



# Looking for a PHYSICIAN

There are so many ways to look for a physician, but most of them make us wonder if we have the right one. Here are a few tips to keep in mind when looking for your new doctor.

By T Gonzales

### Do you have insurance?

- Go to their web site for a list of doctors that are covered by your medical plan. If you do not know how to navigate the member web page or do not have access to the internet, call the customer service number on the back of your card. They will send a list out to you via mail or e-mail. (Some insurance plans have thorough profiles for members and others may just have it labeled down to specialty.)
- Medicaid? : Call this number (303)839-2120 or 1-800-221-3943. To assign a doctor as your primary care physician after you have chosen one, call the same number.

### What additional resources do you have?

- **Your local parent support group, online or in person.** Parents and care providers are willing to share both the positive and not-so-positive information they have about a provider. If you are looking for an online autism support group try this link: <http://groups.yahoo.com/>, or write to [support@autismcolorado.org](mailto:support@autismcolorado.org) and request a list of support groups.
- **The parents in your child's classroom or therapy/group sessions.** Get to know the people who share a classroom with your child. Your child's needs may be very similar to another child's needs, therefore making friends with parents in your circle a great resource.

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For more information, please contact ASC Staff using the contact information listed below.

#### Autism Society of Colorado

550 S. Wadsworth Blvd., Suite 100

Lakewood, CO 80226-3116

1-866-733-0794 - toll-free

720.214.0794 - office

720.274.2744 - fax

[contact@autismcolorado.org](mailto:contact@autismcolorado.org).

[www.autismcolorado.org](http://www.autismcolorado.org)

ASC is a local chapter of the **Autism Society of America**.

Contact ASA at:

4340 East-West Hwy, Suite 350

Bethesda, Maryland 20814

800-3 AUTISM

[www.autism-society.org](http://www.autism-society.org)

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### Support Groups

The listing of autism and related support groups throughout the state has become too large to publish each month. Call ASC at 720-214-0794 and we will send you the most current listing for your area.



## from the executive director

### School's Out!

When my son, Eli, was in school, it sometimes seemed the only thing worse than being in school was being out of school.

Like so many parents, I was dealing with school-related problems constantly, but school was also a time-off opportunity when someone else was supposed to be responsible for him.

School was, and maybe still is, only 198 days a year for a limited amount of time each day. Parents have to cram everything they need to do, like work, into this restricted amount of time.

Parents of children with autism value and are very protective of their time off from care giving.

Eli had a behavior plan when he started Middle School. At first, it was not implemented. When he experienced problem behaviors their plan was to call me to pick him up. Once, in a three-week period, I was called to take him home from school 12 times.

I called for a meeting. I asked for a show of hands from those in the room who had a job that could be dropped in a moment's notice 12 times in three weeks. No hands were raised. I let them know I didn't have that job either.

I told the school the next time they called me I was not coming to their rescue. The next time they called, I said I was in South Dakota. They thought I was joking, until they realized, I actually was in South Dakota.

At that point, the school became more interested in implementing Eli's behavior plan and taking responsibility for him while he was at school. I was seldom called to pick him up after that.

Friends used to ask me, "What are you going to do when he graduates?"

I became very involved in learning about the school's transition program because I had no idea what he was going to do when he graduated. At that time, for students at Eli's level of functioning, the transition program his school offered was two employment training options; filling salt and pepper shakers at a pizza joint or bagging groceries.

The gorgeous theoretical transition program described by the Colorado Department of Education was not practiced at Eli's school. Although I was thinking "outside the box" about possible apprenticeship opportunities, at

*(continued on next page)*

from the  
executive director (cont.)

first, my ideas were met with resistance. Eli's potential was underestimated. It appeared to me "inside-the-box" was constructed from a belief that anything other than the status quo was difficult and quixotic.

When I found an interesting trial opportunity, Eli's efforts convinced school personnel realized he actually did have potential to be productive in a meaningful way. They became enthusiastic supporters of a genuine transition program for him that he loved. Eli was very fortunate.



I also investigated external training programs for him and discovered the hard way there is no oversight for the quality of transition programs. There is no easy way currently for a family to determine if the program you choose is using best practices, has qualified staff, understands your child's individualized needs and capabilities, and whether they have actual employment outcomes with natural supports.

Training for transition from school to employment is not a "regulated" business. Anyone can claim to provide

training for employment for people with disabilities. At the end of the program, if your child is not on an employment path, the child can be blamed for not having sufficient abilities to secure employment, rather than the program being at fault.

The Autism Society of Colorado is currently developing a survey of statewide transition programs. The main stakeholders are those programs that provide excellent, best practices service, understand how and have the capacity to serve people with developmental and intellectual disabilities, have qualified staff, and can brag about their employment outcomes. The survey results will compare qualities of transition programs for families and consumers to be able to shop for the programs that best fit their needs. We will publish these results on our website, [www.autismcolorado.org](http://www.autismcolorado.org).

