

*The Arc of New
Jersey Family
Institute*

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The Arc of New Jersey Family Institute

Provides families with the necessary resources and education to access the appropriate supports and services for their loved one with an intellectual and developmental disability.



Our Program

The Arc of New Jersey Family Institute provides families with the information they need to stay informed to better advocate on behalf of their loved one through:

Information:

- Email updates about important issues and action alerts for upcoming legislation
- Fact sheets, Go Bags, Navigation at a Clip, County Roadmaps
- Monthly e-newsletters
- Resource and referrals

Individuals and Systems Advocacy

- Creating changes on the local and state level that will benefit people with IDD and their families
- Providing one to one assistance to help families with NJ service systems and special education

Engagement

- Facebook- @thearcofnjfamilyinstitute
- Twitter & Instagram- @The ArcNJFI
- Attendance at resource fairs

Training & Education

- Webinars
- Podcasts
- Workshops and Presentations
- College Tours



Our Newsletter

The Family Advocate provides updates regarding important state issues that directly impact individuals with intellectual and developmental disabilities, and their families. Our newsletter is for families, professionals and caring citizens.

- ✓ Monthly governmental affairs update
- ✓ Education
- ✓ Kids Corner
- ✓ Chapter highlights
- ✓ https://www.thearcfamilyinstitute.org/what_we_do/archive.html



What Makes Our Website So Special?

<http://www.thearcfamilyinstitute.org>

- ✓ User Friendly
- ✓ Comprehensive (We like to archive)
- ✓ Up to date information
- ✓ Versatile learning tools
- ✓ Several different outlets
- ✓ Relevant and original content
- ✓ Website tools (stuff that just makes your website better)



What's In Your Go Bag?

The Go Bag was created to help you be the best ADVOCATE you can be for your loved one with IDD. A Go Bag is a simple collection of necessary resources about a specific topics.

Topics include:

ABLE Accounts
Advance Care Planning
Assistive Technology
DVRS
Early Intervention
Guardianship and Alternative Options
Health Care
IEP
College Options
Public Policy
Respite
Step by Step Process to DDD Eligibility
Special Needs Trust
Support Coordination
And I recently added a new one: Transportation!



County Roadmaps

This roadmap is great for:

- This roadmap is great for:
 - ✓ Individuals
 - ✓ Family Members
 - ✓ Professionals
 - ✓ School Personnel
 - ✓ <https://bit.ly/2m1MkWJ>

A ROADMAP TO YOUR COUNTY RESOURCES

ALL AGES	UNDER 21
<p>The Arc of New Jersey Family Institute www.thearcfamilyinstitute.org Lisa Ford - (732) 828-2022 Michael Pearson Jr. - (732) 246-4897</p> <p>The Arc of Atlantic County www.aocatlantic.org Rebecca Reed, Support Coordination Supervisor (609) 485-0800 x175 or reed@thearcatlantic.org</p> <p>Mainstreaming Medical Care www.mainstreamingmedicalcare.org Beverly Roberts broberts@arcnj.org (732) 246-2567</p> <p>Special Olympics of New Jersey www.soni.org (609) 647-7464</p>	<p>PerformCare State services for children with intellectual and developmental disabilities under 21. Call 24/7 www.performcarenj.org 1-877-652-7624</p> <p>Atlantic Cape Family Support Organization (FSO) FSO's provide peer support, education, advocacy and other services to family members of children with emotional and behavioral needs, substance abuse issues and/or developmental disabilities. https://www.aclamsupport.org/ (609) 485-0575</p> <p>Planning For Adult Life www.planningforadulthood.org helpdesk@planningforadulthood.org (732) 828-0972</p> <p>Learning Resource Centers (LRC) The LRC staff provides regional in-service workshops, training institutes, statewide conferences, consultations, LRC orientations, and technical assistance to educators and parents of students with disabilities. Phone: 856-256-4704 https://lrcsouth.apslexandria.com/ https://education.nj.gov/education/lrc_south/ LRC_south@wan.edu</p> <p>Special Child Health Services (SCHS) Of Atlantic County Case management services for children from birth to age 21 who have a disability or pre-disabling condition. This program is administered by Atlantic County Special Services School District. Cindy Haase, Unit Coordinator, chaase@childrenspecialized.org 609-909-9269</p> <p>Office of Special Education www.nj.gov/education/special-ed/ (609) 376-9060</p>
<p>OVER 18</p> <p>Division of Vocational and Rehabilitation Services (DVRS) https://bit.ly/3asvVB DVRS Field Office of Atlantic County 609-813-3933</p>	
<p>OVER 21</p>	<p>Division of Developmental Disabilities (DDD) State services for adults with intellectual and developmental disabilities over 21. bit.ly/3asvVB 1000 Atlantic Community Services Office (609) 476-5200</p>

