



Parent to Parent

Inform | Support | Connect

AUTISM SUPPORT MEETING

Presenters:

Carla L. Nibler and Candace Nelson

Zoom Meeting moderator: Cyndy Knight



Please enjoy this YouTube video:

- ▶ YouTube: <https://www.cbsnews.com/video/how-a-simple-act-of-kindness-transformed-a-boys-birthday/>



CDC: Autism Rate Climbs Again

- ▶ NEW RATE!: 1/54 have ASD (3/26/20) this is a jump from 1/59 reported in 2017.
 - ▶ From latest data (2016)-Autism and Developmental Disability Monitoring Network (ADDMN) tracks prevalence by reviewing health and educational records for 8 year olds living in 11 communities across country.
 - ▶ Reason for increase:
 - ▶ more children are being evaluated and diagnosed at younger ages
 - ▶ Clinicians getting better at diagnosing
 - ▶ Boys 4 x more prevalent than girls
 - ▶ About 1/3 have intellectual disability too
 - ▶ Median age of diagnosis remained greater than age 4
 - ▶ Condition can now be reliably diagnosed by age 2
- ▶ ADDMN Report did a study on 4 year olds who had ASD in 6 communities
- ▶ In 2016 84% had received at least one developmental screening by 36 months up from 2014 when only 74 % received at least one screening.
- ▶ This Disability Scoop article can be found at:
<https://www.disabilityscoop.com/2020/03/26/cdc-autism-rate-climbs-again/28050/>

FRUSTRATION

- by Rachel Alexander

You look at me with watery eyes
You grab and squeeze my arm
You want to hurt me
But you can't explain to me why

You're feeling frustrated
Something has made you feel this way
You can't explain this to me
You're in such a disarray

I ask you not to hurt me
You squeeze a little
I tell you everything will be okay
You squeeze a little more

Your eyes are still watering
But the frustration has gone
You act like nothing happened
You don't remember what you've done.

How to Ask DDA Case Manager for More Respite Hours

“Due to “Corvid 19 Pandemic,” I need an exception to the rule for respite.”

I need more hours because:” (things to consider)

- ▶ Parent has no family/friends in area to help with childcare
- ▶ No School in session
- ▶ Parent(s) has to work
- ▶ Care providers are scarce
- ▶ Pandemic is affecting caregivers hours
 - Not enough caregivers to back up current care provider
 - Current providers understands my child
 - ❖ Child has aggressive behavior
 - ❖ Child is nonverbal
 - ❖ Must have uninterrupted routine
 - ❖ Has interrupted sleep patterns - hard to keep awake during day
 - ❖ Needs help:
 - ▶ Dressing, Toileting, Eating, Self-Regulation

Continued...

- ▶ Parent needs more respite hours because:
 - Parent has poor physical/mental health
 - Parent lacks sleep due to child not sleeping (*if parent gets less than 5 uninterrupted hours of sleep, this is considered*)
 - ❖ Parent has emotional/physical issue due to lack of sleep
 - ❖ Health and Safety issue due to lack of sleep (hard to concentrate, stay awake, etc)
 - Parent needs naps due to lack of sleep
 - Parent is experiencing health issues unrelated to child and therefore having trouble caring for child
 - Child is constantly “on the go,” perhaps ADHD along with ID, parent can’t keep up the pace of the child all day

- ▶ These are some things that *MAY* get you more respite hours.
- ▶ Also remember when you talk to your DDA case managers, be sure to convey your child’s worst day, NOT best.

DSHS - Did You Know: Back-Up Caregivers and Personal Emergency Response System

- ▶ **Did You Know: Back-up Caregivers and Personal Emergency Response System**
- ▶ The Developmental Disabilities Administration wants you to have information about back-up caregivers and personal emergency response systems.
- ▶ Click on the attachment to find out more about:
 - What to do if your caregiver is unable to provide care;
 - What is PERS?
 - Who can receive this service?
 - How do I get this service?
 - How do I find a provider?
- ▶ **Back-up Caregivers and Personal Emergency Response Systems**
- ▶ https://content.govdelivery.com/attachments/WADSHSDDA/2020/03/27/file_attachments/1413187/Back%20up%20caregivers%20and%20personal%20emergency%20response%20systems.pdf

If your child is having a meltdown that you can't handle...

