

# The Post CARD

*A Publication of the Center for Autism and Related Disabilities  
at the University of Florida/ Gainesville*

Summer 2004

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Dear Families and Friends of CARD,

By the time you receive this newsletter, many of you will have children back in school. I hope the new year is positive and productive for all the CARD constituents who are school students. We are already busy with IEP meetings, meet the teacher dates, teacher training workshops and helping families prepare for the first day of school. Of course, we continue to support and learn from our constituents who are adults and from their families as well as from our youngest (zero-to-three-year-old) constituents. We are planning more information sessions, workshops, and conferences than ever before and are hoping to provide you with a full year's calendar of events in the near future.

July begins a new year for the CARD Centers in Florida. This summer we have had two staff changes at our Center. Margie Garlin has relocated with her family to Hernando County but is still working for us in a slightly different capacity on a slightly reduced schedule. Caroline Raye has retired from CARD pending the birth of her second child and our funding will not permit us to replace her, so we will be operating with a smaller staff this year. Nevertheless, we still have a great group of professionals and Parent Partners working at CARD as you can see in the column to the left.

Our Parent Partners deserve a special note. The funds for us to employ these dedicated and experienced parents come from a charitable donation from the Maren Foundation. As our CARD budget gets tighter and tighter, we continue to seek other sources of funding to help our constituents. The Maren Foundation has been our greatest contributor for the past two years. Thanks to their donation, we have a great group of Parent Partners who are there to listen to other families in need and to share their valuable experience and hope.

Sincerely,

*Greg Valcante*

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# The “RD” in CARD: What are Related Disabilities and Why Are They Part of CARD?

by Donna Gilles

In 1993, the Florida Legislature created the system known as CARD, providing nonresidential resource and referral, training, individualized and programmatic technical assistance, and public awareness services for and about individuals who have communication and behavioral difficulties with the diagnosis of autism, autistic-like, sensory impairment with additional disabilities, or deaf-blindness. For years prior to CARD's establishment, parents and professionals had worked hard to get legislators to respond to the needs of families and service providers regarding autism spectrum disorders. At the same time, a project called the “Community Intervention Project for Students with Sensory Impairments and Other Handicapping Conditions (CIP)” funded by the Florida Department of Education, was operating at UF's Department of Psychiatry (the current home of UF/Gainesville CARD), with Greg Valcante, Donna Gilles, Art Wallen, and Winnie Gayler. This three-year grant provided assistance to families and service providers who lived with or worked with children and young adults who were blind/visually impaired or deaf/hard of hearing with additional disabilities, or deaf-blind (“dual sensory impaired”). After the end of the grant cycle in 1991, CIP parents were promised that they would be able to receive similar services through programs developed in the future. Two years later, that promise was met by being named as a constituency group of CARD.

At first, many people sensory impairments and deaf-blindness) were considered for services. But the complex characteristics of autism as well as the related to recognize how similar the One basic difference between individuals who have Autism difficulties in processing auditory information and whereas individuals who experience loss accompanied by other disabilities have difficulty in gathering information through the affected sensory channel(s) as well as processing that information. Given this difference though, most individuals in both groups benefit when information is presented in more than one modality, while concentrating on the sensory channel that provides them the best access to and processing of information. In fact, many established practices such as using schedules and routines, can be found in earlier literature about strategies for people who are blind, visually impaired, or deaf-blind. And of course, using alternative means of communication (e.g., sign language) originated within the deaf/hard-of-hearing culture.



questioned why individuals with additional disabilities (including auditory or visual information, experience vision and or hearing disabilities have difficulty in gathering information through the affected sensory channel(s) as well as processing that information.

So what is CARD doing for the other part of our constituency? First, we accept referrals for children and adults who would qualify for vision, hearing, or deaf-blind services and who also have cognitive disabilities. Second, we collaborate with the Florida Outreach project for Children and Young Adults who are Deaf-Blind, directed by yours truly, to present topics of interest to a broader constituency at the annual CARD conference. The 2003 conference marked the first time we organized presentations in strands, one of which was the related disability strand. Three presentations on literacy, considerations for students with multiple disabilities, and calendars, were as well attended as other strands, a success that supports having future strands on related disabilities.

What can you do? Many of you know other families who have children or teachers who have students who meet eligibility criteria for CARD services, but do not have autism. The individuals may have cognitive disabilities accompanied by a vision loss or a hearing loss, or may have a vision and a hearing loss together. In order for us to represent our constituency better, please encourage them to call us so that we can determine their eligibility to be placed on our registry for mailings or to request assistance.