THE ARC OF ATLANTIC COUNTY

The Arc Family Institute
of New Jersey

Advocacy • Empowerment
Resources • Education

Fireside Chats

FI's Fireside Chat Series

- ✓ A series of chats during the Fall and Winter seasons with experts in their field as it relates to individuals with intellectual and developmental disabilities.

Some examples:

- Series with Ombudsman
- Planning for Adult Life
- Division of Disability Services
- PLAN/NJ
- Catastrophic Illness in Children Relief Fund



FI Calendars

FI's Tips, Topics and Interests

[30 for 30 Summer -Time Resources](#)

[31 tips to make traveling easier for individuals with IDD](#)

[30 Tips for Back to School](#)

[30 helpful tips for Parents Getting Ready to attend an IEP Meeting](#)

[31 Days To An Easier Transition](#)

[30 Helpful Resources You Will Only Find At The Arc of New Jersey](#)

[31 Days of The Arc](#)

[31 Winter Activities for Individuals with IDD](#)

[28 Transportation Resources for Individuals with IDD](#)

[31 Resources to Better Understand Guardianship and The Supported Decision-Making Process](#)

[30 Resources to Summer Camp For Individuals with Intellectual And Developmental Disabilities](#)

[31 Resources to Better Understand Achieving a Better Life Experience \(ABLE\) Accounts](#)

[30 Resources to Better Understand Supported Employment & Job Tips for Individuals with IDD](#)


[Assistive Technology Resources for Individuals with Intellectual And Developmental Disabilities](#)

[Travel Resources for Individuals with Intellectual and Developmental Disabilities](#)

[Driver Training Resources for Individuals with Intellectual and Developmental Disabilities](#)

30 DRIVER TRAINING RESOURCES FOR INDIVIDUALS WITH IDD

SEPTMBER 2023



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Driver Rehabilitation Specialists	2 In the Driver's Seat: People with Disabilities Behind the Wheel	3 Special Needs Driving School
4 Driving and Intellectual Disability	5 Developmental Disabilities and Driving	6 How do Individuals with IDD May Obtain A Driver's License And How Guardianship Can Affect It	7 Evaluating & Embarking: Accessing Options With IDD Through Simulator Training	8 Driving and Transportation Options for Young Adults With Disabilities	9 Learning to drive with a disability	10 Even with a Disability You Can Drive
11 Special needs and the practical driving test	12 Learning to drive with disability	13 Driving for Individuals With a Neurological Disability	14 Can You Drive With A Disability?	15 Adapted Driver's License	16 Negotiating the Odds with Cerebral Palsy: Driving Strategies for Individuals with IDD	17 Driving with Cerebral Palsy: Safety Tips, Car Adaptations, and More
18 Adapted Driving Services for Disabilities or Injuries	19 Driving Resources	20 Driving and Transfers on the Spectrum: Is Your Child Ready?	21 Driving With Cerebral Palsy: On the Road to Independence	22 Driving and Vehicle Needs	23 Driver Assessment Program/Adapted Driver Training	24 Driving with Autism
25 Driver Rehabilitation Services for Teenagers & Adults	26 Special Need Teen & Young Adult Drivers	27 Most With Autism Steer Clear of Driving	28 How To Find a Disability Driving Instructor	29 Driving with Autism Training	30 One in three teens with autism earns driver's license	

