

Possibilities

in Education and Training

Winter 2022



I've Got This!

By Mike Hoenig, *Director, Conner Training Connection*

Julia Mueller lives in West Des Moines with her host family - Jody, Dale, and Harlie the dog.

"I like living with my host family much better than living in the group home," beams Julia. "I have more freedom! I have my own bedroom and bathroom. I get to see my grandma whenever I want to. I get to go shopping, stop for ice cream, ride my bike, and sit out on the deck in nice weather. In other words, I get to be a normal person!!"

The road to a life in the community for Julia is filled with self-advocacy, family support, and caring service providers.

"I moved to a group home when I was 14," explains Julia. "When COVID hit, we were completely locked down. Nobody could visit me, not even my Granny. She had to stand outside and talk to me through the window. I was 18, and I told them I wanted to move. I moved out in May 2020!"

"I facilitated Julia's transition," explains Joan Baumert, Julia's grandmother and guardian. "ChildServe put us in touch with Jo Schumacher, a transition specialist with Iowa's Money Follows the Person (MFP) program. MFP provided financial support for the move, purchased furniture, and generally supported us along the way."

"Meeting Jody and Dale and discovering that they had previous experience as a host home family warmed the cockles of my heart," continued Joan. "I'm also very pleased with Mosaic, the community service provider which administers the Mosaic at Home (MAH) program."



“I like going to movies with Jody and Dale, and I had a great time trick or treating on Halloween.”

Living with Jody and Dale, Julia is experiencing family at its best. “I love spending time with Jody’s dad and Dale’s mom,” she tells me enthusiastically. “They’re bonus grandparents! I’ve also really bonded with their grandchildren.”

Julia’s life is full of adventures, both big and small. “I like going to movies with Jody and Dale, and I had a great time trick or treating on Halloween,” says Julia. “We went to Okoboji this summer, and we’re going to Mexico next February!”

Julia’s life is much more than just fun and games. “I’m a courtesy clerk at HyVee,” Julia proudly tells me. “I bag groceries, push carts, and clean. I like my job!”

Within her busy life, Julia finds time to help others. “At age 19, I’m the youngest Community Living Ambassador,” Julia says with a smile. “I like the Ambassador program because I get to meet new people. I like our monthly meetings where we get a chance to talk. I gave my first

in-person presentation at the “Make Your Mark” conference in September. Knowing that my story helps others makes me feel good.”

Julia has three words of advice for those considering a move to the community. “JUST DO IT!”

Julia, in the mind of this writer, you’re doing an excellent job of following your own advice!

(Editor’s Note: Money Follows the Person (MFP) is a federal program which provides up to one year of intensive supports to eligible Medicaid recipients to facilitate their transition from large facilities to community-based settings. The Community Living Ambassador program, administered by the Iowa University Center for Excellence in Developmental Disabilities (UCEDD) with funding from the Iowa Developmental Disabilities Council, provides individuals with disabilities and family members with the opportunity to share their successful transition experiences with those considering a move.)

New Additions

Mitch DeFauw, *Disability Resource Librarian*

The Disability Resource Library (DRL) is committed to providing up-to-date material pertaining to the ever evolving subject of disability. In demonstration of this pursuit, the DRL is happy to share the following collection of newly published books added to its catalog.

For more information about these books, the DRL, and a link to the library's online catalog, please visit: <http://uichildrens.org/cdd/drl>.

If you have any questions, please contact Mitch DeFauw at mitchell-defauw@uiowa.edu.

maintaining strong friendships. The book also includes valuable information about ADHD medication, how the brain works, and self-advocacy skills.

Making it Work: Managing Your Health Condition Through ADA Workplace Accommodations

by Sheryl Ellis



Making it Work is an easy-to-understand guide to workplace accommodations under the

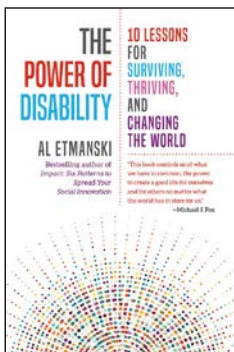
Americans with Disabilities Act. It will help you:

- Understand how the ADA applies to you and your job
- Research, request, and negotiate a reasonable accommodation with your employer
- Learn about special cases: service animals, temporary workforce, veterans' issues, and the mature workforce (workers over 55)
- Understand how to use leave and other benefits
- Find your path to working and living well with a health condition.

