

# CenterLines

Center for Disabilities and Development    *Useful News for Families*

## **Power Mobility for Young Children**

Young children with disabilities can have difficulty moving around. Some children have mild problems moving around while others may have severe problems that limit crawling and walking. Power mobility might be helpful for children who have severe difficulty moving or walking.

### **What is Power Mobility?**

Mobility refers to the ability to move around. Mobility methods can include crawling, walking, or using a wheelchair. Power mobility devices include power wheelchairs and battery-powered ride-on toys.

### **Why Use Power Mobility?**

Children learn by moving and exploring. If children with disabilities cannot move without help, they might not gain some skills as well as other children. They might learn to depend on others for help. Power mobility can help children with disabilities:



- Move around more easily
- Play with other children
- Learn how things work
- Learn to do things without help
- Gain self-confidence

### **When Should Children Begin Using Power Mobility?**

Very young children can use power mobility. Research suggests that children under one year of age can begin using power mobility devices. Some children can use power mobility devices well by 18-24 months of age. Other children may need more practice.

Many therapists believe power mobility should be considered for children who are not crawling or walking well by 12-18 months of age. A child's potential to walk without help and other factors

should be considered. The best way to determine if a child is ready for a power mobility device is a trial.

### **Is Power Mobility Right for My Child?**

Some people worry that children will not learn to walk if they use power mobility devices. Research has shown that children who use power mobility devices do not lose motor skills. Some studies even suggest children might gain motor skills and motivation to move when using power mobility devices. Many children continue to work on walking after obtaining a power mobility device. Some children walk short distances with a walker and use power mobility devices for long distances.

There are a variety of power mobility devices available for young children. Most children use a joystick to drive. Special controls are available for children who cannot use a joystick.

To determine if your child might benefit from power mobility, talk to your child's therapist(s). CDD therapists can help determine if power mobility is a good option for your child.



University of Iowa Health Care



# Career Connections

Judy Warth, Employment Specialist, Career Connections • Center for Disabilities and Development

Graduating from high school is a big deal for every student. Finishing school in special education can be even more daunting. High school provides structure. The teacher plans the curriculum and activities and the school is a setting that offers social interaction. The special education model serves students well as long as they are at school. In turn, it can often feel like a gigantic leap when a student from special education makes the transition from *student to adult*. For these reasons, transition planning is critical and needs to begin early.

Meet Zach. He finished academic work at Mid-Prairie High School in May of 2013. His plan was to go to Kirkwood Community College. He had dreams of becoming a vet assistant. Unfortunately, Zach's admission scores into that program were simply too low. So, where does he go from here? Zach and his IEP team decided he needed more vocational learning and could use one more year in school. Now, his *school* would be located in the community when he entered the Career Connections Program.

Career Connections is a program that gives students with disabilities the extra training and support they need to learn to live and work more independently. The student does this while developing work skills through



local jobs. Career Connections is a school-to-work transition program. It collaborates with local school districts, Grant Wood Area Education Agency, and many local programs. Some of the local employment programs are:

- Advancement Services of Jones County
- Employment Systems
- Goodwill of the Heartland
- Optimae Lifeservices in Washington
- Rural Employment Alternatives in Conroy

Career Connections serves roughly 80 students each year from 30 school districts in the Grant Wood AEA area. All the students have an active IEP with their school.

Zach and other students are spending this year learning about different careers, building work skills, and learning the soft skills to get and keep a job. Zach spent

much of his summer working for a family friend on a farm where he ran heavy equipment, cut trees, and mowed. He learned that he likes operating equipment and getting a paycheck! He learned that his quality of work gets better when co-workers are there to offer feedback and support. Zach also did some job shadows in animal care shelters and rescues as well as looking into light manufacturing.

Currently, Zach is expanding his skills and knowledge as an intern at CIVCO Medical Solutions in Kalona. At CIVCO, he helps produce and package sterilized medical supplies used in hospitals. He is learning valuable skills on how to follow strict guidelines for packing sterile supplies in a "clean room." He is also learning how to maintain high quality standards and working as a part of a team. While working on the job, he is learning and practicing good social skills at work. He's increasing his ability to work longer hours in a production setting while trying to decide if he likes this kind of work and if he's any good at it.

Zach spends one afternoon a week as an intern at Paws and More Animal Shelter in Washington. He walks dogs, helps clean cat cages, and is learning the "ins and outs" of an



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animal shelter. His love of animals is clear; his love of all the work cleaning up after animals is not so clear. These internships give Career Connection students a chance to see what the job is *really* like. It also helps to identify the support and training young workers need and how to get job coaching from the employer and/or Career Connections Staff.

Zach has decided he would like to look into the culinary arts program at Kirkwood. He will also try jobs in the food industry so he can learn what he likes and doesn't like. He hopes to increase his skills



through a possible internship. At the same time, he will be deciding what accommodations he may need to be successful at college.

Zach is similar to many Career Connections students – young people who found school hard but who learn best by doing. They are young people who need a “jump start” to enter the workforce and maybe go on to college.