We are creating a resource in support of the vision that people with autism will have the resources and employment they deserve to have productive, meaningful, fulfilling and happy lives when school is out.

*Betty*



Our mission is to transform the lives of children with autism.

Partnering with families, we create lifelong relationships through thoughtful, innovative, empirical learning treatment programs.

Located in Denver, both the Firefly Autism House and our Outreach Program support children ages 18 months to 18 years in the Denver-metro area and beyond.

For more information call 303-759-1192, email [info@fireflyautism.org](mailto:info@fireflyautism.org) or visit us on the web at [www.fireflyautism.org](http://www.fireflyautism.org).



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

## Looking for a PHYSICIAN cont. from cover

- **Friends and family.** A lot of the people you already know have a doctor or have had more than one over the last few years and may be willing to share some information.
- **Your own doctor.** Some doctors do not see children, do not have a lot of experience with people with special needs, or they are not taking new clients. Most doctors do however, network and would be willing to refer you to someone they know or who other patients use. I have always been able to walk away with a referral when it comes to specialists and pediatricians.
- **Web searches.** There are websites such as the American Medical Association at <http://www.ama-assn.org/> which have matching sites to give you a list of physicians in your area. (Sites may not include all doctors.)

### What should I keep in mind when I am choosing a physician?

- **Do not go off the word of others alone.** Sometimes a person may be turned off to a great doctor, because they do not like their sense of humor or bedside manner. Someone may refer you to a doctor they think is great but you don't see it. The important point is to make sure that you are comfortable with your physician, so keep that in mind. You must be comfortable with the doctor you choose, while your friends and family are not required to like them. It is always worth a visit or call to find out if they are a good fit for you.
- **Do not rule out a doctor because he/she is more than 5 miles from your house.** You should however keep in mind your mode of transportation and how often you will be visiting the doctor (is this a physician you will be seeing every few weeks or a specialist you will see every few months)? Instead of looking at miles, consider how he/she fits with what you are looking for and how long it took you to find someone in their field. A great doctor can be worth the drive.
- **Make a list of things that are important for you.** This can include a wide variety of things from background, their personal reason for becoming a doctor, level of experience with people on the spectrum, how they may handle a specific medical problem, how they feel about your input, and



anything else you want to ask. **DO NOT KEEP THIS IN YOUR HEAD!** You should write these down, carry it with you and add whatever comes to mind. If it is too personal, they may not answer, but it never hurts to ask. Physicians understand that you are making a very important decision and they want to be as helpful as possible.

- **Ask for a meet and greet visit.** A lot of physicians can take time before or after clients to talk with you for a few minutes or have you come in and take a sort of “tour”. When this is an option, it gives you a look at the office environment and staff. This will also give you a chance to see how they interact with you or your child and vice versa.

- **Don't rule out a doctor because of no previous experience.** That is how we add new doctors to the list of professionals who can work with

people on the spectrum. If everything else feels right and the doctor is willing to take the patient, consider this before you rule them out. At one point my sons' doctor had no previous experience. By the time we left that office, the doctor had more than one client with autism, and to date made the best medical decisions and personal impact in our lives.

### What should a good doctor provide?

- **Quality care.** Does the doctor take time to listen to you and your concerns? Do they help you understand the situation, what they are doing and why? Are you comfortable talking to the doctor and with the feedback you get from them? Most of all, do they come up with a solution to the problem?
- **Respect.** Remember, this goes both ways. A doctor should be courteous and professional. We expect them to act a certain way and they expect the same of their patients and families.
- **What is important to you?** Make sure that your doctor knows what you expect and how to best explain things to you when you do not understand. A doctor may see several clients in a day but will not know what you expect of them until you tell them.
- **Communication.** Does the doctor make you feel comfortable and help you to understand the situation? Do not walk away feeling confused

## Looking for a PHYSICIAN cont. from page 4

because you didn't want to ask more questions; a good doctor is willing to do what it takes to help you understand the situation so you can make a wise decision.

### What happens when it is not a good fit?

People are willing to return clothes that do not fit, take back an item they will not use and change the channel when a show is on that they do not care for. How is one of the most key providers in your life any less important? If you have done what you can to work with a doctor and feel it is a good not fit, try talking to the doctor first. If you feel after all your efforts that it is not a good fit for you, do not be afraid to start again. This is an important part of your life and everyone deserves a good physician.

Looking for a doctor can be difficult and stressful, and sometimes we cannot help but question our decisions, especially when they impact the lives of others. Be the

advocate! Eventually you will find a good fit for you and your loved one, just be prepared to do some homework.

