

Local Westchester County Resources & Programs

Office for People with Developmental Disabilities Regional Office, Westchester County

220 White Plains Road, Suite 675
Tarrytown, NY 10591
Website: <http://www.opwdd.ny.gov/node/2471>
Phone: 914.332.8989

This is the contact information for the regional office for Westchester County of the larger, statewide entity, Office for People with Developmental Disabilities (OPWDD). See description under OPWDD listing for information regarding OPWDD services.

Westchester ARC

The Gleeson-Israel Gateway Center
265 Saw Mill River Road
Hawthorne, NY 10532
Website: www.westchesterarc.org
Phone: 914.949.9300
24-hour Crisis Intervention: 914.949.8200
Email: info@westchesterarc.org

Westchester ARC is the oldest and largest agency in Westchester County serving children and adults with developmental disabilities and their families. Their mission is to empower children and adults with developmental disabilities to achieve their potential based on personal choices, abilities, and interests. Services include educational advocacy, youth groups, transition planning, vocational training, daily living skills classes for adults, independent and group living, and 24-hour crisis management.

Since 2004, Westchester ARC has been providing bi-monthly parenting skills workshops for parents with special needs. During these workshops, parents have an opportunity to learn about basic childcare skills. More specific information about these workshops can be obtained by contacting Sharisse Hunter (email: shunter@westchesterarc.org or phone: 914-949-9300 ext. 4540).

Westchester Institute for Human Development (WIHD)

Cedarwood Hall
Valhalla, NY 10595
Website: www.wihd.org
Phone: 914.493.8150
Email: wihd@wihd.org

WIHD advances policies and practices that foster the healthy development and ensure the safety of all children, strengthen families and communities, and promote health and well-being among people of all ages with disabilities and special health care needs. WIHD is a University Center for Excellence in Developmental Disabilities. Services include primary health and dental care services for adults and children with developmental disabilities, resource and advocacy supports, and a comprehensive program serving children and families involved in the child welfare system of Westchester County.

As part of the Child Welfare Program, there is a specific program for parents with intellectual disabilities, entitled Project IMPACT. Project IMPACT is designed to provide intensive, in-home services for parents with cognitive and learning disabilities who are at risk for family disruption. The program consists of a complete curriculum that was developed for this program at WIHD. The program runs approximately 16-24 weeks and consists of home-based sessions three days a week. Parents in the program are taught a variety of concrete parenting skills in the areas of basic childcare (feeding, bathing, safety), child management (limit-setting), home management (cleanliness and organization), parent/child interaction, parent advocacy, and problem solving. Skills are taught by Master's Level Social Workers using a combination of verbal instruction, visual aids, hands-on practice, modeling, and repetition. Families currently involved in Preventive Services through the Westchester County Department of Social Services are eligible for the program. More information regarding the program can be obtained by contacting Trupti Rao, Psy.D. (email: trao@wihd.org or phone: 914-493-8141).

NY State Resources

NYS Developmental Disabilities Planning Council (DDPC)

155 Washington Avenue, 2nd Floor

Albany, NY 12210

Website: <http://ddpc.ny.gov>

Phone: 1.800.395.3372

Email: ddpc@ddpc.ny.gov (General Inquiries)

The NYS DDPC is a federally funded state agency responsible for developing new ways to improve the delivery of services and supports to New Yorkers with developmental disabilities and their families. The Council focuses on community involvement, employment, recreation and housing issues faced by New Yorkers with developmental disabilities and their families.

NYS Office for People With Development Disabilities (OPWDD)

44 Holland Avenue

Albany, NY 12229

Website: <http://www.opwdd.ny.gov/>

Phone: 1.866.946.9733

Email: webmaster@opwdd.ny.gov

OPWDD is a state-based organization whose mission is to provide person-centered assistance to individuals with developmental disabilities, through the provision of housing, employment, and family support services. Services can include camp, counseling, crisis intervention, transportation, employment assistance, respite services, and service coordination. In order to be able to access services through OPWDD, individuals must be found "eligible" for services. Information regarding eligibility criteria can be found at http://www.opwdd.ny.gov/opwdd_services_supports/eligibility/documents/eligibility_important_facts

Supporting Parents with Developmental Disabilities

Website: <http://supportparentswithdd.com/>

Phone: 1.315.376.7841

Email: aldea@supportparentswithdd.com

This website and blog was created by NY resident, Aldea LaParr, a parent with a developmental disability, a disability advocate, and a member of the NYS Developmental Disabilities Planning Council. Aldea has been working on ways to assist parents with developmental disabilities interface with emergency and social service responders, without fear of having their children removed from their care.

