

CARD NEWSLETTER

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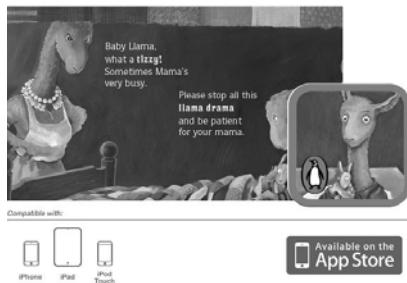
CARD serves Baker, Clay, Duval, Flagler, Nassau, & St. Johns County. We offer services to family, schools, and community organizations who's lives come in contact with the autism community; CARD also provides services to individuals with vision or hearing impairments or dual sensory impairments. All CARD services are at no cost to the individual.

We Have An App For That

By Michele Bell-Badger

When I first entered the field of Speech-Language Pathology, my therapy box always contained my data notebook, familiar objects, articulation and language flashcards, scissors, construction paper, glue, crayons, speech buckets/chips and last but not least my "trusty mirror". Wow, has the world of therapy changed! Now I cannot enter my therapy session without my new best friend, the "I-Pad". It's been an amazing transformation for our field. Think about it. No more standing in line at the copy machine, No more handing out chips for each response. No more flipping through pages and pages of data to find your individual groups. As we enter the world of technology, I no longer have to worry about which flashcards I'm going to use but which app am I going to use for my therapy sessions.

As with any therapy tool, an app that might work for one student may not work for another student. Apps come and apps go (along with the prices). Prior to purchasing an app you may want to see if there is a "lite" version that you can use with your student or child prior to determine if the app matches the concept or skill that you are targeting. Two app sites that I have found particularly helpful are smartappsforkids.com and smartappsforspecialneeds.com. This site will email you free and discounted apps on a daily basis.



The featured apps for the month of December are Llama Llama Red Pajama, Timmy Time, and Beginning Sounds Sorting Game. **Llama Llama Red Pajama** app is based on the classic children's book written and illustrated by Anna Dewdney. This app has the option of being played in English and/or Spanish. **Timmy Time** app focuses on teaching handwriting to kids using animation. The app was developed by Learn At Home, which is part of the Pearson Educational Publishing Company. The child is asked to write a number using their finger. **Beginning Sounds Sorting Game** by Lakeshore is designed to build phonemic awareness, identifying words by beginning sound, and matching words by sound. If you have any apps that you are using with child or students that you would like featured in our next newsletter. Please feel free to email me at Michele.BellBadger@jax.ufl.edu.

Editors Note: CARD will host a free regional training, "iPads for Learning in Special Ways", on February 4th in Jacksonville. For more information go online to: http://doepartnership.fmhi.usf.edu/trainings/UFJ_iPadsforLearning_020414.pdf

Upcoming Events

Jan 17-19 Annual CARD Conference

card-usf.fmhi.usf.edu/CARDconference/

Feb 4 CARD Regional Training: iPads for Learning in Special Ways

doepartnership.fmhi.usf.edu/trainings/UFJ_iPadsforLearning_020414.pdf

CARD's Mission

To educate and empower individuals and families throughout the lifespan by providing support, assistance, and awareness within the community; with the goal of optimizing the potential of all individuals with autism and related disabilities.

Letter from the Division Chief:

As we come to another Christmas time, it is a time to reflect back on the year.

The staff at the CARD program and the entire Developmental Pediatric Center have done an amazing job. A year ago, The Annual CARD conference, held every January, was in St. Petersburg, celebrating the 20 year anniversary of the CARD organization. The 4th Annual Autism Symposium was again full- both with lots of families and providers as well as the latest scientific information on both causes of and treatments for autistic disorders. The 4th Annual CARD Deliver the Dream family retreat gave families a chance to breathe, and interact with other families without the pressures of worrying about behaviors.

May brought the new DSM-5 (notice the Arabic rather than Roman numeral...) with the new criteria for making a formal diagnosis with the continuation for everyone previously identified. And while Asperger's Syndrome was removed from the DSM, this does not mean it doesn't exist- only couldn't be quantified for inclusion. This condition continues to be diagnosed and our engagements with our families with AS will continue as before.

