



United Cerebral Palsy of Southern Illinois



HAPPY HOLIDAYS FROM UCPSI!

Winter 2006

United Cerebral Palsy of Southern Illinois

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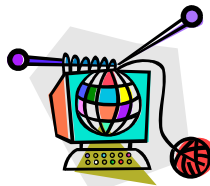
Website: www.southernillinois.org



UCP of Southern Illinois does not recommend or promote any therapy, treatment, views or opinions that are contained in the newsletter.

United Cerebral Palsy of Southern Illinois (UCPSI) covers a 27 county area and provides case management, information and referral services, equipment loan program, ability awareness programs in schools and a monthly no-cost orthopedic clinic.

UCPSI recently upgraded to a brand new website! Our new website lists current and upcoming events, orthopedic clinic dates & times, UCPSI newsletters, resources, and links to current legislature and services. Check us out at www.ucpsouthernillinois.org



Country Idol Amateur Talent Contest/Silent Auction Fundraiser

UCPSI be hosting its second annual amateur **Country Idol** singing contest on Saturday, March 24, 2007. Contestants will be able to karaoke or perform their own music to their favorite country songs for cash and prizes. Registration is required, so plan ahead! Don't sing? Then come to watch others perform – it's a great show! All are welcome. There will also be a silent auction with autographed photos, items and more from some of your favorite country stars and other celebrities.



More details and information will be coming soon.....

Proceeds go directly to consumers for valuable equipment such as wheelchairs, walkers, braces, etc. that are not available in our equipment loan program.



Stella meets Mal Rogers (Nashville Star Finalist) at March 2006 UCPSI Country Idol Event

Durable Medical Equipment (DME)



2

UCPSI offers DME items free of charge on a loan basis to anyone who needs them. Items vary from time to time, including wheelchairs, walkers, feeder seats, standers, etc., so don't hesitate to call us if a DME need arises at 1-800-332-9745.

UCPSI is always in need of manual wheelchairs and walkers with seats. Specific items needed are: electric hospital bed, a child swing, adaptive stroller, feeder seats, and any Tumble Form items. If you have any items you wish to donate, please call us at 1-800-332-9745.



UCPSI is partnered with Infnitec, an assistive technology program of United Cerebral Palsy of Greater Chicago. The Infnitec DME website provides access to a DME exchange network. You can search this database by going online to www.infnitecdme.org.

You can also visit www.infnitec.org for ideas and information on assistive technology, early intervention, special education, Lekotek toy lending program, and training and education linkages.

Information taken from www.infnitec.org

Seating

“Appropriate seating is essential for all children in order to attend, participate and successfully complete activities.



The principles of a good sitting posture include:

- Pelvis: Symmetrical and upright with bottom well back in the seat.
- Hips: flexed (bent) at 90 degrees
- Back: straight
- Head: upright and symmetrical

United Cerebral Palsy of Southern Illinois

- Feet: flat on the floor
- A table at the correct height is essential. Ensure the child can rest their elbows comfortably on the table.

When children sit on the floor, a good sitting posture is again encouraged for stability and balance. Some good positions include: side sitting, cross-legged or straight-legged sitting. Sitting in the “W” position or frog sitting should be strongly discouraged as it stops the hips and knees from developing correctly. Wherever possible, children with CP should be seated at the same level as other children in their group. Some children may require adapted seating such as corner chairs or bucket seats to allow them to participate in all activities. Other children may require simple adaptations to existing chairs.”

-United Cerebral Palsy Associations, 2006



Ideas for Adapting Equipment

“The aim for all children/preschool is to be included with other children in play and to learn to be as independent as possible in play and life skills. The child with CP and other physical and developmental disabilities needs the same opportunities as other children. Sometimes it may be necessary to make changes to equipment and plan how materials will be presented, so that the child with CP or other disability can participate as much as possible in all areas of play and activities. However, use the same equipment for all children where possible. Whatever the activity, ensure the child is positioned well with good posture and balance. Some children may need more supportive seating on the floor or a chair while for others a simple adjustment to the center's chair or a footrest may be



3

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sufficient. For some children, the use of a standing frame may enable them to participate more independently.

