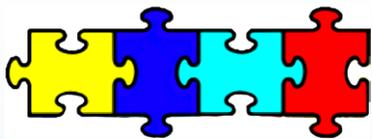


CenterLines

Center for Disabilities and Development *Useful News for Families*



Autism Awareness in April

In the 1970's, April was declared Autism Awareness month. This month is a time to teach the public about autism spectrum disorders (ASD). This can alert a parent to issues with their own child and encourage them to talk to their doctor. There are at least 6500 children in Iowa who have an ASD. About 400 children are diagnosed with an ASD every year. One thing we have learned since the 1970s is that early diagnosis and intervention are key to a child with autism and can affect their behavior and functioning. It can alter the rest of their lives by changing how they develop and learn.

There are many resources for families right here in Iowa. At the Center for Disabilities and Development (CDD) we offer early screening for developmental delays like autism. We also offer ongoing services for many issues linked

with autism like behavior problems. We helped create the University of Iowa's Autism Center. Since autism affects so much of a child's life, the Autism Center provides families with a wide range of services and support. The Center works with families and local services. They also offer special training to those people who serve children with ASD. You can learn more about the Autism Center at www.uichildrens.org/autism/.

Families can find help through the Regional Autism Assistance Program or RAP. They have "family navigators" to help manage services for children and youth with ASD. You can learn more at <http://www.chsciowa.org/regional-autism-assistance-program.asp>.

Through the Autism Center and CDD, you can find out more about a special therapy for children with autism. The therapy is called applied behavioral analysis or ABA. This therapy helps reduce problem behaviors and helps the child develop skills and learn to

communicate better. Insurance does not always cover this type of therapy. Starting April 1, families with a child who has ASD can apply for funding for this therapy through the Autism Support Program. This program offers families up to \$36,000 for up to two years of therapy. To learn more about this program talk to a family navigator or go to the link for the Regional Autism Assistance Program.

To learn more about autism, go to the website of the Autism Society at www.autism-society.org/.



University of Iowa Health Care



Neurodevelopmental Evaluation:

That's a mouthful!

One of the services CDD offers is a neurodevelopmental evaluation. What is that you ask? It is a series of tests that tell us how a child thinks and learns, and how they grow and develop. This evaluation looks for any delays a child may have. These delays can relate to health, movement, speech and language, learning, nutrition, and growth. It is an important early evaluation for children up to 3 years of age. The first three years are an important time for a child's growth and development. This evaluation helps us find any delays and treat them early. Early treatment can make all the difference in a child's future.

This type of evaluation takes about 3 hours. At CDD, we have a whole team see each child. This helps us create a well-rounded picture and then we can give the family the best results and recommendations.



The Team

Families are an important part of our team effort. We have the parent lead the team with Dr. Andrea Reasoner. Dr. Reasoner is a board certified Developmental and Behavioral Pediatrician. This means that she is an expert on how children grow and develop. The team is a group that works together each week and may include a:

- Nurse
- Nutritionist
- Occupational Therapist
- Physical Therapist
- Social Worker
- Speech Therapist

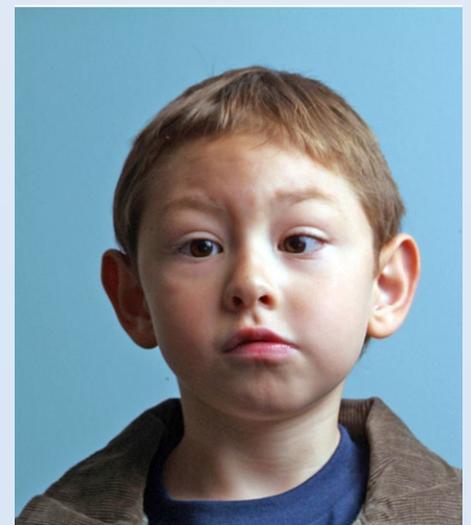
Sometimes a child may need to see an audiologist for hearing tests or a pediatric dentist. This could make the evaluation longer. Sometimes we have the child see some of the team members together which helps shorten the visit.

Remember

Here at CDD we want our families to ask us questions and give us any comments they may have. The more we talk and work with the family the more we learn about their child's health.

After the visit, we offer families a brief summary so they have some idea of what we are thinking and what is next. We also make recommendations for services and suggest local programs as well. We finish the full report in about 2 weeks.