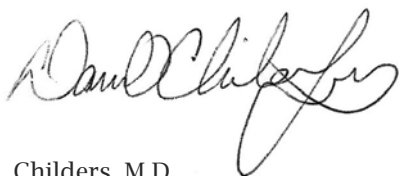
In addition there is always the funding issues. The staff worked very hard for a fundraiser- at Black Finn raising almost \$2000 for the Drum Line program. The Legislature, with a lot of encouragement from families from every single CARD program made a significant increase in funding. Unfortunately, we are still at less the 50% of the funding per client that we had in 2006, but it was a blessing which was obtained through the efforts of our families. In the next year we will be sponsoring another restaurant event, as well as participating in the Human Race run as fund raisers which we hope you will find time to support.

Our community partners have been amazing. Walgreen's continues to be the bedrock of our activities and events. Without their support we would be unable to serve families as we do. Walgreen's staff show up and help make every event a success. Their support of the Toy Drive each holiday season has resulted in hundreds upon hundreds of toys going to needy/deserving families. CSX, both through their support of the Internship program as well as volunteers during the holiday season take a huge load on, and provide remarkable opportunities for both individuals and families. And UF Health (UF College of Medicine, Jacksonville and Shands) provide both financial support and obtain a large number of gifts which are provided to families at our events. Without their support, the UF Jax Autism Center would not exist.

And what words are left to describe how dedicated and involved the staff has been with events for families? From the Seasons of Hope Dinner- a once in a lifetime holiday event for families to the Evening with Santa. The Valentine's Day party, the St. Paddy event, and the Spring Fling complete with Easter Egg hunt.

But the mother of all events- the Fall Festival, with over 2000 attendees, is the culmination of everything the Center stands for. We deeply believe that our clients are not the individual with the Autistic or Related Disorders. It is each and every one of you- the families. You are why the staff choose CARD over many other lucrative opportunities- it is seeing how remarkable each of you are with managing such challenging lives- and making it work. This Center exists for you and because of you.

Thank you for another great year- a year which is made possible because of you and by each of you. God bless and have a Happy, Successful and Loving New Year.



David O. Childers, M.D.
Chief, Developmental Pediatrics &
Executive Director of CARD
Center for Autism and Related Disabilities

Autism License Plate Now Available for your Model-T or Other Vehicle

Florida motorists have the opportunity to help generate funds for autism related services throughout Florida by purchasing a Florida Autism License Plate. A \$25 per plate donation goes to the Florida Autism License Plate fund and supports services and awareness programs like CARD throughout Florida.

GET YOUR AUTISM PLATE TODAY!



1.877.465.3824



New CARD Facebook Page On-the-line

CARD Jacksonville now has its own Facebook page. We'll be keeping the Facebook community updated on our trainings and other local events relevant to families, teachers, and professionals in the Jacksonville area.

Most of the items listed in our Weekly Update Newsletter will also be featured on Facebook.

You can access the new Facebook page by going to

<https://www.facebook.com/AutismJacksonville>

“Like” us to add our posts to your news feed.

HUNTING CASE GENTS OR LADIES SIZE

This ELEGANT Watch \$3.75

Before you buy a watch, cut this out and send to us with your name and address, and we will send you by express for examination a hands-me **WATCH AND CHAIN C. O. D. \$3.75.** Double hunting case, beautifully engraved, stem wind and stem set, filled with a richly jeweled movement and guaranteed a correct timekeeper; with long gold plated chain for Ladies or vest chain for Gents. If you consider it equal to any \$25 **GOLD FILLED WATCH Warranted 20 YEARS.** pay the express agent \$3.75 and it is yours. Our 20 year guarantee sent with each watch. Mention if you want Gents' or Ladies' size. Address **H. FARMER & CO., 860, 22 Quincy St., CHICAGO.**



Did you know CARD keeps an online archive of newsletters dating back to 2005?
<http://www.hscj.ufl.edu/pediatrics/autism/newsletter.aspx>

Like to be added to our email listserve?
 CARD produces a weekly email newsletter showcasing the months autism related community events. Email your name and email address to Anthony.Rhodes@jax.ufl.edu.

TEACHING SOCIAL SKILLS TO INDIVIDUALS WITH AUTISM SPECTRUM DISORDERS

By Maria Tapia, Ph.D.

Individuals with autism spectrum disorders often need intensive social skill training. Even if they become skilled in other areas, they often require ongoing social training throughout life.

