. Benefits:

- Comprehensive: Cross-referenced to the HELP skills (for ages birth-2 years)
- Thousands of activities for parents to support, encourage, and facilitate their child's growth and development.
- Special adaptations for parent training and involvement.
- Helpful for meeting IEP/IFSP requirements.
- Provides an effective basis for the involvement of all parents.

<http://www.vort.com/HELP-When-the-Parent-has-Disabilities.h...>

#### 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.

<http://oklahomapoison.publishpath.com/>

#### 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/parents-with-learning-dis...>

What works for parents with learning disabilities – a Summary

<http://www.barnardos.org.uk/wwparwld.pdf>

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

<http://www.fdsa.ualberta.ca/.../F.../Documents/communicating.pdf>

Supporting parents with learning disabilities: Good practice Guidance

[http://www.changepeople.org/.../CHANGE\\_good\\_practice\\_guidance...](http://www.changepeople.org/.../CHANGE_good_practice_guidance...)

The organization above has also 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.

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

Digital reading tool

An hour of homework easily turns into three for students with dyslexia. By reading text aloud, the Read 'n Style pen decreases homework time while increasing the amount of material students are able to digest and comprehend.

Learn more at [www.hiddenabilities.org](http://www.hiddenabilities.org)

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/>

### **Parents who mobility issues or other physical disabilities**

Disability etiquette from the United Spinal Association

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

Quick Tips for Interacting with People with physical disabilities

[http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiquetteBK\\_11\\_14\\_Tips\\_Physical.pdf](http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiquetteBK_11_14_Tips_Physical.pdf)

Tips for Interacting with people with Speech Disabilities

[http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Etiquette\\_BK\\_11\\_14\\_speech.pdf](http://webhost.westernu.edu/hfcdhp/wp-content/uploads/Etiquette_BK_11_14_speech.pdf)

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.

<http://okabletech.okstate.edu/ABC> or call 888.885.5588 for information

Read more about program at:

[https://ok.gov/triton/modules/newsroom/newsroom\\_article.php?id=119&article\\_id=25021](https://ok.gov/triton/modules/newsroom/newsroom_article.php?id=119&article_id=25021)

Ideas for adaptive parenting aides  
[http://www.disabledparents.net/?page\\_id=89](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](http://www.library.state.ok.us)

Adaptive Baby Care equipment: Prototypes & Resources  
[http://www.lookingglass.org/store/product\\_info.php?products\\_id=30](http://www.lookingglass.org/store/product_info.php?products_id=30)

You May Be Able to Adopt: A Guide to the Adoption Process for Prospective Mothers with Disabilities  
[http://www.lookingglass.org/store/product\\_info.php?products\\_id=45](http://www.lookingglass.org/store/product_info.php?products_id=45)

The Adoption Experience: A Prospective Guide for Parents with Disabilities and their Advocates  
[http://www.lookingglass.org/store/product\\_info.php?products\\_id=59](http://www.lookingglass.org/store/product_info.php?products_id=59)  
ACOG resources for clinicians serving women with disabilities  
<http://www.acog.org/About-ACOG/ACOG-Departments/Women-with-Disabilities>

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/.../Servi.../Resources/AT\\_ParentsHandbook.pdf](http://idahoat.org/.../Servi.../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.ok.gov/abletech/Fire\\_Safety/index.html](https://www.ok.gov/abletech/Fire_Safety/index.html)

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/>

Sexuality Resource Center – Tools & tips for teaching about human sexuality to those with developmental disabilities

[http://www.srcp.org/for\\_some\\_parents/physical\\_disabilities/index.html](http://www.srcp.org/for_some_parents/physical_disabilities/index.html)

2017 Wheelchair ramp plans and cost guide

<https://www.improvenet.com/r/costs-and-prices/handicap-ramp-cost>

Pinterest page for Moms with disabilities

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

### **Parents with Traumatic Brain Injuries**

Resources and information about Traumatic Brain Injury

[https://www.ok.gov/health/Protective\\_Health/Injury\\_Prevention\\_Service/Traumatic\\_Brain\\_Injury/IPS-TBI-Links.html](https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Traumatic_Brain_Injury/IPS-TBI-Links.html)