Author Sheryl Ellis offers guidance from her own experience as a human resources professional, a certified ADA coordinator, and an employee with a health condition.

The Power of Disability: 10 Lessons for Surviving, Thriving, and Changing the World

by Al Etmanski

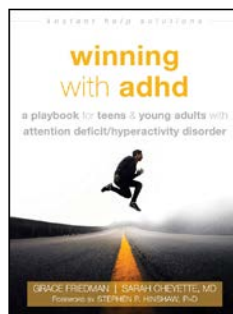


This book reveals that people with disabilities are the invisible force that has shaped history. Al Etmanski offers ten

lessons we can all learn from people with disabilities, illustrated with short, funny, inspiring, and thought-provoking stories of one hundred individuals from twenty countries. The time has come to recognize people with disabilities for who they really are: authoritative sources on creativity, love, sexuality, resistance, dealing with adversity, and living a good life.

Winning with ADHD: A Playbook for Teens and Young Adults with Attention Deficit/Hyperactivity Disorder (The Instant Help Solutions Series)

by Grace Friedman and Sarah Cheyette.

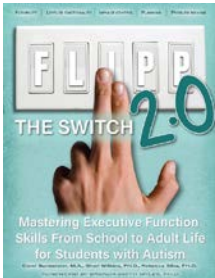


Drawing on her own experiences living with the disorder, college student Grace Friedman—along with

pediatric neurologist Sarah Cheyette—offers valuable tips and tricks to help face the unique challenges of ADHD. In *Winning with ADHD*, learn powerful and proven-effective cognitive behavioral strategies for coping with being overwhelmed, staying organized, tackling assignments, preparing for exams, dealing with emotions, communicating effectively with adults, and

FLIPP The Switch 2.0: Mastering Executive Function Skills from School to Adult Life for Students with Autism

by Carol Burmeister, Sheri Wilkins, and Rebecca Silva

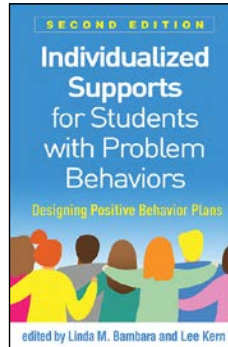


This book provides educators with detailed information about executive function skills and

evidence-based practices that can be used with students with autism spectrum disorder who experience EF deficits to be more successful in school, at home, in the community, and in the future. FLIPP 2.0 provides a blueprint for identifying the executive function skills that students need for future success, along with specific strategies that will support kindergarten through high school students in building strong, long-term gains in executive function skills.

Individualized Supports for Students with Problem Behaviors, Second Edition: Designing Positive Behaviors Plans

by Linda M. Bambara



Noted for providing everything needed to develop individualized positive behavior support

(PBS) plans for students with pervasive behavioral challenges, this authoritative guide has been revised and expanded to reflect 15 years of changes in the field. The book walks practitioners through the PBS process, emphasizing a team-based approach and presenting assessment procedures, intervention strategies, and guiding questions. Detailed case examples illustrate ways to meet the diverse needs of students across abilities, grade levels (PreK-12), and problem behaviors. In a convenient large-size format, the book follows the sequence of a typical PBS course, making it ideal for use in teaching and training.

Possibilities in Education and Training is a quarterly publication of University of Iowa Stead Family Children's Hospital Center for Disabilities and Development, Iowa's University Center for Excellence on Developmental Disabilities. It is an outreach initiative of the Conner Training Connection, a program funded by the Iowa Department of Human Services (DHS) to support the transition of individuals with disabilities from congregate to community-based settings.

“Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.”

~Ralph Waldo Emerson

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