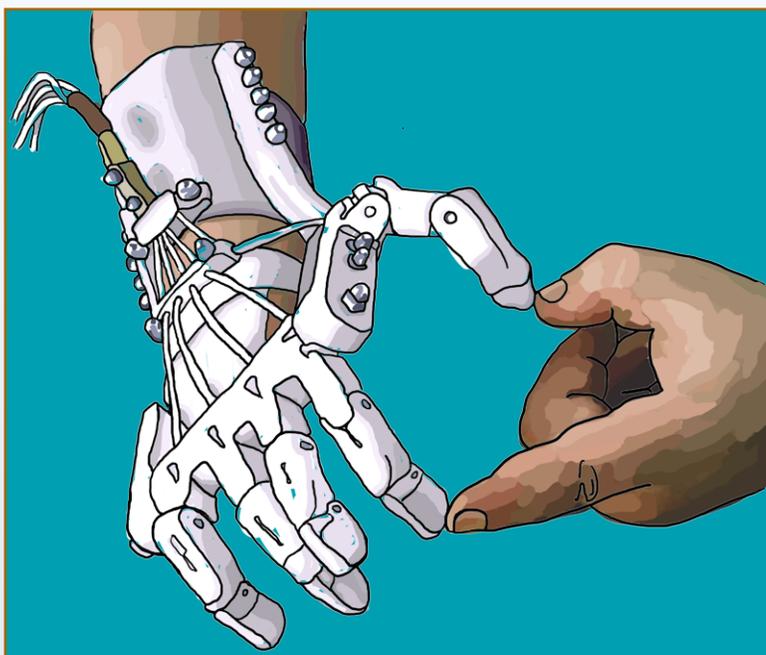
We are committed to the health and well-being of all the children we see! All of our families and children are very important to us and we thank you for trusting us and coming to CDD.





Did you know?

You may have heard about 3D printers. The patent on these type of printers expired a few years ago which means that they are a lot cheaper. You can now buy a basic model for just a few hundred dollars. Well now, these printers are being used to print prosthetic hands.



Usually, prosthetic hands are very expensive, more than \$10,000 each. It can be very hard to get one of them for a child – who is more likely to break it, or lose it, and who will definitely outgrow it in 6 months or less. That is a very expensive prospect for parents. Not many insurance companies will cover such an expense.

A 3D printer can make a prosthetic hand for around \$5. That's right, from \$10,000 or more down to \$5. It's also fast – it only takes a day or two to print the parts out and put it together. A child could lose or break the prosthetic hand and have a new one the same week.

You can also play around with design – so if it doesn't quite work for the child, the designer can try it again. The plastic only costs about 60 cents for each hand. These hands move and clasp things when the child moves their wrist.

They believe that it may only be 10 more years before a person will be able to get a fully automated, robotic hand for just \$5. If you'd like to learn more, you can listen to a story from NPR at <http://www.npr.org/2014/03/13/289836980/with-3-d-printing-affordable-prosthetics-are-in-reach>. If you do a Google search on 3D printing for prosthetic hands, you'll find many similar stories.



Check Out These Apple Apps

With the development of iPads and tablets, there are many apps out there that are great for kids who have disabilities. We use and recommend them here at CDD. Laura Bohnenkamp, one of our Speech Language Pathologists has a few great suggestions.

Endless Alphabet is a very funny app. It teaches kids the sounds that letters make. It also helps them build their vocabulary. The little “monsters” act out the definition of each word once the child has put all the letters in the right spots. <https://itunes.apple.com/us/app/endless-alphabet/id591626572?mt=8>

Endless Reader is great for young learners. This app teaches kids sight words. Once the letters are in the right spots, the sight words puzzle pieces form a sentence and then the little “monsters” act out the full sentence. <https://itunes.apple.com/us/app/endless-reader/id722910739?mt=8>



The app **Bugs and Buttons** has 18 mini games. They all target early learning concepts like sorting, matching, patterns, shapes, colors, numbers, and letters. Each game helps shape success and is won when the child has reached the right level. As they get better, the app gets harder. Kids really like this app because it has great graphics, fun games, and many disgusting and real looking bugs. <https://itunes.apple.com/us/app/bugs-and-buttons/id446031868?mt=8>

In addition to Laura’s suggestions, there are great websites with more app information. There are sites where families, parents, and teachers talk about apps that are great for special needs kids. As a matter-of-fact, if you do a Google search on “apps for children with special needs” you’ll get tons of hits for a variety of different resources. One website is actually called **Apps 4 Children with Special Needs** or **A4cwsn**. They keep track of all kinds of fun and learning apps from the iPad App store. They have a Facebook community where they have people rate them for other families. They let you know when apps are on sale, and they have videos where they talk about the different apps and how to use them. Check them out at <http://a4cwsn.com/>.

There are apps to help parents too. The **National Center for Learning Disabilities** offers a few suggestions for apps to help parents organize their day. **Chore Pad** helps motivate kids to do their chores. **Your Turn** is a timer to help kids take turns on the phone or tablet they like to play on. iAdvocate helps parents develop strategies to improve their child’s education. Find out more at <http://www.ncl.org/parents-child-disabilities/family-coping-ld/apps-parents-children-ld>.

As you can see, some of these web addresses are long and complicated. To make it easier, go to the CDD website at www.uichildrens.org/cdd and then go to our Newsletter page. You can find a PDF of this newsletter where you can click on the links. This way you don’t have to write them down or type them into your computer.