Many social skills can be taught using incidental teaching methods, i.e. teaching in the environment when learning opportunities occur, or teaching them in an structured learning setting. As mentioned before, social skill learning is an ongoing process. So it is useful for parents, teachers, and caregivers to have a basic repertoire of teaching strategies to be used, either incidentally or in a structured setting, with individuals with autism spectrum disorders.

One important service provided at CARD is social skill training. The trainings are broken down by age as follows:

1-Social Skill Group(SSG). This group is an ongoing group for youngster age 14 to 17 diagnosed with Asperger Syndrome (AS). The goal is teaching social skills and facilitating social interactions. It is an ongoing group. The group meets the 1st Wednesday of the month from 4.00 to 5.30 p.m.

1a-Mothers' Support Group. This group is for mothers of youngsters in the SSG . The main goal of the group is for mothers to learn how to reinforce at home the skills learned by their youngsters in the group. It also provides an opportunity for them to connect with and learn from one another. It also facilitates their arranging social activities for their youngsters during the month. It is an ongoing group. It runs concurrently, but separately from the SSG.

1b-Siblings' Support Group. This group is for 9 to 14 year old siblings of the SSG youngsters The goal of the group is to facilitate verbalizations of issues related to sibling's social disability and how to provide social models for their siblings. It also provides an opportunity for them to connect with and learn from one another. It is an ongoing group. It runs concurrently, but separately from the SSG group.

2-Adolescent Asperger Group. This group is for individuals 17 to 21 years old diagnosed with AS. The goal of this group is to facilitate social interactions among the members and to learn social skills and coping mechanism to deal with social issues and events at home, school and work. It is an ongoing group. The group meets the 2nd Monday of the month from 4 to 6 p.m.

3-Adult Asperger Group. This group is for individuals 21 years old and older diagnosed with AS, including spouses or significant others .The goal of the group is to teach social skills and facilitate positive social interactions among the members. Social issues at home and work are often discussed. It is an ongoing group. The group meets the 2nd Monday of the month from 6.30 p.m. to 8.30 p.m.

BASIC STRATEGIES FOR TEACHING SOCIAL SKILLS :

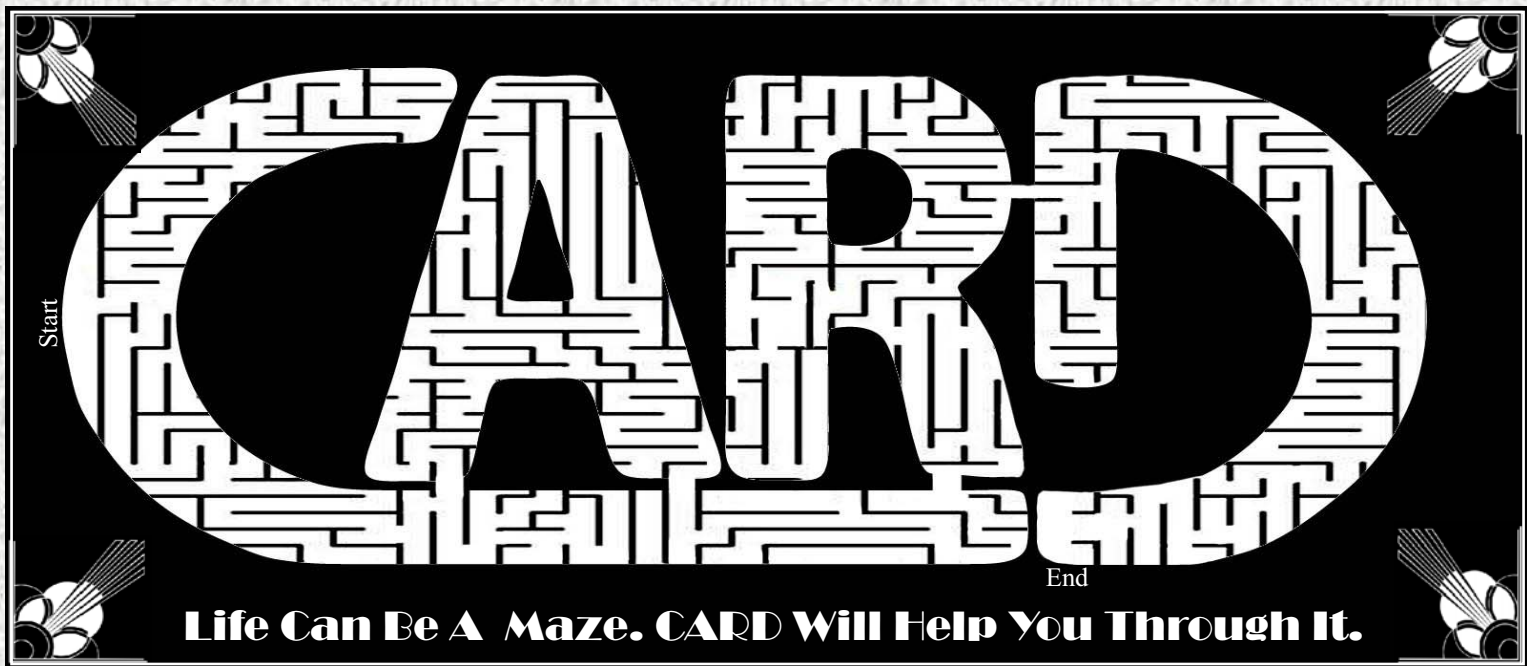
Role Playing - This can be done with dolls, puppets or people, depending on age. It can involve the individual as an observer or as a participant. It usually includes identifying specific social skills, role played them and rectifying problems in the interaction.