If you have information about a special needs doctor that you would like to share with us please send us the information you have to [support@autismcolorado.org](mailto:support@autismcolorado.org)



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-  **Contact**
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  - Dr Cheryl Ostryn

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720-470-0578  
[info@slatherapy.com](mailto:info@slatherapy.com)

# WALK NOW FOR AUTISM SPEAKS™



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Register today at:  
[www.WalkNowForAutismSpeaks.org/colorado](http://www.WalkNowForAutismSpeaks.org/colorado)  
Call (609) 613-1900 or E-mail [colorado@autismspeaks.org](mailto:colorado@autismspeaks.org)

## Did you know?

- Today, a shocking 1 in 110 children is diagnosed with autism
  - 1 in 70 boys is on the autism spectrum
  - A new case is diagnosed every 20 minutes
  - There is no medical detection or cure for autism

Family Teams, Corporate Teams, Individual Walkers, Agencies and Organizations, Virtual Walkers... Join us as we walk in support of research and awareness to bring hope to everyone affected by autism.



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**Child and Family Psychotherapist**

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303.284.3603

For more information, please visit our website at:

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

For resources including **My Sensory Book**  
by Lauren Kerstein,

please visit: [www.AutismAspergerBooks.com](http://www.AutismAspergerBooks.com)



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# CALENDAR



## Topic: When It Hurts to Care: Compassion Fatigue

As professional or personal caregivers, we witness the suffering of others – physical, emotional, and spiritual suffering. To witness the pain and suffering of others is to be forever changed. Compassionate people bear the suffering of others and often times compromise their own health and well being when they assume too much of the burden. We must always be aware of where we end and the other person begins – the importance of boundaries. We can companion others in life, but we cannot assume the responsibility for another's life to the total exclusion of our own well being. To do so puts us at risk of experiencing compassion fatigue, a risk for all who care.

Guest Speaker: Jane W. Barton, MTS, MASM

When: Wednesday, May 11<sup>th</sup>, 2010

(Second Wednesday of every month)

6:30 – 7:30 PM Presentation

7:30-8:00 PM Networking/Support Group

Where: The Autism Society of Colorado

Basement of the 1<sup>st</sup> Bank Building

550 S. Wadsworth Blvd., Ste. 100

Lakewood, CO 80226

Childcare is not available for this meeting.



## Beau Jo's Pizza and the Autism Society of Colorado cordially invite you to Autism Family Pizza Night

Where: TWO LOCATIONS in 2011!

1. Beau Jo's on South Colorado Blvd. and Yale, Denver CO
2. Beau Jo's at 80<sup>th</sup> and Wadsworth Blvd., Arvada, CO

When: First Wednesday of every month from 5:30 – 7:30p.m.  
Beau Jo's invites individuals and families from the Autism Society of Colorado to join them for a monthly Pizza Party in a semi-private area of their restaurant for an Autism Family Friendly dining experience.

Beau Jo's offers a Gluten Free menu, dairy-free cheese and a Healthy Menu Guide for people on specific diets. Beau Jo's will do their best to meet your specific dietary needs. Families will be responsible for the cost of their own meals.

For more information contact Kim Tenure at 720-214-0794, x15 or [kim@autismcolorado.org](mailto:kim@autismcolorado.org)

## Mom's Nights Out

Exceptional Families announces the Mom's Nights Out for the following months:

May 19<sup>th</sup> -- Chili's (Lafayette)

June 16<sup>th</sup> -- La Mariposa (Longmont)

We will meet at 7 pm. We will provide appetizers and non alcoholic drinks.

Please RSVP by email at [exceptionalfamilies@yahoo.com](mailto:exceptionalfamilies@yahoo.com).



## Summer Teen Enrichment Program

Who: Individuals with special needs age 14-18

What: A full-day social, recreation and enrichment program where participants will be able to make new friends, enjoy creative activities, and access the community in interesting and fun ways. Individuals requiring mobility support are welcome.

When: Two 3-week sessions (30 hours per week):

Session 1: June 13<sup>th</sup> through July 1<sup>st</sup>

Session 2: July 18<sup>th</sup> through August 5<sup>th</sup>

Where: Highpointe Center

7313 South Alton Way, Centennial

Near I-25 and Dry Creek

Tuition: Attend all three weeks of a session \$1,250

Attend two weeks of a session \$ 875

Attend one week of a session \$ 450

Please register by May 20<sup>th</sup> with a \$100 deposit to reserve your enrollment and receive a 10% discount. Payment plans are available.

Tuition includes all activity fees and a t-shirt.

Contact: Phone: John at 303-221-3222

Email: [info@highpointcenters.com](mailto:info@highpointcenters.com)

Web: [www.highpointcenters.com](http://www.highpointcenters.com)

# CALENDAR CONT.

## Upcoming Summer Camps through Extreme Sports Camp

Welcomes people ages 7 and up with an autism spectrum disorder, including classic autism, PDD-NOS, Asperger's and related diagnoses. Participants of any athletic ability can succeed. We pride ourselves in ensuring progress in our sports while having lots of fun!