# Tips for a Successful School Year

by Jennifer Flanagan

The start of a new school year is quickly approaching, so now is a great time to begin planning for your child's first day. The following are some tips to help you and your child have a successful and positive first-day-of-school experience. Many of these suggestions focus on the very important relationship you will form with your child's teacher.

- ◆ Tour the school and classroom with your child sometime before the first day. You may need more than one day! For middle and high school students, ask for a schedule early (request this on the IEP) so you can walk through it with your child.
- ◆ On the tour, find the bathroom, playground, lunchroom and other important places. Introduce your child to as many people as you can and take their pictures while they are in their respective places (eg; lunchroom attendant, front office staff, PE teacher, security guard, classroom paraprofessional) That being said, be careful not to overwhelm your child with introductions!
- ◆ Make an appointment to meet with your child's teacher before the first day of school. Make the appointment brief and establish a duration. (eg; 20 minutes)
- ◆ Provide the teacher with a written list of important information about your child. Use the "All About Me" or similar format. For an example, see <http://www.apraxia-kids.org/families/allaboutme.html>. Or, check out a book on "Person Centered Planning" from the CARD library. Contact Jennifer Flanagan at [jnye@mbi.ufl.edu](mailto:jnye@mbi.ufl.edu) or 352/392-4172 if you are interested in attending an "All About Me" workshop in the future.
- ◆ Request that a method for home-school communication be established, but let the teacher decide with you how that would be done (eg; weekly conference, home notebook, telephone calls or e-mail)
- ◆ The teacher should be provided with emergency phone numbers and also with an indication of other times it may be important to contact you :
  - Do you want to be called if your child has a tantrum or engages in aggression
  - Do you want to be called sometime during the first week with an update on your child's progress?
- ◆ Invite your child's teacher to visit you and your child in your home. This is a good way to show the teacher first hand how your child communicates and how s/he behaves in a familiar environment. If possible, videotape your child at home using her communication or behavior system and share the tape with the teacher.
- ◆ Volunteer to help the teacher in some way : inside OR outside the classroom.
- ◆ When you meet with your child's teacher, ask her for ideas on how to make the transition smooth. Listen to her ideas.
- ◆ If the teacher has limited information about autism spectrum disorders, encourage her to contact CARD to find out more.

Finally, try to keep the experience positive, especially for your child and the teacher. Prepare them both the best you can with the resources you have available, and don't sweat the small stuff!

# Adapted Books Available for Checkout

by Ann-Marie Orlando

Thanks to a grant from Children's Miracle Network and the hard work and dedication of parents and CARD staff, our library now has 15 adapted books available for checkout and rave reviews already are rolling in.

What is an adapted book? Well, it is a book that has had technology or manipulatives added so that language and literacy become visual and interactive.

The project started November 2003, when CARD learned the grant application we submitted to the Children's Miracle Network had been approved. The grant was for materials to create an adapted book library for our younger constituents.

We used the money to buy materials to support the communicative and physical needs of children with autism and related disabilities. The materials included, single message voice output devices, Velcro, picture library software, laminate, hot glue, a book rack with pouches and books. We selected the books based on their predictability and illustrations.



## List of Adapted Books Available for Check-Out:

Caps for Sale by Eshyr Slobodkina  
Mortimer by Robert Munsch  
Jump Frog Jump by Robert Kalan  
Have You Seen My Cat? by Eric Carle  
It Looked Like Spilt Milk by C. Shaw  
From Head to Toe by Eric Carls  
Is your Mama a Llama by Deborah Guarino  
Goodnight Moon by Margaret Wise Brown  
Five Little Monkeys by Eilen Ghristlelow  
Barnyard Math with Farmer Fred by Sandi Hill  
Dirty Duds by Pafi King-DeBaun  
What's in My Pocket? by Rozanne Lanczak Williams  
Mrs. Wishy-Washy by J. Cowley  
Have You Seen My Duckling by N. Tafuri  
Thump, Thump, Rat-a-tat-tat by Gene Baer



*Jackson, a CARD constituent, enjoys one of the adapted books available from the CARD library.*

We asked eight parents to help us put the books together. Our goal was to describe some intervention strategies for these parents to use when reading an adapted book with their children and provide them with materials to make it a fun and meaningful experience. For their participation, the parents received two books of their choosing, a Big Mac® single message voice output device, and Picture This® software. When they were finished adapting the books, they returned one for use in the library.