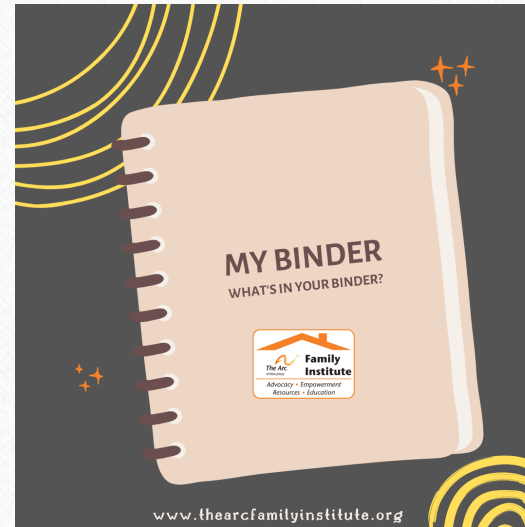


My Binder

My Binder is a helpful virtual tool to keep you organized. This tool provides easy access to pertinent information.

We have a Binder for :

- ✓ DDD Documents
- ✓ DVRS Documents
- ✓ IEP Documents
- ✓ PerformCare Documents
- ✓ SSI Documents



Quick Notes

Keeping your records organized and keeping track of important numbers and contact information, can be challenging.

- ✓ Quick Notes are agency specific forms: These forms keep all pertinent information together
- ✓ **Some examples:** Division of Vocational and Rehabilitation Services, Division of Developmental Disabilities, IEP Meeting, Children's System of Care
- ✓ A Quick Note helps you record critical information needed to navigate the system. Additionally, each Quick Note comes with a Call Log to help you record phone conversations.
- ✓ <https://bit.ly/2N20UsC>



Family Advisory Committee

The Family Advisory Committee is a vital part of The Arc of New Jersey Family Institute. We meet 3 to 4 times a year to discuss a variety of topics, share information and broaden understanding of the many issues affecting families caring for a loved one with IDD.

The purpose of this committee is to:

- ✓ Identify common needs and goals among families
- ✓ Develop strategies to increase the efficiency and effectiveness of The Arc of New Jersey Family Institute
- ✓ Provide feedback
- ✓ Let us know about emerging issues expressed by families
- ✓ Serve as an advisory committee that makes recommendations and provide feedback



Children's Advocacy

Provides individual and systems advocacy related to services and supports for children with intellectual and developmental disabilities and their families, specifically in:

- ✓ Early Intervention (EI)
- ✓ The Children's System of Care (CSOC)
- ✓ Special Education- Education Advocate
- ✓ Systems Advocacy

Adara Heilmann- Director of Children's Advocacy

E: aheilmann@arcnj.org



Request an Advocate



The Arc of New Jersey Family Institute is happy to assist families with children who receive special education and related services. We provide information, education, and advocacy for families who are experiencing difficulties with their child's school district.

We can:

- ✓ Attend IEP meetings
- ✓ Review the IEP with a family
- ✓ Create an Outline to use at their child's IEP meeting
- ✓ Advocate on their behalf with the school district



Medicaid Storytelling

The Arc of New Jersey received a subgrant from The Arc of the US on "Medicaid Storytelling", with funding from the Robert Wood Johnson Foundation.

During the course of the grant year, we must provide a total of 10 Medicaid stories to The Arc of the US:

5 of the stories will be short videos and 5 will be short written stories. A short video is just 2 or three minutes long.