### The Lake Powell Travel Camp - ONLY 3 SPOTS LEFT!

May 29 - June 11

Set in beautiful Lake Powell, our Travel camp takes place on a 70' houseboat. Campers enjoy camping under the stars and during the day, they are challenged to learn wake boarding, tubing, and many more sports on the blue waters of Lake Powell.

The program is two one week sessions but families have the option to register for either one or both weeks.

### Aspen/Roaring Fork Valley Summer Camp sessions

June 26 - August 27

ESC offers nine weekly camp sessions this summer, come for one or several. Located in the Aspen/Roaring Fork Valley of Colorado, our camp enjoys all of the extreme sports that attract people from across the country: wake boarding, rock climbing, kayaking, ropes courses and much more! Your camper will enjoy the experience of learning these wonderful outdoor activities while proceeding at their own pace guided by our experienced instructors and counselors. They will have new social interactions and make friends over the summer. To learn more about Extreme Sports Camp visit [www.extremesportscamp.org](http://www.extremesportscamp.org) or register for a camp at <https://www.camperregsecure.com/extremesportscamplogin/>.



## Creating a Fulfilling Life for Young Adults With Autism

Jewish Disabilities Network and Autism Society of Colorado are hosting a webinar viewing of the Fourth Annual UJA-Federation of New York Hilibrand Autism Symposium.

Many children with autism are eligible to receive special education services through the school system until age 21 -- but what happens afterward? As children with autism become adults with autism, we must think about meaningful ways to promote their interests, independence, and participation in the

workforce. Our conference will examine the numerous ways that communal infrastructures can support adults with autism in finding fulfillment and independence in their adult lives.

Thursday, May 26th 7:15 a.m. - 2:45 p.m.


Jewish Family Service Board Room  
3201 South Tamarac Drive  
Denver, CO 80231

Space is limited. Please RSVP by May 10th to Inna Ermakov at (303) 623-0251 x212 or [iermakov@jewishfamilyservice.org](mailto:iermakov@jewishfamilyservice.org).

## Upcoming FREE Events at Developmental Pathways Money Matters Series Classes - May 4, 11, 18, 25 - 6-7pm

Where: 11111 E Mississippi Ave. Aurora, CO 80012

Please contact Wendy Anderson at (303) 858-2381 or [wendyanderson@developmentalpathways.org](mailto:wendyanderson@developmentalpathways.org) if you plan to attend as space is limited.




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*Vision problems are common with autism and many times are overlooked. Normal autistic behaviors, such as: poor eye contact, looking through or beyond objects, extreme aversion to light, unusual reaction to sight, lack of reciprocal play, inordinate fear of heights or lack of appropriate fear of heights and stimming, could be treatable vision problems.*

**Dr. Marcy Rose, O.D.**

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Fax: 303.469.7772  
Web: [northparkvision.com](http://northparkvision.com)



# CALENDAR CONT.



## Autism Family Potluck

When: The Third Tuesday of the Month; 5:45 PM – 8PM

Where: The Children's Hospital; the Mt. Yale Conference Room on the Second Floor in the Main Hospital.

Who: Families of children having an Autism diagnosis.

What: Please bring a dish to share.

Please join us at this monthly event to meet other families, share good food, and develop new friendships. TCH volunteers provide arts and crafts activities for the children.

RSVP to: Sarah McSwegin, 720-777-6869; [mcswegin.sarah@tchden.org](mailto:mcswegin.sarah@tchden.org)

Parking is available in the Visitor's Parking Lot in front of the Main Hospital Entrance. Take the Lobby Elevators to the Second Floor and Follow the Signs.

2011 dates are: 4/19 ~ 5/17 ~ 6/14 ~ 7/19 ~ 8/16 ~ 9/20 ~ 10/18 ~ 11/15 ~ 12/20

## People First of Arapahoe & Douglas

WHEN: May 14 from 2-5 (Meetings are on the second Saturday of the month)

Where: Bethany Evangelical Free Church, 6240 S. Broadway, Centennial (Broadway & Caley).

People First is for adults with developmental disabilities who gather to influence systems and participate in social activities. They do not meet in the summer time. To RSVP, please call Judy at 303-797-0893. Everyone is welcome.

## PEAK Parent Center Presents:

### A series of webinars for parents and educators Creating Circles of Support

May 12, 2011, 6:30 p.m. – 7:30 p.m.

To sign up online go to: [www.peakparent.org/workshopsTrainings.asp](http://www.peakparent.org/workshopsTrainings.asp) or call PEAK Parent Center 719.531.9400 or 800.284.0251.



## ABA International's 37th Annual Convention

ABA International is pleased to host the 37th Annual Convention in Denver, Colorado, May 27–31, 2011 at the Colorado Convention Center.

Visit [www.abainternational.org/Events/conv2011](http://www.abainternational.org/Events/conv2011) for more information. CEU's available.

Use the ABAI Portal to access ABAI's services, including call for papers, the membership directory, and the on-line store.

