

CenterLines

Center for Disabilities and Development *Useful News for Families*

Spring into Fall!

With summer winding down we are about to head into a fall full of activity. CDD is offering some great new programs you can read about here.

The University of Iowa Children's Hospital Autism Center presents
The 2011 Workshop Series for Parents:

Practical Help for Parenting Children with Autism



<i>Topic</i>	<i>Date of Workshop</i>
Managing Your Child's Feeding Problems	September 10
Managing Challenging Behaviors	October 8
Teaching Your Child Independence	November 19
Improving Your Child's Social Skills	December 10

- All workshops will be held from 10 am to noon
- Cost of attending the workshops is free
- Supervised play for children provided

All workshops will be held at:
University of Iowa Children's Hospital
Center for Disabilities and Development

For more information on the workshop series
and to register for a workshop, contact:

Lisa Kemmerer
UI Children's Hospital Autism Center Coordinator
319-467-5658
lisa-kemmerer@uiowa.edu





Child Safety Seat Checks

Free

Date: Thursday, September 22, 2011
Location: University of Iowa Children's Hospital
Center for Disabilities & Development Driveway
Time: 5:00 pm – 7:30 pm

Bring your child safety seat, your vehicle and your child; trained technicians will provide education and assistance with correct child safety seat installation.

Sponsored by:
Safe Kids, Johnson County in partnership with U of I Children's Hospital
Center for Disabilities and Development

Contact **Mercy On Call** at **319-358-2767** to schedule an appointment or for information on future events. *Walk-ins are welcome.*

Special Olympics Med Fest at the University of Iowa

Fun and fitness will fill the day on **Saturday, October, 1** when Special Olympics Iowa (SOIA) partners with the University of Iowa to host the first MedFest on campus from 9 a.m. to 2 p.m. The day promotes SOIA athlete health while also having fun with the "Hawkeye Athletic Experience."

MedFest will provide SOIA athletes with a free physical and health screenings. The free physicals are for all SOIA athletes, and will include new athletes; and athletes who have physicals on file but need them updated (physicals must be updated every three years).



"We are excited about working with the U of I because this event will serve athletes ages eight to 100," said SOIA Director of Special Programs Kathy Irving. "Other MedFests have been for school-aged athletes only."

Health screenings include: Opening Eyes, Special Smiles, Healthy Hearing, Fit Feet, Fun Fitness and Health Promotion.

Bonus items include: free transportation and lunch for all participants and coaches/families; fun giveaways and drawings for free T-shirts; and an opportunity to have a taste of the "Hawkeye Athletic Experience."

Watch for more details. You won't want to miss this!! The deadline for volunteer registration is September 14th. For more information, contact:

Kathy Irving
SOIA Special Programs Director
515-986-5520 or
kirving@soiowa.org

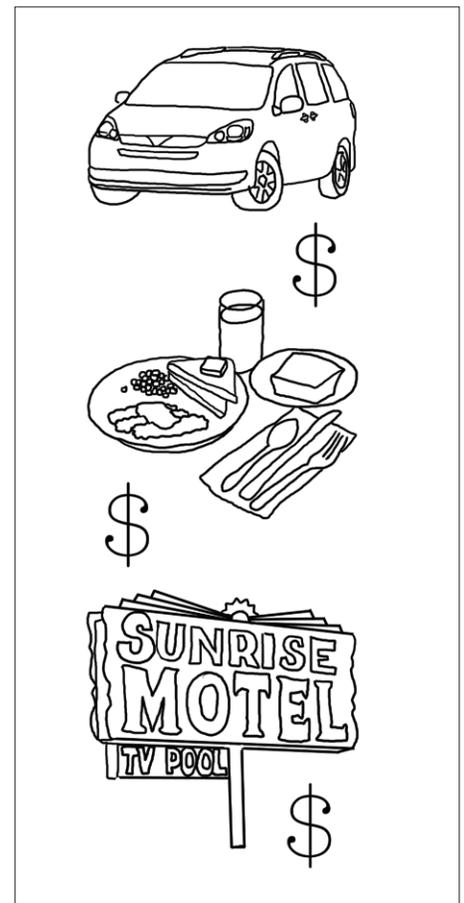
How to Receive Reimbursement for Transportation, Meals, and Hotels

If your child is receiving Medicaid, you are able to receive partial reimbursement for mileage to out-of-county medical appointments. You are also eligible for reimbursement for some meals during your trip. Hotel stays may also be reimbursed. You may also be able to have assistance arranging for a ride to appointments.

To receive reimbursement, you must:

1. Call the Transportation Management Group (TMS) at least 3 days prior to your child's appointment. The TMS number is: 1-866-572-7662.
2. When you call, please have:
 - Member's full name, home address, telephone, and Medicaid ID Number
 - The name of the driver and the relationship of the driver to the patient
 - The driver's mailing address and telephone number
 - The trip dates
 - The medical provider's name, address, telephone number, and fax number

(The medical provider is whomever you or your child is coming to see such as a doctor, dentist, physical therapist, etc.)