- ▶ Call, do not drive to, the Emergency Room.
- ▶ Call the Walla Walla Crisis Team: (509) 522-4278

- ▶ Speaking of meltdown's, using the chatbox, how is school going? Is there anything collectively we can do to advocate for additional help?

Economic Impact Payments

What's it All About?

THE IMPACT OF COVID-19

The COVID-19 virus is harming more than our health. When people can't work, shop or do business, it hurts our whole economy.

To help make things a little easier, the United States Congress passed a law called the CARES Act.

Part of the CARES Act includes payments of \$1,200 for people who earn less than \$75,000 per year. Some people who earn more than that will get money too (just not \$1,200). It also includes \$500 for every dependent under age 17.



If you receive SSI or SSDI, you will get a \$1,200 payment. It will not affect your eligibility for other benefits.

People who **will not** get a payment are those who:



- earn more than \$99,000 as single person
- are claimed as a dependent on someone else's tax return (for example, a parent who claims a child)
- don't have a valid Social Security number
- are a non-resident of the United States

There are more details about who gets payments on the IRS website for economic impact payments: irs.gov/coronavirus/economic-impact-payment-information-center.

Payments to people receiving Supplemental Security Income (SSI).

People on SSI with no qualifying children do not need to take action in order to receive their payments. SSI recipients with qualifying children, however, will need to use the Non-Filers portal, which is found here: irs.gov/coronavirus/non-filers-enter-payment-info-here.



Be on the lookout for scam artists trying to steal your personal information and money.

The IRS will not call, text you, email you or contact you on social media asking for personal or bank account information – even related to the economic impact payments. Watch out for emails with attachments or links claiming to have special information about economic impact payments or refunds. They are scams.

Other local resources available on our Facebook pages:



COVID-19 HOUSING & UTILITY RELIEF
 The information provided here does not, and is not intended to, constitute legal advice. This is for general informational purposes only.
 Updated and issued April 20, 2020.



ASISTENCIA PARA LA VIVIENDA Y SERVICIOS PÚBLICOS POR COVID-19
 La información que se proporciona aquí no consiste, ni tiene la intención de ser asesoría legal. Solamente tiene el propósito de dar información en general.
 Actualizada y publicada el 20 de abril de 2020.

HOUSING

Relief	How Long	Contact
Eviction Moratorium, Washington State Residential Renters: <ul style="list-style-type: none"> No evictions unless the resident poses an immediate health and safety risk to others. No late fees or other charges related to nonpayment of rent allowed. Landlords cannot increase rents during this time. 	Unfil at least June 4, 2020	WA State Attorney General's Office: https://fortress.wa.gov/atg/formhandler/ago/COVID19EvictionComplaintForm.aspx or WA State Attorney General Civil Rights Division: (833) 660-4877
Eviction Moratorium, Oregon State Residential Renters: <ul style="list-style-type: none"> No evictions for failure to pay rent. Law enforcement may enforce evictions for other reasons. 	Unfil at least June 19, 2020	OR Governor's Office on Housing Issues: (503) 931-7773
No Residential Foreclosures for 60 days: <ul style="list-style-type: none"> Applies to single family homes with mortgages backed by Fannie Mae, Freddie Mac, HUD, the VA, and USDA Rural Housing, and homes insured by the Federal Housing Administration This does not mean that mortgage payments have been suspended. A homeowner with a federally-backed mortgage experiencing financial hardship due to coronavirus may request a forbearance for up to 180 days, which may be extended for another 180 days. 	Unfil at least May 17, 2020	Contact the institution that finances and/or insures your mortgage.
Eviction Moratorium for Renters in Properties with a Federally-Backed Mortgage (HUD, USDA), Subsidized Housing (Public Housing, LIHTC), and for Renters with Federally-Subsidized Vouchers (Section 8, VASH): <ul style="list-style-type: none"> No evictions for failure to pay rent during this time. No late fees or other charges related to nonpayment of rent; no eviction for not paying these fees. After July 25, rental can only be terminated with a 30-day notice. 	July 25, 2020	<ul style="list-style-type: none"> In WA State, CLEAR Hotline: 1-888-201-1014 In OR State, OR Law Center, Umatilla County: (541) 276-6685
Contact your mortgage lender to discuss your options if you have a privately-backed mortgage and cannot make payments due to COVID-19.		Homeowners in distress in WA may call Department of Financial Institutions: (877) 746-4334, or visit www.homeownership.wa.gov for assistance on how best to contact their mortgage servicer.

