

CenterLines

Center for Disabilities and Development *Useful News for Families*

Early Intervention

Andrea Reasoner, MD

Early intervention services can help infants and toddlers (up to age 3) with disabilities or delays. These services help children learn key skills and make progress or move forward in their development.

Fortunately, early intervention is available in most states and at no charge if the child qualifies. A parent or doctor can refer a child for early intervention, but the child has to qualify for services. The child must have a certain amount of delay or have a diagnosis with known delays.

To find out if you qualify, contact:

- An area education agency (AEA), or
- Birth to three (BTT) intervention program

Sometimes private services are available through hospitals and clinics.



University of Iowa Health Care

A diagnosis that automatically qualifies for the AEA or BTT service includes:

- certain birth defects like spina bifida
- some genetic syndromes like Down syndrome
- children who were premature or had a brain injury
- children with cerebral palsy (problems with muscle tone, control and posture related to a brain insult during early developmental period)
- children with hypotonia (low muscle tone)

Early intervention services may include the following:

- Physical therapy
- Occupational therapy
- Speech therapy
- Vision (eyes) therapy
- Audiology (hearing) therapy
- Behavior teams that help families handle challenging behaviors in their children
- Autism team that provides special goals to improve social interaction, communication, and problem behaviors in children with autism.



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When children who have received early intervention through the AEA or BTT turn 3 years old, they may qualify for continued services and/or developmental preschool. In some situations, educational and other targeted services are provided through age 21.

The Center for Disabilities & Development (CDD) has a clinic that looks at neurological development and can suggest early intervention services. It is called the neurodevelopmental evaluation (NDE) clinic. NDE also looks for health issues that might be linked to delays in development.

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The NDE team has specialists who will assess:

- Motor development and movement
- Physical development and health
- Speech and language development
- Social and emotional development
- Growth and nutritional status
- Hearing
- Cognitive (thinking) development (if needed)

A developmental behavioral pediatrician provides a broad evaluation of the child and leads the team of specialists. The pediatrician looks at any medical concerns and conditions such as feeding issues, constipation, poor sleep, and behaviors.

After your child is evaluated, you will receive results with next steps. You can use these to help your child in their development and growth.

Examples of next steps are:

- medication
- seeing another pediatric specialist (like a geneticist, ophthalmologist or neurologist)
- receiving early developmental intervention
- proceeding with necessary studies like brain imaging, chromosomal analysis, or other specific blood tests
- evaluation by the psychologist to take a closer look at the cognitive (thinking) abilities, behavior problems (severe tantrums, aggression, self-injury), or

feeding problems (food aversion or refusal)

Services have been well-received at the NDE clinic. Our team provides suggestions, which can often be done by your local providers such as your primary care physician, AEA, or BTT. Our job is to give you a comprehensive evaluation (look at all pieces of the puzzle), find out what is missing from your child's care, and help you get the services and therapies needed. Our team's social worker can give you information about the services and health waivers that you need to help your child and family.



iStock image

Child Management Clinic

*By: Angeleah Whitlatch
University of Iowa MSW Candidate May 2015*

The CDD Department of Social Work is proud to announce the Child Management Clinic. Child Management Clinic can help families who struggle with mild, typical behavioral problems of young children. Patients for the Child Management Clinic should be between ages 2 and 7 years old.

During an assessment, the social worker will give the family a plan to handle behaviors at

home. They will also review any other services the child might need. The appointment can last up to one hour. Time is spent helping parents learn and feel comfortable with the plan. Families will get a call in two weeks from the social worker to check on the child's progress. Parents may call to ask questions from the social worker at any time. Follow up visits for more one-on-one help may also be scheduled.

Examples of concerns for Child Management Clinic are:

- Head banging
- Tantrums
- Mild aggression
- Whining
- Bedtime problems
- Meal time trouble



Early Childhood Parent/Child Interaction Tools

Available from the Disability Resource Library

BOOKS

CARA's Kit for Toddlers: Creating Adaptations for Routines and Activities. [Includes CD-ROM.] By Philippa H. Campbell, Suzanne A. Milbourne and Alexix A. Kennedy. Paul H. Brookes Publishing Co., 2012.

Early Intervention Every Day! Embedding Activities in Daily Routines for Young Children and Their Families. By Merle J. Crawford and Barbara Weber. Paul H. Brookes Publishing Co., 2014.

An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn. By Sally J. Rogers, Geraldine Dawson, and Laurie A. Vismara. The Guilford Press, 2012.

It Takes Two to Talk: A Practical Guide for Parents of Children with Language Delays. By Jan Pepper and Elaine Weitzman. Based on the first and second edition by Ayala Hanen Manolson. Hanen Centre, 2004.

Take Out the Toys: Building Early Toy Play for Children with Autism Spectrum Disorder and Other Social Communication Difficulties. By Fern Sussman and Elaine Weitzman. Hanen Centre, 2014.

Talking Is Hard for Me! Encouraging Communication in Children with Speech-Language Difficulties. By Linda M. Reinert. Woodbine House, 2013.

Tasks Galore: Let's Play. By Laurie Eckenrode. Tasks Galore Publishing Inc., 2009.

Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders: A Guide for Parents and Professionals. By Sieglinde Martin. Woodbine House, 2006.

The Whole Spectrum of Social, Motor and Sensory Games: Using Every Child's Natural Love of Play to Enhance Key Skills and Promote Inclusion. By Barbara Sher. Jossey-Bass, 2013.