Phone: (269) 492-9310 | Fax: (269) 492-9316 | E-mail: [mail@abainternational.org](mailto:mail@abainternational.org)

## Biomedical Support Group Morning Meeting

Wednesday April 20, 2011

9:30 am - 11:30 am

(This event repeats every other month on the third Wednesday.)

Location: Le Peep on Colorado Blvd. & Mexico (close to I-25)  
Street: 1699 S. Colorado Blvd.

City State Zip: Denver, CO 80222

Phone: 303 309 3647

## Windwalkers Equine Therapy

This camp offers several week-long summer camps which include: Riding Lessons, Learning about the Horses, Ranch/ Cowboy Skills, Arts & Crafts, Hikes, Fun and Games, Horse Care and Grooming, Ground Work, Feeding and Stall Cleaning.

Dates: June 7th - 10th, July 5th - 8th, August 2nd - 5th.

Camp will run Tues - Friday, 9 a.m. - 3 p.m., riders must be at least 6 years old,

Camp combines both riders with and without challenges.

Cost: \$350/camp

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

# CALENDAR CONT.

## Challenge Aspen

This camp offers a variety of summer camps for children with disabilities ranging from dance and music camp to an artist studio camp to a just for teens camp. Their Outdoor Adventure Camp is specifically for autism (June 27-July 1). Scholarship are available.

[http://www.challengeaspen.org/outdoor\\_adventure\\_camp.cfm](http://www.challengeaspen.org/outdoor_adventure_camp.cfm)

## MultiSport Adventure in Acadia National Park

Information Session on Monday, May 2<sup>nd</sup> from 6:30-8:30pm

Actual Dates are September 28- October 2

Where: ACT Offices  
12665 w. 52<sup>nd</sup> Ave., Arvada

For more information contact: Bob Matter at (303)578-2281  
OR [info@assistedcyclingtours.org](mailto:info@assistedcyclingtours.org) OR Polly Mendoza at [polly@hills-inc.org](mailto:polly@hills-inc.org)



## Sensory Friendly Films:

**Kung Fu Panda 2** on Saturday, June 4<sup>th</sup>, 2011 at 10:00am  
Tickets range from \$4-6

AMC Entertainment® and the Autism Society of Colorado have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis.

With Sensory Friendly Films, the movie auditoriums will have their lights brought up and the sound turned down. The "Silence is Golden" policy will not be enforced.

At Four Participating AMC Theaters:

AMC Flatiron Crossing 14  
61 W. Flatiron Crossing Dr.  
Broomfield, CO 80021  
303-256-2181

AMC Highlands Ranch 24  
103 W. Centennial Blvd.  
Highlands Ranch, CO 80129  
303-471-5232

AMC Southlands16  
23955 E. Plaza Ave.  
Aurora, CO 80016  
303-627-5430

AMC Westminster 24  
10655 Westminster Blvd.  
Westminster, CO 80020-4166  
303-439-735

## New Afterschool Programs for Gateway Students and the General Public!

Rock Band – Monday thru Friday 3:30-5pm  
Private Music Lessons – Monday thru Friday 3:30-5pm  
Digital Music – Monday thru Friday 3:30-5pm  
Get Fit Mind and Body – Tuesdays & Thursdays 3:45-4:30pm  
Cultural Cooking– Tuesdays & Thursdays 3:45-4:30pm

If you have an interest in any of these programs, please email [gatewayacademy@cox.net](mailto:gatewayacademy@cox.net) with the class/day and time of interest.

We expect these classes to fill quickly.

Class size is limited to 6 students per class. Thank you!

O. Robin Sweet/Executive Director



## Livin' Life Club

Kick Off Dance Event on Friday May 6<sup>th</sup> from 6:30 - 8:30

What: The Livin' Life Club is a place where high school and transition age kids with and without special needs come to have an awesome time together. It is a really cool place to hang out with great friends and have fun in a computer lab, play Xbox360 Kinect, and enjoy enough activities to keep anyone jazzed up.

Who: Individuals with special needs age 14-21

Where: Highpointe Center, 7313 S. Alton Way, Centennial Near I-25 and Dry Creek

When: The first and third Friday of every month from 6:30-8:30

Cost: Livin' Life relies on membership fees for financial support. Fees go toward the cost of club activities such as supplies, equipment and field trips. There are 24 events per year.

- Attendance at each club event is \$10.
- Monthly discounted rate of \$15/month for two events (\$60 less than paying by the event) if you pay for a full month at a time.
- Annual discounted rate of \$150 (\$90 less than paying by the event) if you pay annually.

We desire that as many kids as possible benefit from the Livin' Life Club. We will help you explore funding options, including scholarships, if the membership fee is a financial hardship for your family. Multi-child discounts are offered, as well as pay-as-you-go options. We encourage you to attend the first time for FREE to make sure it is a good fit for your child.