VIVIENDA

Asistencia	Duración	Contacto
Suspensión de desalojo para inquilinos de vivienda en el estado de Washington: <ul style="list-style-type: none"> No habrá desalojos, a menos que quien habita la vivienda presente un riesgo inmediato para la salud y seguridad de otras personas. No se permite multas por pagos atrasados u otros cargos relacionados con la falta de pago de la renta. Los propietarios de vivienda no pueden aumentar la renta durante este tiempo. 	Al menos hasta el 4 de junio de 2020	Oficina de la Procuraduría General del estado de Washington: https://fortress.wa.gov/atg/formhandler/ago/COVID19EvictionComplaintForm.aspx o llame a la División de Derechos Civiles: (833) 660-4877
Suspensión de desalojo para inquilinos de vivienda en el estado de Oregon: <ul style="list-style-type: none"> No habrá desalojos por no pagar la renta. Los cuerpos policiales pueden hacer cumplir los desalojos por otras razones. 	Al menos hasta el 19 de junio de 2020	Oficina del gobernador de Oregon para asuntos de la vivienda: (503) 931-7773
No habrá ejecuciones hipotecarias durante 60 días: <ul style="list-style-type: none"> Perfite a viviendas unifamiliares con hipotecas respaldadas por Fannie Mae, Freddie Mac, HUD, el VA, y USDA Rural Housing, y las casas aseguradas por la Administración Federal de la Vivienda. Elo no significa que los pagos de la hipoteca han sido suspendidos. El propietario de casa que tiene dificultades económicas debido al coronavirus y tiene una hipoteca respaldada por el gobierno federal puede solicitar una suspensión temporal de cobro de hasta 180 días, la que puede extenderse por otros 180 días. 	Al menos hasta el 17 de mayo de 2020	Comuníquese con la institución que financia y asegura su hipoteca.
Suspensión del desalojo para inquilinos que viven en propiedades con una hipoteca respaldada por el gobierno federal (HUD, USDA), vivienda subsidiada (vivienda pública, LIHTC), y para inquilinos con vales subsidiados con fondos federales (Sección 8, VASH): <ul style="list-style-type: none"> No habrá desalojos por no pagar la renta. No habrá multas por pagos atrasados u otros cargos relacionados con la falta de pago de la renta; no habrá desalojo por no pagar esos cargos. Después del 25 de julio, el alquiler de vivienda sólo puede darse por terminado con un aviso de 30 días. 	25 de julio de 2020	<ul style="list-style-type: none"> En el estado de Washington, CLEAR Hotline: 1-888-201-1014 En el estado de Oregon, OR Law Center, Umatilla County: (541) 276-6685
Comuníquese con su prestamista hipotecario si tiene una hipoteca respaldada por el sector privado y no puede hacer pagos debido al COVID-19.		Los propietarios de casas en Washington, que se encuentran en apuros económicos, pueden llamar al Departamento de Instituciones Financieras al: (877) 746-4334, o visiten www.homeownership.wa.gov para recibir asistencia sobre la mejor manera de comunicarse con su agente de hipoteca.

UTILITIES

Relief	How Long	Contact
Cascade Natural Gas: <ul style="list-style-type: none"> Customers will not be disconnected for nonpayment. You can make payment arrangements. You may be eligible for a grant of up to \$100. 	Undetermined at this time.	Cascade Natural Gas: (888) 522-1130 or https://www.cngc.com/
Columbia Rural Electric Association: <ul style="list-style-type: none"> Each case is handled on an individual basis. Call for additional information. 		Columbia REA: (509) 525-4041 or http://www.columbiarea.com/
Ferrellgas: <ul style="list-style-type: none"> Each case is handled on an individual basis. Call for additional information. 		Ferrellgas: (509) 525-8122
Milton-Freewater City Light & Power: <ul style="list-style-type: none"> Each case is handled on an individual basis. Call for additional information. 		City of Milton-Freewater: (541) 938-5531
Pacific Power: <ul style="list-style-type: none"> Late payment fees and disconnections for non-payment are temporarily suspended. Contact your service provider to discuss your options. 	Undetermined at this time.	Pacific Power: (888) 221-7070 or https://www.pacificpower.net/