Ideas to consider:

Art and craft activities

- Non slip mat can be used under paper or boxes.
- Brushes – using thicker and/or shorter handles on brushes may make them easier to hold. Add some tubing to the handle of thinner brushes or try knob brushes.
- Knobs can be attached to stamps to make them easier to grip.
- Cotton balls can be stuck in a Styrofoam block.
- Use slope boards on table tops to hold papers for painting or drawing for children who have difficulty drawing on a flat surface or have visual difficulties.
- A variety of easy to use scissors are available e.g. self opening, spring-loaded, styrex or mounted.
- Consider using thicker textas, knob crayons or bent textas as alternatives.
- Holders can be used for brushes, textas or crayons.
- Think about the height and stability of the easel.



Puzzles

- Larger knobs on puzzles – corks can be stuck onto existing small knobs to make them easier to hold.
- Non-slip matting can be used to stabilize puzzles.



General Activities

- Curtain rings attached to objects such as parachutes, zippers or pull-along



toys make them easier to hold.

- Switch toys – battery operated switch toys can be operated by a simple push switch (jellybean switch). Similarly, specialized software and/or modified switch can be used with a mouse to operate a computer
- Phone books covered in contact are ideal to put under a child's feet if his/her chair is too high."

Remember, each child with a disability has individual needs.

-United Cerebral Palsy Associations, 2006

Ten-Dollar Tech

"**Ten Dollar Tech** is a regular column featuring low-cost technology and/or adaptations. For people who have limited reach or range of motion, many daily grooming activities are difficult to accomplish. This very simple adaptation can make those jobs much easier.

Materials

- Wooden Spoons from any dollar store. They usually come in packets of 2 or 3. \$1.00
- Duct Tape. \$2.00-\$6.00



Directions

Simply tape a comb, hair pick, hairbrush, body brush, loofah sponge, or other hygiene or grooming product to the wooden spoon. Use the spoon end as the handle. It's wider and easier to grip. That's it!

You now have a long handled brush/sponge. Compared to what you spend at the "specialty store", you've saved at least \$10.00 for each time you adapt."

Ten-Dollar Tech Column-Spring 2006

Ideas for



Communication/language difficulties

“There may be difficulties with understanding language such as following instructions and understanding concepts. Some children may also have difficulty expressing themselves e.g. naming objects, maintaining a conversation, making a choice or request and finding the words they need. Sometimes these difficulties may go unrecognized especially if children become adept at watching or following their peers.”

Ideas to consider:

- Simplify instructions by using simple language and breaking down instructions into smaller steps.
- Repeat instructions and provide additional cues such as gestures, pictures or showing the child what to do.
- Encourage the child to ask for help if the instruction has not been understood.
- Encourage all attempts at communication and provide opportunities for the child to demonstrate understanding in his/her own way e.g. providing verbal/visual choices to pick from.



The use of pictures in a picture sequence or timetable is a valuable cue to use with children with a variety of learning difficulties. A picture sequence can help children develop an understanding of a routine or sequence of activities.”

-United Cerebral Palsy Associations, 2006

Preventing the Flu

As the holiday season approaches, so does cold and flu season. Flu can be dangerous, affecting more than 200, 000 people per year. Flu complications range from viral and bacterial



pneumonia, dehydration, and worsening chronic conditions such as diabetes, asthma and heart failure. People at risk include those 65 and older, people who live in long-term care facilities, people with chronic medical conditions, women who become pregnant during the influenza season, children between 6-23 months, and people with any condition that compromises the respiratory functions or handle oral secretions from people with disabilities that have swallowing difficulties. The best single way to protect yourself and others is to get vaccinated each fall. Other good habits include:

- ✓ Avoiding contact with people who are sick
- ✓ Staying home when you are sick
- ✓ Cover your mouth and nose with a tissue when coughing or sneezing
- ✓ Wash your hands often and avoid touching your eyes, nose and mouth as much as possible
- ✓ Help others that you support to develop healthy habits
- ✓ Attempt to decrease mouthing type behaviors as much as possible
- ✓ Frequently sanitize community areas and shared belongings
- ✓ Ask your doctor about medications (anti-viral drugs) to prevent or reduce the chances of getting the flu

Symptoms of the flu

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry Cough
- Sore Throat
- Runny or stuffy nose
- Muscle aches



“For some people with

5

developmental disabilities who have challenges with communicating their needs, identifying signs and symptoms of flu may be difficult but should be strongly suspected if there are behavioral changes associated with any of the above symptoms during flu season. In such cases a medical evaluation should be considered. There are confirmation tests that are cost effective and easy to obtain. In the event someone develops signs and symptoms of influenza in a group home setting, it is important to attempt to separate the ill individual from the others (such as allowing one to stay in a private room, if available) and to seek medical attention immediately.