Contact: Ken Ziel, Executive Director, [ken@livinlifecub.org](mailto:ken@livinlifecub.org)

For more information: [www.livinlifecub.org](http://www.livinlifecub.org)

# CALENDAR CONT.

## The 10th Annual CP of Colorado MOTHER'S TEA

Saturday, May 7, 11:00 am

Westin Downtown Denver

For More information and reservations: <http://cpco.org/motherstea.html>



## A Night in Black & White: A Prom For All

Saturday, May 7, 7:00 - 10:00 pm

Highlands Ranch, CO

For more information and reservations: <http://library.constantcontact.com/download/get/file/1104796696416-15/ANightinBlackandWhiteinvite.pdf>

## Get Work Now!

Learn how to increase employment outcomes for people with disabilities while earning your National Certification in Employment Services. Get Work Now! consist of three classes, two of which are delivered in a distance learning format, which may be taken in any order to achieve this valuable certificate.

**Get Work Now! Getting in Gear:** The Foundation of Employment Services, Getting in Gear is designed to explore valuable competencies that are critical to achieving a better understanding of employment services for people with disabilities.

This distance learning, self study, training program will be offered once more in 2011: July 11, 2011 and ends August 12, 2011

**Get Work Now! Paving Your Way:** The Proven Process for Successful Job Placement, Paving Your Way is an exciting and interactive face-to-face training that leads to a successful career in community employment.

This face-to-face, training program is currently scheduled as follows: September 20-22 2011- Denver, CO

**Get Work Now! Exploring the Route:** Meeting the Unique Employment Needs of your Customers, Exploring the Route delivers practical strategies to support you in serving job seekers with complex support needs.

This distance learning, self study, training program will be offered twice in 2011: October 3, 2011 and ends November 4, 2011

For more information visit: <http://taceregion8.org/>

## 2011 Summer Social Program

SPECTRUM COLLEGE TRANSITION PROGRAM

Admissions Criteria:

- Students 18-24 Years of Age
- Presenting Diagnosis of either Asperger's Syndrome/Executive Function Deficits or High Functioning Autism.

Program Includes: 2 Week Sessions/Cost \$2,500 per Session  
June 4th-18th; June 19th-July 2nd; July 3rd-16th; July 17th-30th; July 31st-August 13th.

Activities Include Trips to: Biodome 2; Kartchner's Caverns; Sedona Pink Jeep Tour; The Point-Lazy River; Tombstone; Grand Canyon; Indoor Skydiving; Kayaking; Indoor Trampoline; Indoor Skate Park; Ice Den; AZ Rock Climbing; Indoor/Outdoor Concerts; Movies; and more!

Space is limited to 12 students per Session.

Contact: O. Robin Sweet/480-443-7331 or email [spectrumtransition@gmail.com](mailto:spectrumtransition@gmail.com)

LOOK! Your autism related advertisement could be seen here by thousands of families and professionals every month.

Please contact Bridget Cessar at [bridget@autismcolorado.org](mailto:bridget@autismcolorado.org) or 720.214.0794, x10 for advertising rates and schedules.

**Run for the Autism Society of Colorado!**



**Proud Charity Partners with the 2011 Kaiser Permanente Colfax Marathon!**

ASC is proud to be partnering with the Colfax Marathon in 2011!

When: May 15<sup>th</sup>, 2011

Where: City Park, Denver

Interested in running & raising money for the Autism Society of Colorado? Want to volunteer for the day of the event? Contact Justin at (720) 214 - 0794, x11 or [events@autismcolorado.org](mailto:events@autismcolorado.org).

**Altitude for Autism**



On July 1<sup>st</sup> through the 8<sup>th</sup> a small team of climbers will climb the high peaks of Colorado’s spectacular Sangre de Cristo Range in support of the Autism Society of Colorado (ASC).

Please give autism a powerful voice by supporting Altitude for Autism and the Autism Society of Colorado with a donation of your choice. You can become a friend of “Altitude for Autism” on Facebook and watch the progress of the climbers through their status postings and pictures during the event and offer them words of encouragement.

Thank you for supporting Altitude for Autism by speaking volumes through breathtaking Colorado scenery.

**TO DONATE**

Go to: <http://autismcolorado.org/index.php/donate>

- Click on the Donate Now button to enter a secure website.

- Be sure to note that you are donating to “Altitude for Autism” in the comment field.

**Eat Healthy and Help ASC!**



Purchase Melanie Potock’s books or CD’s from her website [www.mymunchbug.com](http://www.mymunchbug.com) and 25% of the proceeds go to help ASC.