SERVICIOS PÚBLICOS

Asistencia	Duración	Contacto
Cascade Natural Gas: <ul style="list-style-type: none"> No se cortará el servicio si no puede pagarlo. Puede hacer acuerdos para el pago. Puede ser elegible para una subvención de hasta \$100. 	No hay fecha determinada en este momento.	Cascade Natural Gas: (888) 522-1130 ó https://www.cngc.com/
Columbia Rural Electric Association: <ul style="list-style-type: none"> Cada caso es evaluado individualmente. Llame para obtener más información. 		Columbia REA: (509) 525-4041 ó http://www.columbiarea.com/
Ferrellgas: <ul style="list-style-type: none"> Cada caso es evaluado individualmente. Llame para obtener más información. 		Ferrellgas: (509) 525-8122
Milton-Freewater City Light & Power: <ul style="list-style-type: none"> Cada caso es evaluado individualmente. Llame para obtener más información. 		La Ciudad de Milton-Freewater: (541) 938-5531
Pacific Power: <ul style="list-style-type: none"> No se cortará el servicio si no puede pagarlo. Comuníquese con su proveedor de servicios para hablar de sus opciones. 	No hay fecha determinada en este momento.	Pacific Power: (888) 221-7070 ó https://www.pacificpower.net/

DOMESTIC VIOLENCE SHELTERS

<ul style="list-style-type: none"> Walla Walla & Columbia Counties- YWCA – (509) 529-9922 Umatilla County- Domestic Violence Services, Inc. – 1-800-833-1141
--

ALBERGUES PARA CASOS DE VIOLENCIA DOMÉSTICA

<ul style="list-style-type: none"> Condados de Walla Walla y Columbia- YWCA – (509) 529-9922 Condado de Umatilla - Domestic Violence Services, Inc. – 1-800-833-1141
--

Some simple suggestions for play/learning at home

- ▶ Make a tent with a sheet
 - Eat in the tent
 - Do homework in the tent
 - Nap/sleep in the tent
- ▶ Make things out of cardboard boxes
 - Cars
 - Dinosaurs
 - Nap Box
- ▶ Stack Solo Cups
 - Knock down with soft balls
 - Bowling
- ▶ Make diagrams/pictures with Q-Tips
- ▶ Play card Games - Old Maid, Go Fish, Gin Rummy
- ▶ Learn Tic Tac Toe
- ▶ Draw your favorite thing, vacation, person, etc.
 - Then write one paragraph about it
- ▶ Get out some old magazines
 - Cut and paste a story
 - Collage
- ▶ Draw pics and/or write letters
 - Thank you notes
 - Pic to Grandma
 - Ask recipient to write back
 - Kids love to get things in the mail
- ▶ Side Walk Art
- ▶ Scavenger hunt
 - Reuse the plastic eggs with clues in them
- ▶ Have kids plan a meal and make it
- ▶ Simon Says game “Simon says take 2 steps forward”
- ▶ Make up a story, take pics and then make a book
- ▶ Can dress up, use makeup, make props, etc.
- ▶ Kick the can
- ▶ Building with blocks, Legos or even soup cans
- ▶ Pick dandelions, strip off tops. Then shred stems and place in water. They curl up!
- ▶ Make chains/necklaces out of macaroni, fruit loops, beads, paper, dandelions, pipe cleaners +.
- ▶ Rearrange their bedrooms.

THANK YOU FOR ATTENDING

- ▶ If you would like to reach out to another parent of a child with Autism please contact Carla Nibler (509)520-2249, Candace Nelson (509)540-7092, or ask to be connected to a parent in our community by calling:



Parent to Parent
Inform | Support | Connect

Parent to Parent Coordinator: Angie Witt, #(509)540-9880

Email: p2p@wwvdn.org

Hispanic Outreach Coordinator: Ysabel Fuentes, #(509)301-0679

Email: p2pespanol@wwvdn.org

- ▶ Please be sure to sign up to receive monthly emails from the Walla Walla Valley Disability Network to stay informed about meetings like this and family activities, social events (currently on-hold), and recreation opportunities.



WALLA WALLA VALLEY

**Disability
Network**

www.wwvdn.org

YOU ARE NOT ALONE.