Vaccination will not 100% protect someone from getting the flu, but it will reduce the chances of contracting the virus, or possibly decrease the duration of the illness or spread of the illness if contracted.

Contact a personal physician or your local health department for information on this year's flu shot TODAY."

For more information you can visit www.dhs.state.il.us or call 1-800-843-6154

-State of Illinois Dept. of Human Services Influenza Brochure 2006

[Access SI Community Resource Directory for Southern Illinois](#)

Access SI provides 30 Southern Illinois counties with accessible, comprehensive, up-to-date online resources for:

- Health Services
- Social Services
- Workforce Employment Training
- Education
- Government
- Cultural Events/Associations



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- Recreational Organizations
- Civic Groups

AccessSI catalogs the services of not-for-profit organizations and agencies.

Search online at www.accesssi.org

DHS Coordination Services

"Do you or a loved one have a Developmental Disability?" DHS offers coordination programs that can assess your needs and eligibility for services and help you plan for future care.

Possible services include:

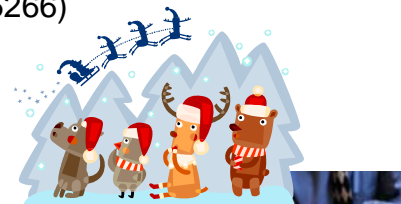
- In-home independent living supports
- Respite Care
- Training programs for life & work skills
- Job coaching
- Residential living arrangements
- Adaptive equipment



For the phone number of the Coordination agency in your area call: 1-888-DDPLANS

(1-888-337-5266)

Press Releases



United Cerebral Palsy Commends EEOC Initiative to Curtail Decline in Federal Disabled Workforce (10/12/2006)

Contact: [Elizabeth Reitz](mailto:Elizabeth.Reitz@ucpsill.org) of United Cerebral Palsy
(202) 973-7114

Washington, DC, October 12, 2006 - Federal employment opportunities for individuals with severe disabilities have steadily declined over the years, a trend that worries disability



advocates. However, a new initiative by the Equal Employment Opportunity Commission (EEOC) provides a fresh avenue of hope for the severely disabled workforce.

Launched in October to coincide with National Disability Employment Awareness Month, LEAD - Leadership for the Employment of Americans with Disabilities - is the new EEOC program aimed at increasing awareness among federal hiring officials about the decrease in employment of disabled individuals.

Disability rights advocates know only too well that the federal government’s push to increase the number of disabled employees on its payroll has dramatically declined. In the United States, 70 percent of people with severe disabilities are unemployed and according to a recent EEOC report, people with severe disabilities currently comprise less than one percent of the full-time federal workforce.

Along with awareness training, LEAD will educate hiring officers about the special rules that exist to help recruit disabled employees and help educate job applicants with severe disabilities on how to apply under these special rules. The initiative will use educational seminars, events and focus groups to establish concrete solutions to address the drop in employment of the severely disabled.



While transforming the federal workforce is significant, there are some supporters that envision LEAD serving as a catalyst for change by encouraging the private sector to develop a similar program, which would lead to even more new and exciting job opportunities for people with disabilities.

“The LEAD project will help federal hiring officers recognize the often untapped potential of people with disabilities. UCP praises the EEOC for its proactive approach and its

encouragement of individuals with disabilities to live a life without limits,” said Stephen Bennett, President and CEO of United Cerebral Palsy.

For more information about LEAD, visit <http://www.eeoc.gov/initiatives/lead/>.

About United Cerebral Palsy

United Cerebral Palsy is one of the nation’s leading organizations serving and advocating for the more than 54 million Americans with disabilities. Most UCP consumers are people with disabilities other than cerebral palsy. Through its nationwide network, United Cerebral Palsy offers services to individuals, families and communities such as job training and placement, physical therapy, individual and family support, early intervention, social and recreation programs, community living, state and local referrals, and instruction on how to use technology to perform everyday tasks. For more information, visit www.ucp.org.