After calling, TMS to schedule your trip, you will be given mileage reimbursement forms. These forms need to be completed and signed by the medical staff member (doctor, counselor, or clinician). TMS will also ask for photocopies of the driver's license for the driver and proof of auto insurance such as insurance card or policy. Mileage forms must be submitted to TMS within 30 days following the appointment.

For more information go to www.tmsmanagementgroup.com/iowa/faq/

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



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Insert: Creating a New Autism Center
at University of Iowa Children's Hospital

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

Newsletter staff

Editors
Amy Mikelson
Elayne Sexsmith

Graphics editor
Lori Popp

Editorial board
Joni Bosch
Jennifer Luria
Barb Thomas

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.



Creating a New Autism Center at the University of Iowa Children's Hospital

A Few Basic Facts:

- Autism Spectrum Disorder (ASD) affects 1 in 110 children
- There are about 6,500 children with an ASD in Iowa
- There are even larger numbers of adults with ASD in the state
- There are about 360 newly diagnosed children with ASD in Iowa each year



Autism Center Mission

Given the increase in children diagnosed with ASD, most people know someone whose life is affected by autism. Therefore, easy access to autism services and resources for families across the state of Iowa is needed more than ever.

With the unique needs of children with ASD, families often have to decide what services to arrange for their child and where to find local service providers. In addition, families are often expected to communicate the results of their child's evaluations with others and to coordinate services with local doctors, educators, and service providers. These services are often difficult to find, leaving families feeling frustrated and helpless in meeting the needs of their child.

The Autism Center was developed to make this process easier for families here at Children's Hospital and across the state of Iowa. Based on family needs and solid research, the Autism Center has identified the most effective services for individuals with ASD and their families. This includes partnering with several clinics and specialists across University of Iowa's Children's Hospital. The Autism Center is a partnership of the Center for Disabilities and Development, the Department of Pediatrics, and the Department of Psychiatry.

What services are currently provided?

- If you think your child may have autism, an evaluation by a select team of specialists will be provided. This may include a pediatrician, nurse, psychiatrist, psychologist, speech/language pathologist, audiologist, social worker, or educational consultant.
- Development of a treatment plan that is individualized to meet your child's needs, such as strategies for education, behavior management, social and communication goals, daily living skills, and medication management.
- Evaluation and treatment of challenging behaviors (e.g., tantrums, aggression, self-injury)
- Evaluation and treatment of feeding difficulties and nutrition concerns is available when needed
- Services and resources for adults with autism or Asperger's syndrome
- Help finding community resources near your home

Our Vision

"The Autism Center will provide integrated and accessible resources through which Iowa can become a world leader in autism science, education, and service."

General Goals:

- Provide effective clinical services for individuals with ASD and their families
- Partner with and support autism services across the state
- Provide training for those who serve individuals with ASD
- Carry out world-class research on causes and interventions for ASD



- Help connecting families to educational services within their school districts
- Help finding other families and support systems within your community that have knowledge and experience with autism
- Workshops and training for parents and care providers
- Resource library where families can check out over 200 books and materials on ASD

What happens before my child's appointment?

- Once the type of service(s) needed is determined by scheduling staff, your child will be scheduled with the appropriate clinic or team of specialists.
- These services may be provided in different clinics at Children's Hospital: the Child Psychiatry Clinic, Pediatric Psychology Clinic, or the Healy Clinic at the Center for Disabilities and Development.
- If your child requires multiple services during their visit, the Autism Center will help coordinate these services for you.
- Prior to your child's visit, you will be asked to complete a parent questionnaire and several other forms. This information helps our teams better understand your child's history and specific needs. This allows us to provide the best and most efficient evaluation for your child.

- Based on your child's needs, you will be sent resources that identify steps you can take for your child and family prior to your child's appointment.

What happens during my child's appointment?

- Depending on your child's needs, they may see a variety of specialists and service providers. This may include a pediatrician, speech therapist, audiologist, psychologist, psychiatrist, educational consultant, occupational therapist, physical therapist, nurse, or social worker.
- After you check-in for your appointment, you and your child will be introduced to one of the specialists who will be working with you that day. This person will explain who your child will be seeing that day, what your child will be doing, and what your day will look like.
- Your child will then see one of the team specialists. Each specialist may work with your child for 30 to 120 minutes depending on the age and needs of your child.
- Sometimes you will be asked to stay with your child while they are being evaluated by a specialist. Other times, you may be asked to observe or be interviewed by one of the other specialists while your child is working with a team member.

- After your child meets with each specialist, the specialist will discuss their findings with you, either individually or with the team.
- The team of specialists will share their recommendations for your child and answer any questions you may have.
- A follow-up plan or "next steps" will be discussed.

What happens after my child's appointment?

Following your appointment, arrangements will be made to speak with you about your child's progress, to answer questions, and problem solve as needed. If requested, our team will provide additional resources or intervention options.

How do I schedule an appointment?

Starting September 2, call our toll free number at:
855-842-8847 (855-UI-Autism)

Whom do I contact to learn more?

If you have questions about the Autism Center please contact:

Lisa Kemmerer, Ph.D., BCBA
Autism Center Coordinator
(319) 467-5658
lisa-kemmerer@uiowa.edu



University of Iowa Health Care