This program works to harvest the talents of these young workers because of the support and partnership of area school districts, community businesses, and families! For more information on Career Connections, visit us at [wwwaea10.k12.ia.us/divlearn/careerconnections/index.html](http://aea10.k12.ia.us/divlearn/careerconnections/index.html).

## Iowa Health and Wellness Plan

Uninsured adults living in Iowa may be eligible for free or low-cost health care coverage through a new Medicaid program. The new program is called the Iowa Health and Wellness Plan. This new Plan offers health care to uninsured Iowans ages 19 to 64. Enrollment began on October 1, 2013 and the plan starts as early as January 1, 2014. The Iowa Health and Wellness Plan offers health care at low or no cost to members. It provides better health insurance than the IowaCare program. There are more health benefits and you can choose from more health care providers in your own area.

The Iowa Health and Wellness Plan covers doctor visits, prescriptions, dental care, preventive health, mental health, hospital stays, and more. There are no out of pocket costs for members in 2014. There will be limited out of pocket costs after that.

IowaCare will end on December 31, 2013. Many IowaCare members are enrolled in the Iowa Health and Wellness Plan automatically. The Department of Human Services contacted members in November to let them know if they were enrolled.

### How to Apply for the Iowa Health and Wellness Plan

- 1 Visit [www.HealthCare.gov](http://www.HealthCare.gov) or <https://dhservices.iowa.gov/apspssp/ssp.portal>, call the federal hub at 1-800-318-2596 or the Department of Human Services (DHS) contact center at 1-855-889-7985, or apply in person at a local DHS office.
- 2 Complete an application. You will need to give them personal information like your Social Security number, proof of income, health information, and current health insurance information.
- 3 Choose a health plan. After completing the application, individuals will receive information about the health insurance options available to them. These options could include the Iowa Health and Wellness Plan, Medicaid, or a private insurance plan.



# Pediatric Sleep Clinic

At the Center for Disabilities and Development, we provide assessment and treatment for infants, children, and young adults who have sleep issues such as:

- Disrupted patterns of waking and sleeping
- Problems with falling asleep or staying asleep
- Jerking of the body that disturbs sleep
- Falling asleep at odd times
- Seizures during sleep
- Movement while sleeping, such as head banging
- Night terrors, sleep walking, or talking in their sleep
- Times when breathing stops briefly during sleep

At the Sleep Clinic, you and your child will see a physician and a social worker to share any concerns you have with the way your child sleeps. The first step in the treatment of a sleep disorder is to learn as much as possible about their sleep habits. One goal of this visit is to decide if we need a detailed sleep study.

If your child does need a study, all they have to do is sleep. The sleep study can take place at the Sleep Center located at CDD. One parent or guardian must stay in the room with them. A technologist will put several small electrodes on your child's scalp, chin, chest, and legs. These will measure the electrical activity of your child's brain, heart, and muscles during sleep. The technologist will monitor your child and videotape them during sleep.

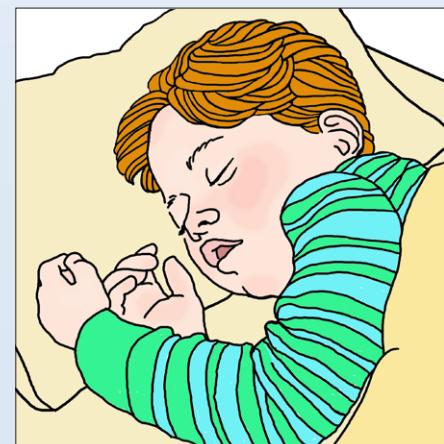
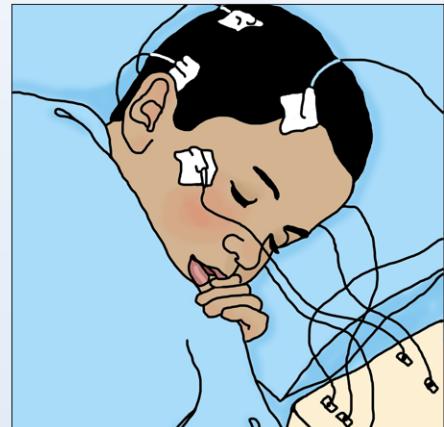
After we analyze the study, we will send a report to your doctor. We may recommend treatment. This can include medication, surgery, or behavior therapy. Sometimes a breathing machine may be needed.

Please contact your insurance company before you come to see if they cover a sleep study. We will help you if you have questions about your insurance. If you don't have insurance, we will talk with you about other payment options.

**For more information  
or to make an appointment:**

**call:** 877-686-0031 (toll-free)  
319-353-6900 (local)

**email:** cddscheduling@uiowa.edu  
**visit:** [www.uichildrens.org/cdd](http://www.uichildrens.org/cdd)





# Prescription to Play

at the Center for Disabilities and Development

## Disability Resource Library



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or locally at 319-356-1345 for orders or for further questions.



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*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

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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](http://www.uichildrens.org/cdd). Click on Centerlines for Families.

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