



PostCARD

Director's Note

Dear Friends of CARD,

I can't believe that school is about to start again – for our University and the public and private schools in our region! At CARD, we are getting ready and making plans to have regularly scheduled visits in many of the school districts we serve as well as preparing for the professional development needs of teachers and other service providers. Although our travel budget has been cut by 50% this year, we will make every effort to continue with our home, school and community visits either in person or by phone or computer connection.

We have been busy this summer with the many requests for assistance that come from our constituents, our summer institute on literacy, preparing visual supports for families and professionals, distributing information at the Autism Society of America Conference in Kissimmee, grant writing and other activities. We are grateful to have had a part-time student assistant, Jessica West, who is paid by the UF Department of Communication Disorders to help Kathy Robinson make visual supports. Many thanks to Dr. Chris Sapienza, Chair of the Department of Speech, Language, and Hearing Sciences!

The latest news from Tallahassee is that Governor Scott is asking the Florida Legislators to prepare a budget for next year with an additional 10% cut for all State agencies. We have been advised that families who wish to see the CARD

Centers, public school funding and other services for persons with disabilities preserved should write to the Governor and also make a personal visit to their Senator and Representative in September.

Please continue to watch our website and calendar and to follow us on Facebook. We are planning a variety of educational programs and activities for the fall months. And don't forget to contact us by phone or email whenever the need arises.

Best wishes always,
Greg Valcante, Ph.D.

Online Trainings Available

Did you know that you can participate in many of our trainings from the comfort of your own home? Just check the location for specific trainings on our calendar, www.card.ufl.edu/calendar.html, and if it says "online via Adobe Connect" follow the directions to connect with us online.

Some of our past trainings have also been recorded. Visit our Training page, <http://www.card.ufl.edu/training>, to view trainings about:

Transition
Sensory Issues
Autism and Genetics
Potty Training
Inclusion
Overview of Autism & More

CARD Office Hours

The CARD office located at 2124 NE Waldo Road, Suite 3200 in UF's East Campus Building in Gainesville is "closed" until 12 PM on Mondays for staff meetings. Computers for making visual supports are available during normal business hours on Tuesday to Friday and after noon on Mondays. For an appointment please call Kathy Robinson at 352 392-4171 or 800 754-5891 ext. 9.

CARD Website

Go to www.card.ufl.edu for information about:

workshops

research

current news about autism & related disabilities

support groups

professional development

fact sheets

past issues of the PostCARD

CARD conference information

and more!

Want to stay informed about workshops in our area and receive other useful information? Subscribe to our bi-monthly eNews by sending your name and email address to card-info@ufl.edu.

Staying Up-to-Date

- **Enews** - We send out an electronic newsletter once to twice a month that includes information on our trainings and events as well as trainings and events held by other organizations. If you would like to receive our enews please send an email with "Subscribe to enews" in the subject line to card-info@ufl.edu.
- **Facebook** - To get reminders about events, connect with other CARD friends, and get information about current autism news, visit our facebook page - www.facebook.com/UFCARD and "like" us.
- **Website** - Visit our website at www.card.ufl.edu to learn more about autism, our services, watch recordings of past trainings, view our calendar, and much more.

Back to School Preparations

Need a few ideas for making the first few weeks of school go as smoothly as possible? Here are a few quick and easy ideas to help you.

Here is an article from Sandbox.learning.com-

"End of Summer Activities to Prepare for the School Year"

<http://bit.ly/nO15PD>. There are several other helpful articles on this website that you may find useful.

An "All About Me" book is a helpful way to introduce your child to the teacher. Below you will find links to two different templates to fill in some information about your child to help others understand him and explain some of the gifts and challenges that he may have.

After looking at these two documents you may come up with some ideas of your own. You can ask your child to help with answering some of the questions and let him give the completed book or paper to his teacher on "Meet the Teacher Day" or some other time before the first day of school if possible.

[Fifteen Things About Me](#)

<http://bit.ly/nX3zUB>

[All About Me](#)

<http://bit.ly/pYQeoz>

Online Book Study for Educators

DATE: September 5-30, 2011 ***NEW DATES***

This online book study will focus on the work of Sonja de Boer titled "Successful Inclusion for Students with Autism". The book is a guide for educators to develop inclusive programs for students with autism spectrum disorders and includes practical and evidence-based strategies for instruction, behavior, and communication. Our book study will be an asynchronous event where the views of each participant are welcomed and valued. Upon registration participants will receive further information for connecting to the book study event. Books will be provided to participants free of charge.