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)

Website: <http://www.acces.nysed.gov/vr/>

Phone: 1-800-222-JOBS(5627)

Email: accesadm@mail.nysed.gov

ACCES-VR is a state education based office which offers vocational rehabilitation and independent living services for individuals with disabilities. Vocational services include helping individuals work in jobs integrated within their communities.

Worldwide Resources

Australian Family & Disability Studies Research Collaboration (2008).

Parents with Intellectual Disabilities. Australia: Author,
http://sydney.edu.au/health_sciences/afdsrsrc/parents/index.shtml

The Australian Family and Disability Studies Research Collaboration is part of the Faculty of Health Sciences, University of Sydney. This website contains numerous publications and resources for professionals working with parents with intellectual disabilities.

Children's Services Practice Notes (2004).

Child Welfare Practice with Parents who have Cognitive Limitations. Chapel Hill, NC: Jordan Institute for Families, http://www.practicenotes.org/vol9_no2/CSPN_coglims_final_2.pdf

A newsletter issue focusing specifically on parents with intellectual disabilities, including strengths, vulnerabilities, and suggestions for practice. References are provided for those wishing to seek further information.

Healthy Start Australia

Website: <http://www.healthystart.net.au/>

Healthy Start Australia is an Australia-wide initiative to support parents with learning difficulties. Resources on the website include information regarding parents with intellectual disabilities, "real stories" of parents with disabilities, and resources for parents and practitioners.

Raising Children Network (2008).

Parenting with an Intellectual Disability. Australia:

Author, http://raisingchildren.net.au/articles/parenting_with_an_intellectual_disability.html

This link shares some stories describing successes and challenges in being a parent with an intellectual disability.

Through the Looking Glass

Berkeley, CA 94710-2204

Website: <http://lookingglass.org/index.php>

Phone (voice): 1.800.644.2666

Phone (TTY): 1.510.848.1005

Fax: 1.510.848.4445

Through the Looking Glass (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue. TLG is a disability community based nonprofit organization. TLG provides direct services, information and referral to a diverse group of parents with disabilities, including parents with intellectual disabilities, their families, and professionals who work with them. There is a link on this website to TLG's Legal Program for Parents with Disabilities that provides information on policy & legislation as well as publications, trainings, & recommended resources.

Media Resources

InJoy Birth & Parenting Education (Producer). (2003). *Safety starts at home: The essential childproofing guide* [Motion picture]. (Available from InJoy, 7107 La Vista Place, Longmont, CO 80503, www.injoyvideos.com)

This video covers such topics as fire safety, choking hazards, crib safety, prevention of falls, drowning prevention, and emergency preparation. It also contains a detailed room by room safety checklist. The video provides a straightforward, visual way to teach and review home safety needs with parents with cognitive disabilities. (Length: 37 minutes)

Iris Media Inc (Producer). (2006). *Working with parents who have cognitive limitations: Guidance for teachers, nurses & social service providers* [Motion picture]. (Available from Program Development Associates, 5620 Business Avenue, Suite B, Cicero, NY 13039, www.disabilitytraining.com)

This video program provides information on helping to recognize when a parent may have a cognitive limitation, how to respectfully build a working relationship with a parent with cognitive disabilities, and how to effectively share information with a parent with a cognitive limitation. The video program is divided into three components: strategies for teachers, strategies for health care workers, and strategies for social service providers. (Length: 79 minutes)

Program Development Associates (Producer). (2000). *A Fair Chance* [Motion picture]. (Available from Program Development Associates, 5620 Business Avenue, Suite B, Cicero, NY 13039, www.disabilitytraining.com)

This video shares the stories of six parents who have various types of developmental disabilities. There is an exploration of what strategies and interventions help these parents succeed, as well as the challenges they face in maintaining custody of their children. Additionally commentary is provided by professionals in the field who work closely with parents with developmental disabilities. (Length: 53 minutes)

Raising Children Network (2006-2010). *Parenting Film Clips*. [Resource], Australia: Author, http://raisingchildren.net.au/articles/pip_cpr_babies.html

This link provides video clips, ranging from 1 to 7 minutes, which covers a variety of parenting skills including, dressing a newborn and bottle preparation.

Visual Activity Resources

Healthy Start (2005-2006). *Practitioner Resources*. East Melbourne, VIC: Author, <http://healthystart.net.au/resources/basics>

These tipsheets provide strategies for providers on ways to "check and understand" the information you are attempting to convey to them.

NY Developmental Disabilities Planning Council (2009). *Medical and Dental Office Note Pads* [Resource]. Albany, NY:

Author, http://ddpc.ny.gov/publication_files/medical_note_pads.pdf

This link provides access to a note pad that contains strategies that can help make medical and dental visits more successful for parents with cognitive disabilities. The notepads were developed with feedback from individuals with disabilities in NY.

Pearson Education, Inc. (2000-2010). *Teachervision printables* [Resource].