The comments from the parents who participated and used these adapted books to read with their children have been very encouraging. "My child enjoys using the BigMac® while she is reading independently," one parent stated. "I like the opportunity she has to read her part. She is basically nonverbal but is starting to verbalize words she memorizes from our adapted books."

Thanks again to everyone who helped with this project and to the Children's Miracle Network for making it possible. We hope you will visit our library soon and see this success story for yourself.

## Sibshop Update

We are currently planning our first Marion County sibshop for the end summer/beginning of the school year. Please email Karin Marsh with any suggestions for locations or activities.  
kandlmarsh@earthlink.net



# Center for Autism and Related Disabilities

## Survival Skills Series

### For Parents and Professionals

Come learn the **basics** needed to guide you through the journey of Autism Spectrum Disorder.

These trainings are FREE of charge, but you must REGISTER by calling or e-mailing Leannis Maxwell so that we can plan appropriately and so that you can be sure no changes have been made. Leannis Maxwell can be reached by phone at 1-800-754-5891 or 352-846-3455 or by e-mail at maxwell@mbi.ufl.edu.

<p><b>COLUMBIA COUNTY SERIES</b></p> <p><b>Location:</b> Columbia County Schools Administrative Complex HWY 90 Lake City Bldg.#2 (Central Bldg) Room 153</p> <p><b>6:30PM - 8:30PM</b></p> <p><b>*CHILD CARE WILL BE PROVIDED BUT SPACES ARE LIMITED</b></p>	<p><b>August 24, 2004</b></p> <p><b>September 14, 2004</b></p> <p><b>October 12, 2004</b></p> <p><b>November 16, 2004</b></p> <p><b>December 14, 2004</b></p>	<p>Everything you wanted to know about ASD, but forgot to ask.</p> <p>What are you trying to say? Understanding and improving your child's communication skills.</p> <p>Why don't I fit in? Helping your child learn unspoken social rules</p> <p>There is a reason that I am acting this way. Understanding and preventing challenging behaviors.</p> <p>Squeeze me, spin me, swing me! Meeting your child's sensory needs.</p>
<p><b>MARION COUNTY SERIES</b></p> <p><b>Location:</b> St. John's Lutheran Church 1915 SE Lake Weir Rd. Ocala, Fl. (In the Social House by the Preschool)</p> <p><b>6:30PM - 8:30PM</b></p>	<p><b>August 26, 2004</b></p> <p><b>September 16, 2004</b></p> <p><b>October 14, 2004</b></p> <p><b>November 18, 2004</b></p> <p><b>December 9, 2004</b></p>	<p>Everything you wanted to know about ASD, but forgot to ask.</p> <p>What are you trying to say? Understanding and improving your child's communication skills.</p> <p>Why don't I fit in? Helping your child learn unspoken social rules</p> <p>There is a reason that I am acting this way. Understanding and preventing challenging behaviors.</p> <p>Squeeze me, spin me, swing me! Meeting your child's sensory needs.</p>

PLEASE VISIT OUR WEBSITE TO VIEW OUR CALENDAR OF EVENTS - [www.card.ufl.edu](http://www.card.ufl.edu)

# Is Potty Training a challenge?



Come join us for a three session work group on "Potty Training" presented by UF Center for Autism and Related Disabilities (CARD).

This work group will join together to provide how-to information on toilet training.

Session 1: September 23

The teaching model and putting together an assessment plan



Session 2: September 30

Create a program to teach toilet use



Session 3: October 7

Meet to follow up, problem solve, and answer any questions that have arisen.

Where: St. John's Lutheran Church  
1915 S.E. Lake Weir Rd., Ocala, FL 34471  
In the Social House by the Preschool

When: 6:30- 8:30 p.m.

Please call or email Leannis Maxwell to register.

The workshops are free but you need to register.

Call: 1-800-754-5891 ext. 5

Email: [maxwell@mbi.ufl.edu](mailto:maxwell@mbi.ufl.edu)



## Visual Supports Workshops

- COMMUNICATION -

Make it happen at our MAKE & TAKE  
Join us for a FREE, hands-on workshop.  
Learn how to make and use:

PICTURE SCHEDULES  
PEOPLE LOCATORS  
CHOICE BOARDS

At these workshops you will have access to computers with appropriate software, laminating materials, Velcro, magnets, etc. CARD staff will be available to answer your questions and guide you as you create the visual supports that will be most helpful to you and your family. All materials will be FREE. The only thing that you will need to provide would be photographs of family members or favorite toys.