- The goal is to have Medicaid stories submitted by caregivers of persons representing racial and ethnic minority groups, or if feasible, a self-advocate from a minority group can record a video.
- We are seeking assistance from a few of our local chapters to identify individuals who have compelling Medicaid stories. Initially, we would like The Arc chapter to decide if there are a couple of individuals who might be good candidates for Medicaid storytelling.

- We have grant funding for these expenses:
 1. Payment of \$1,000 per chapter of The Arc that provides assistance in obtaining two short videos or written stories from a minority group.
 2. Funding for travel reimbursement for staff if they need to be onsite to help a storyteller in recording a short video.
 3. A stipend for each storyteller whose video or written story is accepted: \$300 for each short video and \$250 for each written story.



DDD Funded Services Available Through Supports Program- Fact Sheets

COMMUNITY BASED SUPPORTS

Community Based Supports provides direct support and assistance for participants, with or without a caregiver present, in or out of the individual's residence, to achieve and maintain the outcomes of increased independence, productivity, enhanced family functioning, and inclusion in the community.



Examples of Community Based Supports	Community Based Supports and Job Site Assistance	Why Community Based Supports?
<ul style="list-style-type: none"> Support from staff to enable an individual to attend an event or take a class. <p>Support from staff to assist an individual participating in activities such as:</p> <ul style="list-style-type: none"> Assistance with daily living skills Ordering off a menu Purchasing items Learning basic cooking skills Laundry skills Etiquette Travel training Accessing activities in the community 	<ul style="list-style-type: none"> Community Based Supports can help with job site assistance in : <ul style="list-style-type: none"> basic self-care social skills activities of daily living <p>**Community Based Supports can be used in addition to but cannot replace Supported Employment Services (such as job coaching).</p>	<p>People with intellectual and developmental disabilities (IDD) often need community-based supports to support their need to live as independently as possible.</p> <p>This includes support with daily living skills, such as:</p> <ul style="list-style-type: none"> Getting dressed Taking medication Preparing meals Job coaching Residential supports Managing money 

Service Limits and DDD

Self-Directed employees providing Community Based Support Services may be members of a participant's family except provided that the family member has met the same standards as providers who are unrelated to the individual.

For more information about Community Based Supports visit: bit.ly/3WeiTQN

OCCUPATIONAL THERAPY (OT)

Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities. Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent or live better with injury, illness, or disability.



Examples of Occupational Therapy Goals	OT Interventions	Steps to Access Occupational Therapy through the Division of Developmental Disabilities
<ul style="list-style-type: none"> Independent dressing Eating Grooming Using the bathroom Fine motor skills like writing, coloring, and cutting with scissors. Understanding boundaries and personal space Body awareness 	<p>Common occupational therapy interventions can include:</p> <ul style="list-style-type: none"> Helping children with disabilities to participate fully in school and social situations. Helping people recover from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. 	<p>For Rehabilitation:</p> <ul style="list-style-type: none"> A person's Support Coordinator (SC) will check the NJ CAT to show an indication that OT is a need. The person or family member will need to provide a medical prescription for OT from an appropriate health care professional. If the primary insurer/MCO approves the OT, the person will access therapy through their primary insurer/MCO. But if the insurer denies OT, the person will receive an Explanation of Benefits (EOB). The EOB will need to be shared with the Support Coordinator and then the SC will help the person identify providers of OT and make sure to add OT to the person's Individualized Service Plan (ISP). <p>For Habilitation:</p> <ul style="list-style-type: none"> A person's Support Coordinator will review the NJ CAT to identify an indication that OT is needed. The Support Coordinator will include Occupational Therapy in the Individualized Service Plan (ISP). 
<p>Occupational Therapy Services</p> <p>OT services typically include:</p> <ul style="list-style-type: none"> An individualized evaluation, during which the person, family and occupational therapist determine the person's goals. Customized intervention to improve the person's ability to perform daily activities and reach their goals. An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan. 		



Questions

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