Check out this video for a clip of one of her songs: <http://www.youtube.com/watch?v=ZJUDLRFwaUQ>

**About Melanie Potock, MA, CCC-SLP**

As a pediatric feeding specialist, I work with many children with autism, Down syndrome and other medical difficulties that impact eating skills. I recently published a book entitled *Happy Mealtimes with Happy Kids* as a means to reach American families who want to create more joyful mealtimes with their families. Although my work as a therapist focuses on early intervention, my book is a tool for every parent, regardless of if their child has special needs. Likewise, my new children’s CD, *Dancing in the Kitchen: Songs that Celebrate the Joy of Food!* is for all families to create consistent, happy memories around the kitchen table.

## CREATIVE PERSPECTIVES, INC.

Creative Perspectives, Inc. Autism Centers of Colorado is a 501 (c)(3) nonprofit organization established in 2003. Our mission is to provide comprehensive, innovative, and effective interventions to individuals with Autism Spectrum Disorder, dedication and support to their families and friends, and knowledge and encouragement to the professionals who serve them.



## OUR SERVICES

CPI provides home, center, and community-based interventions to individuals ages 18 months to 25 years. Following the Interdisciplinary Intervention Model, CPI offers a variety of programming options, all of which effectively address the diverse needs of individuals across the Spectrum of Autism.

- ~ Early Childhood Interventions, ages 18 m to 6 years
- ~ Childhood & Adolescent Interventions with school pick up
- ~ Speciality Interventions, including but not limited to:

Speech Therapy, Occupational Therapy, Individual & Family Counseling, 1:1 and small group Social Skills Interventions, FBAs, Behavioral Consultations, and Multi-disciplinary diagnostic evaluations.

## OUR LOCATIONS:

901 Englewood Parkway, #118  
Englewood, Colorado 80110

1724 Majestic Drive, #109  
Lafayette, Colorado 80026

303 935 5200

[www.creativeperspectives.org](http://www.creativeperspectives.org)

## OUR FUNDING PARTNERS

Creative Perspectives, Inc. accepts the following:

Medicaid Waivers: CWA (Autism waiver), CHRP, CES, SLS, & DD waivers through all local CCBs.

Insurance: Kaiser, Anthem, Premera, United Health Care, Rocky Mountain Health Plans, and CIGNA.

CPI has 2 insurance specialists on staff to assist families with funding. Feel free to call us and see how we can help you access services!



WHERE IT ALL COMES TOGETHER.

# ANNOUNCEMENTS

## Do you know a child with Autism?

The Children's Hospital and the Colorado Therapeutic Riding Center are working together to learn more about the effects of Therapeutic Horseback Riding (THR) for children with an ASD. This treatment is very popular, but not very well researched. WE want to know if THR will improve agitation behaviors, coordination, and communication skills. Is actual contact with horses necessary for children to improve?

In order to investigate this, we are offering two FREE ten-week therapeutic groups: one will include horses and one will not.

We are looking for children, ages 6-16 years old who meet the following criteria:

- Have an ASD diagnosis
- Are able to come to Colorado Therapeutic Riding Center in Longmont, CO once a week to participate in a ten-week group therapy program.

What are the benefits to being involved in this study?

- You will receive a summary of your child's initial assessments
- The therapy will be provided at no cost
- You will be reimbursed for your trips to the riding center and The Children's Hospital.

If you are interested in learning more or to see if you qualify, please contact: Laurie Burnside, 720-777-4655

## Natural Supports Survey

The reason the **"natural supports"** survey we are doing right now is important is that policy makers - at the highest levels - see **"natural supports"** as the answer to solving the waitlists without any more funding. They assume that all of us have family, friends, neighbors, churches, etc., that can be recruited for free to provide services for individuals with disabilities, in place of paid staff.

**Natural supports** usually involve relationships with family members, friends, co-workers, neighbors and acquaintances, and are of a reciprocal (give-and-take) nature. Yet, to my knowledge, no one has ever studied **"natural supports"** - at least from a parent's, caregiver or individual with disabilities point of view. Are they REALLY out there? Do folks REALLY use them. Are there neighbors, friends and family actually willing to do this kind of work for free?

Are natural supports more available to young, smaller "cuter" and easy to manage children? Do they become less and less available as one's child gets older? What about when one's child is 60, non-verbal, with severe medical and behavioral

challenges and other disabilities. Are there going to be "natural supports" for that child?

There is a group of parents/professionals who tout "natural supports" as the only way to go. Is this because it has worked for them - because they have family, neighbors, etc., who pitch in? Because their child is young and easy and rewarding to work with? Or, are they simply great at getting natural supports for their child? What about when these parents are dead? Should they use their success as a basis for pushing the "natural supports" agenda and process on everyone else?

Does the fact that there are more and more working folks across the country (male and female) influence the number of volunteers and help one might be able to recruit? How does one recruit "natural supports" anyway?

Is it appropriate and psychologically healthy - for both the parent and the child - to keep a child in a family home years after most people would normally start an independent "real life" of their own in the community?

Again, no one seems to have thoroughly studies these issues.