DHS Program for Persons with Brain Injury

DHS offers a home services program for persons with brain injury to become more independent and to assist them in participating in their communities. Services offered for those who qualify are:

- Personal Assistants
- Homemaker Services
- Home Health & Nursing
- Adult Day Care
- Home-Delivered Meals
- Day Treatment
- Behavioral/Cognitive Rehabilitation
- Prevocational Services
- Supported Employment



To be eligible, applicants must:

7

- Live in, or intend to live in Illinois
- Expect their disability to last at least 12 months
- Apply for Medicaid
- Be at risk of nursing home placement

To apply or find out more information you can call 1-800-252-8635 or visit your local DHS office.

-IDHS Brain Injury Waiver brochure - 2006

Tele-help Line for Caregivers (TLC)

TLC is a **FREE** telephone based training and support program for Southern Illinois Caregivers (family, friends & neighbors) of older adults. Services help caregivers avoid burnout & reduce common caregiver problems of ongoing fatigue, feeling blue, feelings of helplessness, etc.

Services include:

- Knowledge – get information about your loved one's condition and connect with resources and services.
- Help & Support – Learn how to stay connected with family and friends and get the help and support you need.
- Skills – Learn ways to put things together and solve problems when they come up.
- Managing Stress – Learn how to handle stress and negative feelings you might have from time to time.

When you call, staff will match you with the kind of training you need – for your particular challenges, and you get to talk to someone who really understands! 😊



United Cerebral Palsy of Southern Illinois

The TLC staff is a diverse group of caring people, who know a lot about aging and care giving. These individuals have a lot of personal and professional experience and training. They work with each caller's unique situation to provide the help that you need to be an effective and healthy caregiver.

1-866-GETSTLC (1-866-438-7852) or
(618) 453-3407

-Southern Illinois Caregiver Telehealth Project Brochure 2006

Learning to Give

As the holiday season quickly approaches, we are easily distracted by the hustle and bustle of shopping, parties, cooking, etc. We all need a little reminder every year of the true meaning of the holiday season. "Learning to Give" is a website offering lesson plans, activities, and resources to educate youth about the power of philanthropy (sharing time, talent & treasure) and empowering young people to make a difference in their school, their community and their world!" This website offers lesson plans for teachers, ideas for parents, and activity plans for youth groups and religious instructors.

For more information visit the Learning to Give website at www.learningtogive.org

-Info from the Learning to Give Website and from United Way of Southern Illinois

Toys for children with special needs

When selecting toys for children, sometimes we struggle selecting the right toy for the right child for the right reasons, especially if the child has a disability.



8

United Cerebral Palsy of Southern Illinois

According to Sue Mistrett, director emeritus of Let's Play!, (a project assessing the role of play in special education), the key to selecting the best toy for a child with disabilities is observation. She tells parents, "Observe, watch, and see what is happening between the child and the toy. Watching and observing children at play with their toys provides clues about the child's interests and developmental stage and direction in which the child should be guided. Observe the child, learn what she likes and how she best plays with things-then buy accordingly". Select the toy that will achieve the right balance for a child between challenge and pure fun. Questions you might ask yourself while observing your child are:

- ❖ Where is she most successful?
- ❖ Is she successful with softer toys that she can grab onto more easily?
- ❖ Are there objects that she can push back and forth with a tray in between so that the objects don't fall off?
- ❖ How does she interact with the objects?
- ❖ What does she like?
- ❖ Is the toy appealing to her? How? Why?
- ❖ Does it have multiple colors?
- ❖ Is it what you child needs?
- ❖ Does she like the texture?
- ❖ Does the toy promote independence?

Ms. Mistrett recommends purchasing toys with some texture for children with low vision and toys with adjustable volume controls. She cautions parents to avoid toys with small components as well as toys with only one way to play. "Toys must be flexible enough to adapt to different play situations." For more information or to request a newsletter, visit Family Center on Technology and Disability at fctd@aed.org or call 1(202) 884-8068.



A few resources

- FindTheRightToy.com This website provides reviews of recreational, education and therapeutic toys from a therapist's perspective. The site is separated by skill areas allowing you to search where you feel your child needs the most help.
- www.drtoy.org
- letsplay.buffalo.edu
- exeptionalparent.com
- centerforcreativeplay.org
- Abilitations
www.abilitations.com
- Achievement Products for Children
www.specialkidszone.com
- Sensory Edge www.sensoryedge.com
- Flaghouse www.flaghouse.com
- www.specialneedstoys.com



Info taken from Family Center on Technology and Disability- November 2006