Social Stories - They are mostly used with children. They convey information about multi-element social tasks. Illustrations can be used to aid comprehension. Multiple versions may assist in generalizing knowledge.

Videotape Segments -They are used to identify appropriate and inappropriate social behaviors. Mostly used with older children and adults.

Rule Cards - They provide a visual reminder of activity-specific rules and behaviors. It is often used as a brief review of rules and behaviors before an event/ activity/situation. Mostly used with older children and adults.

Non-verbal communication - Review basic gestures and provide an opportunity for the individual to identify and reproduce them. Gestures are often taught by using gestures to "retell" something just read or seen. Mostly used with older children and adults.



Transitioning Students to Adulthood

Students with disabilities are less likely than general population peers to plan for their future, be enrolled in postsecondary programs, find employment after high school, and manage money and life situations. Future planning and preparation is essential!

12 ways to assist student transition:

- Planning early (starting at age 14 or earlier)
- Promoting choice, self-determination, and self-advocacy
- Helping students understand their disability
- Assessing student skills in assistive technology, learning styles, academics, daily living, independent functioning, communication, behavior, etc.
- Increasing student involvement in IEP meetings
- Placing emphasis on Person-Centered Planning
- Developing student portfolios (highlighting the student's best work, awards, club recognitions, extracurricular activities, hobbies, etc.)
- Scheduling regular "transition team" meetings
- Following transition timelines and meeting transition bench-marks
- Backing adult and peer mentoring
- Finding reasonable accommodations, supports, resources, and services (within school settings and the community)
- Promoting parent or caregiver involvement

By Anne Wilson

Quick Tips for Picky-Eaters

Many children on the spectrum are overly-selective with food, and proper nutrition is a huge concern for many families.

A simple tip, especially for younger children with small bellies, is not to give snacks and drinks for two hours before a meal.

Many children "graze" on snack items and drink lots of fluids throughout the day; making them feel full and less motivated to eat healthy items at mealtimes.

Also, establishing a "snack time", where a snack is available at the table and removed if not eaten after a brief period, can help develop positive mealtime habits.

Being able to sit down and eat a balanced meal is important not only for overall health, but is a key time for socialization.

By Elise Summa

CARD Seasons of Hope Dinner Benefits from New UNF Venue

Thanks to the support of the Walgreens corporation, 2013's Seasons of Hope Dinner has found a new home at the UNF University Center. Thanks to the new facility this year's event, which took place December 12, 2013, had more room between tables for walking and playing. Fancy holiday lights decorated the walls and the wonderful Mrs. Bubbles supplied the soundtrack for the evening. Food was also catered by UNF and made for a memorable night for all.

Many families of children with disabilities tend to shy away from public holiday events. The Seasons of Hope Dinner was specifically designed to create a full Holiday experience in a welcoming atmosphere with sensory play areas and trained professionals providing families with a safe fun environment.

The dinner, which featured a fully catered meal, pictures with Santa and Mrs. Clause, raffles, and individualized sacks of presents for every child, was held at no cost to individuals or family members.

All toys and games for the event were acquired through community donations through our partnership with the Walgreens corporation.

For more information about next year's Seasons of Hope dinner or the CARD Toybank contact Autumn.Ohnumus@jax.ufl.edu