Express Yourself!

Come join us this summer for a CDD program for kids age 5-12 to



Connect...

DESIGN...

& dance!

More details to come!



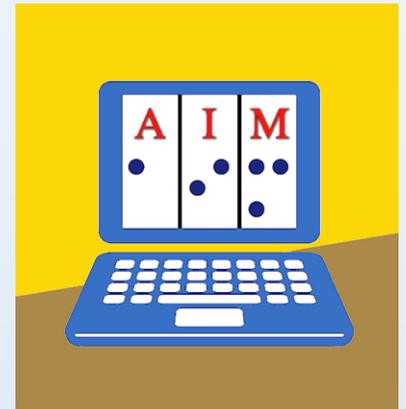
Assistive Technology Film Festival

On the website Edutopia, they are having a mini film festival on assistive technology. Check out 10 amazing videos about how technology can empower REAL kids with special needs. Go to www.edutopia.org/blog/film-festival-assistive-technology to see the videos and learn more.

Be Ready for Next Fall!

If your child uses alternative textbooks and other materials, you should order them now for next fall. Talk to your child's teacher about it so that the books are waiting and ready to go when your child goes back to school. The Iowa Department of Education says that any adapted textbooks should be ready at the same time as the books for other students. The earlier you order them, the better the odds they will be ready when school starts. Don't wait until May or next fall.

Students do have other choices besides print materials. If a student can't use printed books, they might be able to use Alternative Instructional Materials (AIM). AIM includes Braille, large print, recorded voice, and digital format. "AIM Basics for Families" is a booklet that can guide families on how to get the materials they need. First, it will help you decide if your child needs AIM. Then it can tell you what type of materials will work best for your child. It also takes you through the process of getting this material into your school. For a copy of the AIM booklet and for more information, call Iowa COMPASS at 800-779-2001.



Find AT Near You with UERS

The Used Equipment Referral Service (UERS) has added a map to its website. When you are looking for an item, you can see the listings in text or as pinpoints where the items are sold or needed. Use the drop down boxes on the website to make your search easier than ever before! Find out more at www.iowa-compass.org/.

Iowa Compass
Used Equipment Referral Service (UERS)

[Click here to post a For](#) [Click here to post a Need](#)

Items: For Sale | Category: All | County: All | View: [List](#) | [Map](#) | [Sort](#)

Distance from Zip Code: 10 miles | [Print Complete List](#) | [Apply](#) | [Clear](#)

Architectural/Other

2092	Wheelchair Accessible Ranch Home 2 Bedroom, 2 3/4 Bath with 2 1/2 Car Garage in Windsor Heights. HUGE bathroom off of the L.A.R.G.E. Master Bedroom. Bathroom includes wheelchair accessible shower with grab bars. Widened doorways and hallways throughout home along with zero-step entrance. Large fenced in backyard with brick smokehouse, storage shed and mature trees.	\$144,900.00
2254	Bath Support Rail	\$35.00
2182	Electric Wheelchair Lift, used in our garage to take wheelchair up to door into house (3 steps), perfect condition.	\$3,000.00

CenterLines

Center for Disabilities and Development
University of Iowa Children's Hospital
100 Hawkins Drive
Iowa City IA 52242-1011

Subscription is FREE!

A subscription to **CenterLines for Families** is free. If you would like to subscribe, please send your name and address to:

CenterLines@uiowa.edu

or by regular mail:

Barb Thomas
Center for Disabilities
and Development
University of Iowa
Children's Hospital
100 Hawkins Drive
Iowa City, IA 52242-1011



In this issue

Autism Awareness in April	1
Neurodevelopmental Evaluation	2
Did you Know?	3
Check out These Apple Apps	4
Be Ready for Next Fall	5
Express Yourself Program AT Film Festival Find AT Near You With UERS	

CenterLines for Families is published quarterly. CDD encourages subscribers to read partner newsletters *Iowa COMPASS News* and *Possibilities in Education and Training*. You can find them all by going to our website at www.uichildrens.org/cdd and then clicking on the link for newsletters on the right.

CenterLines for Families, the newsletter of the Center for Disabilities and Development at the University of Iowa Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting people with

Newsletter staff

Editors
Amy Mikelson
Elayne Sexsmith

Graphics editor
Lori Popp

Editorial board
Joni Bosch
Jennifer Luria
Barb Thomas
Matt O'Brien

disabilities, and CDD resources available to them and their families. The newsletter is available in print, in Spanish, and also online at www.uichildrens.org/cdd. Click on Centerlines for Families.

For correspondence relating to the newsletter, or to request permission to reproduce information from it, please contact:

Barb Thomas
Center for Disabilities and Development
University of Iowa Children's Hospital
100 Hawkins Drive
Iowa City, IA 52242-1011
CenterLines@uiowa.edu

The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.