For more information or to register please visit

<http://doepartnership.usf.edu/trainings.asp>.

Rural County Visits

In an effort to continue our support to our rural school districts, CARD staff have committed to continue monthly visits. Here is the current visit schedule:

Cathy Zenko will be visiting Gilchrist County Schools on the 2nd Friday of every month. Susan Hill & Art Wallen will be visiting Levy County Schools on the 3rd Thursday of each month.

Greg Valcante will be visiting Hamilton County Schools on the 1st Thursday of each month.

If you wish to schedule a visit with any of these CARD staff members please call 352 273-0581.

Online Autism Modules

We would like to remind everyone about the the AIM (Autism Internet Modules) project that was developed by the Ohio Center for Autism and Low Incidence (OCALI) in partnership with the Autism Society of America (ASA) and three other organizations in 2007 "as a way to provide parents and professionals with the up-to-date information they need to help individuals with ASD achieve their highest potential."

"All module content has been written by ASD experts from across the U.S." including staff from UM CARD. "Each module was designed to be consistent with research on how adults learn; information is presented at a universal reading level, and interactive activities both reinforce knowledge and teach learners how to make the latest research applicable to real life."

There are currently 35 modules available and 35 more in development. Here are some examples of the topics covered:

Current: Overview of Social Skills Functioning and Programming, Parent-Implemented Intervention, Peer-Mediated Instruction and Intervention (PMII), Preparing Individuals for Employment, Self-Management, Visual Supports

In Development: Bullying, Choice-making, Circle of Friends, Family-School Partnerships, Toilet Training

The AIM project website can be found here:

[http:// http://www.autisminternetmodules.org](http://http://www.autisminternetmodules.org)

We also have a link to the modules on our website here: [http:// card.ufl.edu/content/video.html](http://card.ufl.edu/content/video.html)

CARD Support Groups

This is a list of support groups organized by our Parent Partners or staff. To view a list that includes other support groups in our area please visit www.card.ufl.edu/localsupports.html.

- **Gainesville Autism Parent Focus Group**

Contact: Cheryl Brenner at 386-467-3820 or cherylbrenner@ufl.edu
Meetings are held on the 2nd Fridays of each month.

- **Columbia County Autism Support Group Meeting - Lake City**

Contact: Jaime Bracken at 386-397-1882 or jbracken@ufl.edu
Meetings are held on the 3rd Mondays of each month.

- **Ocala Autism Support Network - SW Marion County**

Contact: Ace Perales (352) 598-2514 or aperales@ufl.edu
Meetings are held on the 2nd Thursdays of each month.

- **Autism Spectrum Disorder Focus Group - Palatka**

Contact: Cheryl Brenner at 386-467-3820 or cherylbrenner@ufl.edu
Please contact Cheryl for meeting dates.

- **Support Group for Adults on the Spectrum - Gainesville**

Contact: Robin Byrd 352-846-3700 or robinl@ufl.edu
Meetings are the last Thursday of every month at 12:00 noon.

Emergency Preparation

Many counties in the country are using emergency notification systems to notify their citizens of critical information including severe weather warnings. Here in Alachua County you can sign up to receive these notifications via text or a phone call. In addition to asking for basic information such as your name, address, email address, and phone numbers, they also ask if anyone in your home requires special assistance. In addition to checking this box you should also fill out a Special Needs Registration form.

If you live in Alachua County you can sign up here - www.alachuacounty.us/em and click on Code Red. The Special Needs Registration form is also available on that page. If you live in another county check your county's Public Safety website to see if they use an emergency notification system or how they are prepared to help their citizens with special needs.

Another helpful site to visit is the State of Florida's Family Disaster Planning website - www.FloridaDisaster.org. Here you can make your family plan and download an Emergency Preparedness and People with Disabilities Brochure.

For individuals who benefit from social stories, USF CARD wrote one to help individuals prepare for hurricanes. It can be found here - <http://bit.ly/qLck2k>. If you are interested in making one specific to your evacuation plan please contact Kathy Robinson here at UF CARD at 352 392-4171 and she would be happy to help you.

Florida Autism License Plate

Did you know that not only do Florida Autism License Plates raise awareness about autism they raise funds for the Centers for Autism and Related Disabilities throughout Florida and other services for individuals with autism?