<http://www.teachervision.fen.com/classroom-management/printable/6391.html?detoured=1>

Although designed for teachers, this website contains a number of "printable" handouts that can be used with parents around communicating with school providers, creating homework checklists, and developing behavior rules and consequences.

Raising Children Network (2006-2010). *Parenting in Pictures* [Resource], Australia: Author,

http://raisingchildren.net.au/parenting_in_pictures/pip_landing_page.html

This link provides ways to communicate parenting skills, such as how to give babies a bath and how to wrap a newborn baby in a blanket, in a visual format.

Parenting Curriculum Resources

McCusker, B & Irwin, B. (2002). *Building foundations: A curriculum guide for supported parenting*. Available for purchase at <http://www.kennedykrieger.org/community/community-programs/pact/training-resources>

This guide provides a conceptual framework for supporting parents with cognitive disabilities, teaching and other supportive strategies in ten areas critical to parenting, and additional resources. The guide may be used for training new staff, as a review tool for seasoned staff, and to identify points of discussion during staff meetings, staff development and supervision.

Parks, Stephanie. (1999). *HELP: When the parent has disabilities*. Palo Alto, CA: Vort Corporation, <http://www.vort.com/products/153.html>

This is a handbook professionals can use to help parents with cognitive disabilities and other disabilities promote the healthy development of their children. It explains, for example, how to teach a mother with cognitive disabilities to create a behavioral management program for her child.

Tymchuck, A. (2006). *The Health & Wellness Program: A parenting curriculum for families at risk*. Baltimore, MD: Paul Brookes Publishing Ct.

This book provides a complete description of the only validated program developed for use with parents who have cognitive disabilities or learning challenges. The book also includes a CD-Rom which contains 18 printable booklets focusing on the areas of health and home safety that can be used with parents.

Print Resources & References

ARC (2011). *Parents with Intellectual disabilities*. Washington, D.C., Author, Retrieved April 2, 2012 from <http://www.thearc.org/page.aspx?pid=3195>

Booth T. and Booth W. (1998). (1998). *Growing up with parents who have learning difficulties*. Florence, Kentucky, Routledge Press.

Feldman, M.A. (1998). Parents with Intellectual Disabilities: Implications and Interventions. In Lutzker, J. (Ed.), *Handbook of Child Abuse Research and Treatment*. NY: Plenum Press.

Feldman, M.A. (2002). Parents with intellectual disabilities and their children: Impediments and supports. In D. Griffiths & P. Federoff (Eds.) *Ethical dilemmas: Sexuality and developmental disability*. NY: NADD Press, p. 255.

Feldman, M. A. (2004). Self-directed learning of child-care skills by parents with intellectual disabilities. *Infants and Young Children*, 17(1), 17-31.

Green, N. & Cruz, V. (2000). *Challenges facing Parents with Developmental Disabilities*. Denver, Colorado: Metropolitan State College of Denver, Retrieved March 25, 2010 from <http://www.developmentaldisability.org/ChallengesFacingParents.htm>

Heinz, L. C., & Grant, P. R. (2003). A process evaluation of a parenting group for parents with intellectual disabilities. *Evaluation and Program Planning*, 26(3), 263-274.

Kandel, I., Morad, M., Vardi, G., & Merrick, J. (2005). Intellectual disability and parenthood. *TheScientificWorldJournal [electronic resource]*, 5, 50-57.

McConnell, D., Llewellyn, G., and Ferronato, L. (2006). Context-contingent decision-making in child protection practice. *International Journal of Social Welfare*, 15, 230-239.

Llewellyn, G., McConnell, D., Russo, D., Mayes, R. & Honey, A. (2002). Home-based programmes for parents with intellectual disabilities: Lessons from practice. *Journal of Applied Research in Intellectual Disabilities*, 15, 341.

Lightfoot, E. & LaLiberte, T. (2006). The inclusion of disability as grounds for termination of parental rights in state codes. *Policy Research Brief*, 17(2).

Pixa-Kettner, U. (1999). Follow-up study on parenting with intellectual disability in Germany. *Journal of Intellectual and Developmental Disability, 24*(1), 75-93.

Tarleton, B. & Ward, L. (2007). Parenting with Support: The Views and Experiences of Parents with Intellectual Disabilities. *Journal of Policy and Practice in Intellectual Disabilities, 4*(3), 194-202.

Tymchuk, A. (1998). The importance of matching educational interventions to parent needs in child maltreatment. In Lutzker, J. (Ed.), *Handbook of Child Abuse Research and Treatment*. NY: Plenum Press.

Willems, D.L., de Vries, J.N., Isarin, J., & Reinders, J.S. (2007). Parenting by persons with intellectual disability: an explorative study in the Netherlands. *Journal of Intellectual Disability Research, 51*(7), 537-544.