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CIDSO NEWS

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Transition Workshop Rescheduled!

Have you thought about life after high school for your child? Do you know what the law says about the transition from school to life? Do you know your role in this process?

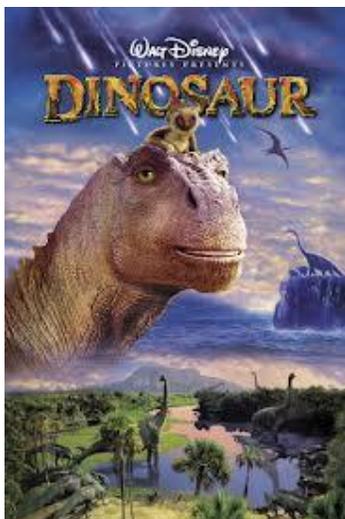
Transitioning is the move from school services to adult life. Planning for this process begins when a child turns 14½ and includes postsecondary goals and the services/supports needed to reach these goals. Transition planning is working to design the high school experience to ensure that students gain the skills and connections they need to achieve their postsecondary goals.

Come learn about transition planning and your role in this process. Nicole Uphold, assistant professor at Illinois State University, will be speaking about:

- the law related to transition
- compliance issues (Indicator 13)
- each component of a transition plan
- Summary of Performance (SOP)
- your role in transition planning and
- your child's role in transition planning

A question and answer session will follow the presentation.

When: January 21st, 2014
7:00 PM
Where: Uptown Station
11 Uptown Circle
Normal, IL
RSVP: Via email at info@cidso.org
Via phone: 309-452-3264



Sensory Friendly Movie

Join us for **“Walking With Dinosaurs”** on Saturday, January 11, 2014 at 10:00 AM. This “sound down/lights up” movie is hosted by the Starplex Theater in Normal. The Starplex offers free child admission with one \$6 adult ticket purchase.

Surfing the Web

www.grasshopperapps.com
 We believe that educational apps need to be insanely fun, highly educational, and affordable for all. Period.

Described as fun and educational apps for all ages, they feature learning apps endorsed by teachers, parents, and kids.

The Power of Words

The correct name of this diagnosis is Down syndrome. There is no apostrophe (Down). The "s" in syndrome is not capitalized (syndrome) unless you are referring to an organization or the title.

An individual with Down syndrome is an individual first and foremost. The emphasis should be on the person, not the disability. Down syndrome is just one of many words that can be used to describe a person. A child with Down syndrome, an adult with Down syndrome, or a person with Down syndrome is a more appropriate way to discuss a person with this condition.

Words can create barriers. Try to recognize that a child is "a child with Down syndrome", or that an adult is "an adult with Down syndrome". Children with Down syndrome grow into adults with Down syndrome, they do not remain eternal children. Adults enjoy activities and companionship with adults.

Encourage people to use people-first language (i.e. my friend with Down syndrome). Identify individuals with Down syndrome as an individual, person, a student, or a family member.

It is important to use the correct terminology. A person has an intellectual disability, rather than "suffers from", "is a victim of", "is diseased with" or "afflicted by". A person with Down syndrome is not a "Downs".

Each person has his/her own unique strengths, capabilities and talents. Try not to use the clichés that are so common describing an individual with Down syndrome. To assume all people have the same characteristics or abilities is degrading. Also, it reinforces the stereotype that "all kids with Down syndrome are the same".

Most important...look at the person as an individual - your child, your family member, your student, your friend. Proudly acknowledge their individuality and their accomplishments. People with Down syndrome want to be included, not excluded. Change and acceptance begins with us.

Coming Soon!

CIDSO Board Meeting
January 6th

Sensory Friendly Movie
January 11th

Transition Workshop
January 21st

We're on the Web!

See us at:

www.cidso.org

Facebook Fan? Like Us!
Central Illinois Down
Syndrome Organization

About Our Organization

The Central Illinois Down Syndrome Organization (CIDSO) is a not-for-profit organization of families and interested persons working to increase public awareness, support families, and improve opportunities for those touched by Down syndrome. Established in 1974 to act as a support service, we serve Bloomington, Normal, and the McLean County area. Our organization is the oldest Down syndrome parent group in Illinois and the second oldest in the nation.

New Parent Outreach

The process of acceptance begins as soon as Down syndrome is suspected. To support parents and extended family during this time, a parent outreach member will gladly make hospital or home visits. Informational packets are also available to new parents. Parent Outreach Members, *Brenda & Kevin Harms*, (309) 378-2388 and *Rick & Jennifer Bauersfeld*, (309) 874-2038, can be contacted any time.

Enrichment/Participation Fund

This fund is designed to enrich the lives of those born with Down syndrome and promote community involvement/participation. It is available to any person with Down syndrome regardless of involvement/participation in CIDSO. Applications are reviewed at the quarterly board meetings and must be received by CIDSO at least 10 days prior to the board meeting. Additional details and applications can be found in the "Resource" section of the CIDOS website. <http://cidso.org/resources.asp>

Disclaimer Policy

The editor of this newsletter concerns with a professional writes as a non-professional. CIDSO does not promote or recommend any therapy, treatment, institution, political affiliation or professional system and any information contained herein shall not imply such. Please discuss specific concerns with a professional.