These trainings are FREE of charge, but you must REGISTER by calling or e-mailing Leannis Maxwell so that we can plan appropriately and so that you can be sure no changes have been made. Leannis Maxwell can be reached by phone at 1-800-754-5891 or 352-846-3455 or by e-mail at maxwell@mbi.ufl.edu.

**Space is limited, so sign up now!**

### **Alachua County**

First Tuesday of each month  
6:00PM - 8:30PM  
Location:  
CARD office  
806-A NW 16th Avenue  
Gainesville

### **Columbia County**

9/21/04, 1/18/05, 4/19/05 and 7/19/05  
6:00PM - 8:30PM

Location:  
Columbia County Schools Administrative Complex  
Bldg. 2, room 130  
HWY 90  
Lake City

### **Marion County**

10/19/04, 2/15/05, 5/17/05, 8/16/05  
6:00PM - 8:30PM

Location:  
The New Phoenix Center  
2019 NE 35th Street  
Ocala

### **Citrus/Hernando Counties**

11/16/04, 3/15/05, 6/21/05, 9/20/05  
5:30PM - 8:00PM

Location:  
Central High School Technology Lab  
14075 Ken Austin Pkwy  
Brooksville

## Endorsement in Severe Disabilities

Courses toward a State Endorsement in Severe Disabilities will be offered this Fall and Spring Semesters in a joint program between UF and FSU.

Distance education courses and financial support will be available for current UF Master's Students and current teachers interested in applying for an endorsement in severe disabilities.

### **Courses Available Fall 2004**

*EEX 6936: Development and Assessment of Students with Severe Disabilities*  
*EEX 6936: Transition and Career Planning for Students with Severe Disabilities*

### **Courses Available Spring 2005**

*EEX 6234: Assessment, Curriculum, and Instruction for Students with Severe Disabilities*

Each course is 3 credit hours and includes an additional one-hour field experience. Fall courses will be offered as web-based courses. The spring course will include both web-based instruction and interactive sessions across the State, using the Internet.

Financial assistance is available for a limited number of participants.

If you would like to be considered for financial assistance, please specify at registration.

**For more information, please contact Dr. Diane Ryndak (dryndak@coe.ufl.edu)  
or Eric Landers (edec@ufl.edu) at UF.**

You can also access info online at <http://learningforlife.fsu.edu/learningforlife/index.cfm>

## 5K Autumn Run for Autism at Silver Springs

Join Silver Springs and the Ocala Runners Club for the inaugural 5K Autumn Run for Autism benefiting the New Horizon School for Autistic Children.

Saturday, September 18, 2004 7:30 AM

The first 200 entrants will receive complimentary custom shirts and everyone can enjoy a free 1-mile Kids Fun Run after the race.

Adults - \$15 until Sept. 14th, \$20 thereafter  
Students - \$12 until Sept. 14th, \$20 thereafter  
(\$2 discount for Ocala Runners Club Members)

There will also be a post-race raffle and refreshments, and all participants will receive discounted admission to Silver Springs for a special Italian Festival!

Race day registration begins at 6 am  
All pre and post race activities will take place in the Wild Waters Parking Lot.  
Register online at [www.active.com](http://www.active.com)  
For more information call 352/624-3540 or visit [www.ocalarun.org](http://www.ocalarun.org)

## Save the Date! 12th Annual CARD Conference

The twelfth annual CARD Conference will be held in Orlando, Florida on January 14, 15, and 16, 2005 at the Adams Mark Hotel.

Presenters will include:

Bill Ahern - Feeding Issues  
Mary Beth Doyle - Paraprofessional Supports  
Steve Gutstein - Relationship Development Intervention  
Bryan King - Medication Issues  
Soma Mukhopadhyay - Rapid Prompting Method  
Jerry Petroff - Transition Issues and Related Disabilities  
Cathy Rice - CDC Incidence of Autism Study  
Rich Villa - Inclusion

Diane Adreon from the University of Miami CARD and Ann-Marie Orlando from the UF/Gainesville CARD will also be presenting. There will be tracks of information sessions devoted to Adult Issues, Research, Asperger Syndrome, Education, Family Issues, Related Disabilities, Spanish speakers, and the Newly Diagnosed.

More information, and conference registration materials will be available this fall.

### **The Post CARD**

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Go to

**[www.card.ufl.edu](http://www.card.ufl.edu)**

for information about:

\*current news about autism  
and related disabilities  
\*support groups  
\*trainings  
and more!