PLAYTIME WEBSITES

Center for Early Literacy Learning: Practice Guides for Use with Parents. Center for Early Literacy Learning, 2012-2014. [<http://www.earlyliteracylearning.org/pgparents.php>]

EZ AT 2: Simple Assistive Technology Ideas for Children Ages Birth to Three: A Guide for Increasing Young Children's Participation in Daily Activities and Routines. Tots-n-Tech (tnt.asu.edu) and PACER Center (PACER.org), 2011. [<http://www.pacer.org/stc/pubs/EZ-AT-book-2011-final.pdf>]

ToyBox Tools. Hasbro and The Autism Project, 2014. [<http://toyboxtools.hasbro.com>]

Toys: Universal Tools for Learning, Communication and Inclusion for Children with Disabilities. Simon Technology Center. PACER Center, Inc., 2013. [<http://www.pacer.org/stc/pubs/Toys2.pdf>]

*Books from the Disability Resource Library listed above may be ordered at: **disability-library@uiowa.edu**. Please include your name, full mailing address, and phone number. The books will be shipped to your home by U.S. Postal Service and you will have use of the items for three weeks. The only cost to you is return shipping by U.S. Postal Service, Library Rate.*



Transition Clinic

We are pleased to announce a new clinical service! Transition Clinic for youth with special health care needs. This service helps teenagers and their families move from pediatric health care to the adult service system. Families and teens are offered tools to teach self-advocacy and independence.

The clinic is for teens, 12 years of age or older and includes:

- An individualized action plan based on family goals
- Resources and learning activities to use at home
- Follow-up visits to check a youth's progress
- A complete medical summary is given to family
- Adult doctors are identified and referrals made as needed
- Goals from transition plans from school and work are incorporated

Team members can include:

- Social worker, doctor, and nurse and employment expert
- Other experts are included as needed including education, physical therapy, occupational therapy and nutrition

Areas discussed in clinic include:

- Guardianship and living arrangements
- Health insurance
- Mental health
- Relationships and sexuality



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- Nutrition and healthy lifestyle
- Activities of daily living and physical activity
- Collaboration with education and work transition plans

An order from a physician is not needed; insurance is billed for medical and social work counseling contacts

More information: Anne Tabor, MPH, RD/LD • 319-356-1322 • anne-tabor@uiowa.edu

Hippotherapy

Hippotherapy is a physical therapy method that uses the movement of the horse to offer sensory and motor input to the rider. The dynamic and rhythmic movement of the horse is used to help trunk strength and control, balance, posture, endurance, and to help with weight bearing and motor planning.

Our Physical Therapy team is partnering with Miracles in Motion in Swisher, Iowa to offer hippotherapy this spring, summer and fall. Sessions will be held at Miracles arena once a week for 5-6 weeks. Children will work one-on-one with a PT during a 30 minute session.

Session dates:

- Session 1: April 13th – May 16th
- Session 2: June 1st – July 11th
- Session 3: Aug 10th – Sep 19th
- Session 4: Sep 28th – Oct 31st

The team is made up of the horse and child, a PT from CDD, a trainer, horse leader, and two side walkers from Miracles in Motion.

A doctor's referral and PT evaluation are needed before starting.



Richard Huber

Contact Katie Jo Risma at 319-356-1411 for more information.



An exciting new time in healthcare has begun. The Center for Disabilities and Development, as part of University of Iowa Children's Hospital is focusing on improving the patient care experience. The CDD is looking to create a new and unique experience for patients and families. We will continue to embrace family-centered care. The hope is to use technology to reduce anxiety and stress in a safe and fun environment. Look for the "Comfort Room for Kids" coming soon!



Retrieved from www.momofshrek.blogspot.com

The Center for Disabilities and Development's CenterLines-Useful News for Families Newsletter is going electronic! Would you like to get the newsletter by email? If so, email us at CenterLines@uiowa.edu. Please give your name and all email addresses you wish to have the newsletter sent to. We will still mail copies to those who want them.



Retrieved from <http://combinedefforts.org>

Combined Efforts Theatre (CET)

Combined Efforts Theatre (CET) is Iowa's only theatre group with a goal of including people with disabilities.

Founded in 2002 by Janet Schlapkohl the CET is made up of an **acting group**, **men's choir** and **dance troupe**. Performances are held during the year at many locations. Three large shows are held in the spring, summer and winter.

All three groups welcome new members year round.

Not a performer? CET welcomes volunteers. They play a vital role in helping people with and without disabilities with performance opportunities. Volunteer opportunities are set building, event set-up and clean-up and connecting with the community.

Interested in more information? Call CET at **319-321-7926**
or email combinedeffortstheatre@gmail.com
You may also visit <http://combinedefforts.org/>

Combined Efforts Theatre is a non-profit organization and all programs are free to participants.

Have you been looking for us on Facebook? Look no further! The Center for Disabilities and Development will be posting to University of Iowa Children's Hospital Facebook page. Look for stories, photos and information on child and adult development. Would you like to share your story? Email heather-roman@uiowa.edu.



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

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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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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

Newsletter staff

Editors

Heather Roman
Barb Thomas
Elayne Sexsmith

Graphics editor

Lori Popp

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.uichildrens.org/cdd**. Click on Centerlines for Families.

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Heather Roman
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.