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

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

VALIR Rehab. – TBI program

<http://valir.com/services/valir-rehabilitation-hospital/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/>

### **Parents who are blind or have visual impairments**

Quick tips for interacting with people with visual disabilities

[http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiquetteBK\\_11\\_14\\_Visual.pdf](http://webhost.westernu.edu/hfcdhp/wp-content/uploads/EtiquetteBK_11_14_Visual.pdf)

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.activeforever.com/talking-clinical-thermometer>

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

<https://nfb.org/.../b.../BlindParents/ParentingWithoutSight.html>

Parenting With a Visual Impairment Advice For Raising Babies and Young Children - Book  
[https://shop.aph.org/.../Product\\_Parenting%20With%20a%20Visua...](https://shop.aph.org/.../Product_Parenting%20With%20a%20Visua...)  
More about this book: <https://www.youtube.com/watch?v=xU-oskwIpmw>

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](http://www.library.state.ok.us)

Check out the Facebook group for Low Vision Blind Parents  
<https://www.facebook.com/groups/1322245404456277/>

Hands on Parenting: For Parents who are Blind or Partially Sighted  
[http://www.lookingglass.org/store/product\\_info.php?products\\_id=63&osCsid=df74ec1c60d3383382904d4e2d033be1](http://www.lookingglass.org/store/product_info.php?products_id=63&osCsid=df74ec1c60d3383382904d4e2d033be1)

9 essential tips for working with people who are blind  
<http://www.perkins.org/stories/blog/nine-essential-tips-for-working-with-people-who-are-blind>

Visually impaired parents raising sighted children  
<http://www.vickieparkermft.com/viparents.php>

Parenting with a visual impairment: Advice for raising babies & young children  
[https://shop.aph.org/webapp/wcs/stores/servlet/Product\\_Parenting%20With%20a%20Visual%20Impairment%20%20%20%20Advice%20For%20Raising%20Babies%20and%20Young%20Children\\_22531P\\_10001\\_11051](https://shop.aph.org/webapp/wcs/stores/servlet/Product_Parenting%20With%20a%20Visual%20Impairment%20%20%20%20Advice%20For%20Raising%20Babies%20and%20Young%20Children_22531P_10001_11051)

Grandparenting with vision loss  
<http://www.visionaware.org/info/get-connected/family-involvement/parenting-or-grandparenting-with-vision-loss/125>

Technology resources for people with vision loss  
<http://www.afb.org/info/living-with-vision-loss/using-technology/12>

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=wlp&selectedSellerId=1854&adid=2222222227046813637&wmlspartner=wmllabs&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](http://www.seedlings.org/bkangel2009.php)

Here is a link to the 2017 application 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.ok.gov/abletech/Fire\\_Safety/index.html](https://www.ok.gov/abletech/Fire_Safety/index.html)

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)  
<http://www.nbp.org/ic/nbp/programs/readbooks/request.html>

### **Information for Child Welfare staff**

Check out this 2015 technical brief from the DOJ and HHS:  
[https://www.ada.gov/doj\\_hhs\\_ta/child\\_welfare\\_ta.html](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>

Maintaining families when parents have disabilities  
[http://www.americanbar.org/content/dam/aba/publications/center\\_on\\_children\\_and\\_the\\_law/parentrepresentation/maintaining\\_families.authcheckdam.pdf](http://www.americanbar.org/content/dam/aba/publications/center_on_children_and_the_law/parentrepresentation/maintaining_families.authcheckdam.pdf)

The Intersection of Child Welfare and Disability: Focus on Parents  
[http://cascw.umn.edu/wp-content/uploads/2013/12/Fall2013\\_CW360\\_WEB.pdf](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>

### **Including PwD in School Activities**

<https://www.lookingglass.org/pdf/Classroom-Awareness-Parents-with-Disabilities-2013-TLG-.pdf>