The current survey is NOT designed to review in depth the issues outlined above. It is a brief survey, the results of which will hopefully be the prompting for some major funding agency to actually do a thorough survey on all aspects of "natural supports" to answer the questions above, and more, before it becomes the policy of the land.

So, again, your assistance is asked in completing this survey at: <http://www.surveymonkey.com/s/JWWTXBF>

## Resources for First Responders that Encourage Optimal Interactions with People with Developmental Disabilities

As part of their participation in the University of Colorado LEADS Program CU medical students, Chris Rogers and Spencer Tomberg developed training for first responders in their interactions with people with developmental disabilities during the 2010-11 year. The project was supported by JFK Partners, the Autism Societies of Colorado and Boulder County, The State of New Jersey and Rutgers University.

For more information: <http://www.jfkpartners.org/default.asp?PAGE=87>

(continued on next page)

# ANNOUNCEMENTS CONT.

## Take the Social Challenge – End the “r” Word

The “r” word. Ugh! We’re working hard to eliminate it but it’s a challenge when it’s used so casually and so often. An advocacy group called LifeMyWay estimates the “r” word is used more than 24,000 every day on Twitter. So they’ve launched a new campaign called The Social Challenge to raise awareness about intellectual and developmental disabilities. Check out [www.thesocialchallenge.org](http://www.thesocialchallenge.org) to join the campaign and help create a community rooted in respect and equality. Some other great resources for information about people first language and how to communicate with and about people with I/DD are [www.disability.gov](http://www.disability.gov) and [www.r-word.org](http://www.r-word.org).

## IDEA Survey

Share your special education experiences: 5 National organizations are sponsoring a survey about experiences under IDEA:

Read about it: [http://www.educationnews.org/ed\\_reports/education\\_organizations/152624.html](http://www.educationnews.org/ed_reports/education_organizations/152624.html)

Go directly to surveys (for parents, advocates, or professionals): <http://www.ideasurvey.org/>

## FCC Survey

The Federal Communications Commission (FCC) has launched an online national survey (also in Spanish) of individuals with disabilities to determine the most effective and efficient technologies and ways to access emergency

services. The survey asks questions to help figure out the best ways for Americans with disabilities to call and get help from 9-1-1 services. Comment deadline is April 24, 2011. For more information visit

[https://www.disability.gov/technology/accessible\\_technology](https://www.disability.gov/technology/accessible_technology)

## Leaving High School and Growing Up with ASD

American Public Media is collaborating with The New York Times to learn more about what happens to children on the autism spectrum as they leave high school and become young adults. Please fill out this survey and offer whatever insight you have!

[http://www.publicinsightnetwork.org/user/form\\_display.php?isPIJ=Y&form\\_code=4407cb9ba0d6](http://www.publicinsightnetwork.org/user/form_display.php?isPIJ=Y&form_code=4407cb9ba0d6)

## Autism Parenting Survey

We are inviting parents of children with an ASD to join an online discussion group. We want to learn about the experiences of those parents and how they compare to parents in similar situations. We would like to learn about the issues that parents feel are unique and specific to having a child with an ASD. We plan to share what we learn with each participant and other parents of children with an ASD.

## Who will participate in the discussions?

People who want to participate must:

- Be a parent of a child with an ASD
- have access to the Internet at least weekly
- be able to commit approximately 1 hour to the discussion group at your convenience for 4-6 weeks

## How will participants be involved in the discussions?

Participants in this project will be asked to take part in a group “discussion”. This discussion will take place at a website on the Internet, where individuals will be able to type and post comments, and read the comments of the other participants.

## How can parents get more information about the project?

Please contact us directly so that we may discuss additional information and informed consent procedures.

Erinn Finke, Kathryn Drager

308 Ford Building, Penn State University, University Park, PA, USA 16802.

E-Mail: [enh109@psu.edu](mailto:enh109@psu.edu)

Phone: (814) 867-4340

[E-mail:kdd5@psu.edu](mailto:kdd5@psu.edu)

Phone:(814)-863-6249

## Nominations Open

The Dan B. Davidson Award for Excellence in Inclusion honors Dan Davidson, whose very life defined inclusion. Dan defied the odds, set aside the advice of others, and followed his dream to live independently in the community.

In honor and recognition of Dan’s spirit, the Colorado Developmental Disabilities Council recognizes exemplary practices of inclusion that support persons with disabilities to become fully participating members of their community.

Awards will be given to individuals, agencies or organizations that have demonstrated visionary practices- providing exemplary service and supports - for persons with disabilities that lead to inclusion as active and valued members of their communities. The Council will recognize outstanding examples of inclusion in the following categories:

- Education
- Employment
- Community Life

Nominations are due by June 1<sup>st</sup>. Winners will be recognized at the Council’s annual celebration (this year, on July 20th). Winners in each category will receive an award honoring their efforts, along with a \$500 honorarium.

For more information or the nomination form: [www.coddc.org](http://www.coddc.org)