The plates cost \$25 annually above the standard Florida license plate and can be purchased online or in person when you renew your tag.

For more information please visit:
www.autismlicenseplate.com

Health Insurance

Many people still have questions about the Florida Autism Legislation (Senate Bill Number 2654) that passed on May 2, 2008. The legislation covers individuals diagnosed with Autistic Disorder, Asperger's Syndrome, and Pervasive Developmental Disorder Not Otherwise Specified. There are age and dollar amount limitations.

Here is some information from Autism Speaks' overview:

1. Authorizes the Agency for Health Care Administration to seek federal approval for Medicaid coverage of applied behavior analysis and other therapies for children with autism and other developmental disabilities.
2. Requires the Office of Insurance Regulation to convene a workgroup that will negotiate a developmental disabilities compact binding health insurers and health maintenance organizations to insure persons with autism and other developmental disabilities.
3. Mandates coverage for individuals with autism by health insurers and health maintenance organizations that do not sign the compact.

You can learn more at the following links:

[Autism Speaks Analysis of Florida Senate Bill Number 2654](http://www.AutismSpeaks.org/analysis-of-florida-senate-bill-number-2654)
<http://bit.ly/p0l8iw>

[Autism Speaks F.A.Q. about the Autism Insurance Reform Law](http://www.AutismSpeaks.org/f.a.q.-about-the-autism-insurance-reform-law)
<http://bit.ly/nS0Qo5>

[Florida Senate Bill Number 2654](http://www.Florida.gov/senate-bill-number-2654)
<http://1.usa.gov/nJbTMZ>



Staff

Robbin Byrd, B.S. **CARD Consultant**
Susan Hill, A.R.N.P. **CARD Consultant**
Mark Lewis, Ph.D. **Executive Director**
Leannis Maxwell **Program Assistant**
Ann-Marie Orlando, M.S. CCC-SP/A ATT **CARD Consultant**
Carole Polefko **Public Education Coordinator**
John Polefko, M.Ed. **CARD Consultant**
Krestin Radonovich, Ph.D. **Assistant Professor**
Kathy Robinson **Visual Supports Specialist**
Greg Valcante, Ph.D. **Director**
Art Wallen, M.S. **Associate Director**
Alissa Yax **Intake Coordinator**
Cathy Zenko, M.S., CCC-SLP **CARD Consultant**

Parent Partners

Jaime Bracken
Columbia , Hamilton, Lafayette, Suwannee, and
Union Counties
Cheryl Brenner
Alachua, Bradford, Dixie, Gilchrist, Levy, and
Putnam Counties
Margie Garlin
Citrus and Hernando Counties
Amparo Perales
Marion County

Free Presentation: Attend in-person or online

“**Social Animation and Development of a Person with Autism**”, will provide an interesting perspective on the social development of people with Autism and a first-hand account of the same. Jacob Stephens offers various outlooks and points of view whereby living with Autism can be viewed as a challenge rather than a tragedy. This presentation has four parts: “Tiger in a Lions’ Den” attempts to explain what it is like to have Autism in a social world, while “Social Animation” briefly describes the process of meeting the challenges involved therein. “Own Little World” describes some of the silent and invisible aspects of having Autism while “Physical Fitness” describes how healthy exercise can be a confidence booster for individuals with Autism as much as for anyone else.

About the Presenter:

Jacob Alexander Hunter Stephens spent his High School years studying social conventions and group dynamics. At Santa Fe College he

studied kinesthetics as a Dance major. He enjoys traveling and his hobbies include amateur dodge ball, the study of linguistics, and playing the Marimba (a type of percussion instrument). Jacob holds an Associate of Arts Degree from Santa Fe College and is currently working toward a Bachelor Degree in Psychology. For more information please visit our calendar at www.card.ufl.edu/calendar.html or call 352/273-0581.

Save the Date

The 19th Annual CARD Conference will be held January 13-15, 2012, in Orlando, FL. We will post more details as they are available on our website, facebook page, and in our newsletter and enews.

UF
Center for Autism
and Related Disabilities
UNIVERSITY of FLORIDA
The PostCARD
CARD UF/Gainesville
PO BOX 100234
Gainesville, FL 32610-0234
t 352 846-2761 or 800 754-5891
f 352 846-0941
cpolefko@ufl.edu
www.card.ufl.edu

Non-Profit Org.
US POSTAGE
PAID
Gainesville, FL
Permit No. 94