



Fall Issue
October 1, 2009

Also available online
at
www.socil.org

Heating Assistance

HEAP

The Home Energy Assistance Program (HEAP) provides assistance with the costs of heating your home in the winter. HEAP is paid once a year directly to the utility company or through a voucher given to the consumer. Eligible applicants must be a resident of Ohio, pay for the cost of your own heat, and have an income of less than 175% of the Federal Poverty Income Guidelines. These numbers will be provided to you when you go to apply. Both homeowners and renters are eligible for assistance. Applications can be submitted at anytime and the HEAP program strongly advises that applications be submitted as soon as possible to receive the total amount of funding you are eligible for. For an application HEAP can be contacted directly at 1-800-282-0880. Also see below for local county contacts to obtain applications:

Fairfield County

Fairfield County Jobs and Family Services
740-653-1701 or Toll Free: 1-800-450-8845

Fairfield County Community Action Agency 740-653-4146

Fairfield County Main Library 740-653-2745

Local Utility Offices

Hocking County

Hocking County Jobs and Family Services
740-380-1545 or Toll Free: 1-866-882-9500

Hocking County Community Action 740-385-6813

Logan-Hocking County District Library 740-385-2348

Local Utility Offices

SOCIL MISSION STATEMENT

Our mission is to offer opportunities to consumers with disabilities that will maximize their choices to live in accessible communities.

We are dedicated to eliminating all barriers to access in the community, including housing, employment, transportation and recreation.

Navigating the Road to Work

A great resource for issues regarding youth with disabilities and employment is <http://www.ncwd-youth.info/>.

They have several free publications which can be downloaded online. These publications are on a variety of topics which range from education and employment to family issues to mental health issues. You can also find information on four programs distinct to the state of Ohio by clicking on the "Content by State" link.

"Winter is an etching, Spring a watercolor, Summer an oil painting and
AUTUMN a mosaic of them all" - Stanley Horowitz

Bullying

Bullying is a common problem that people of all ages and abilities encounter but, particularly in grade school. Ohio's legal definition of bullying includes: any intentional written, verbal, or physical act that a student exhibits toward another student more than once and that act causes mental or physical harm to the other student; is so sufficiently severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment for the other student.

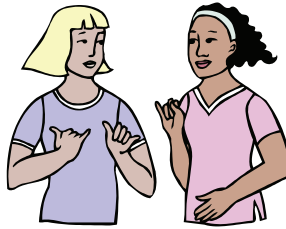
If your child is the victim of bullying it is important to stay calm and gather facts. As you gather facts the important thing to remember is documentation! Take photos if there is any physical evidence. Tape and/or video your child talking about the incident asking questions like what exactly happened, was it done on purpose, did it happen more than once, how did it feel. Write a letter to the principal sending a copy to the teacher. In the letter give details about the situation, document the adverse effect on your child, state how you would like the situation to be resolved. If your child is physically injured be sure to contact law enforcement. Other professionals, such as mental health professionals, may also offer support.

Interventions for bullying include self advocacy skills, self understanding of disability, social involvement, and support systems. It is important to consider incorporating these into your child's IEP to address bullying. Also ask for a copy of the school's anti-discrimination policy. When discussing bullying and teaching your child these intervention skills remember that you are your child's best advocate.

For further resources on bullying or advocacy please contact SOCIL at either of our offices. Lancaster office (740) 689-1494 or Logan office (740) 380-1545 ext. 246.

“Disaboom” Website

Community is an important part of any person's life. There is an online community for people with disabilities at www.disaboom.com. This site offers a wealth of information and resources as well as opportunities to build community connections. There are articles on health, living with a disability, and advocacy. You can join the online community where you can post a blog or participate in community forums. Some of the other things include videos on a variety of topics, a marketplace where you can search business listings based on the product you want, and job listings from all across the country. This site is definitely worth your time to check out!



DeafMD.org

People who are deaf may have difficulty communicating with their doctors and locating medical care. This is where www.deafmd.org can help. DeafMD.org has a long alphabetical list of diseases, medical tests and what they do. When you click on a link for a disease or medical test you will get basic information about that item in word form as well as a video of an individual relaying the information using sign language. There is also a listing of “deaf friendly” doctors from all over the country and different articles on a variety of health related topics.

Disability Law Lowdown Podcasts

The Disability Law Lowdown provides the latest information about disability rights and obligations under the Americans with Disabilities Act, and other disability-related topics. These podcasts are available at www.DisabilityLawLowdown.com. There are also podcasts in American Sign Language at www.ASL.DisabilityLawLowdown.com.

Subscription is FREE!



Vacation Possibility - Accessible Park
www.soarsa.org

Free Downloaded Resources on Autism
www.researchautism.org/resources/
reading

Support and Resources
www.oneplaceforspecialneeds.com

College-bound Students with Disabilities
www.going-to-college.org

**Travel Training for Student Success:
The Route to Achieving Post-Secondary
Student Outcomes** (go to Technical
Assistance Section)
www.projectaction.org

Nutrition
www.nhlbi.nih.gov

New Guide for Accessible Meetings

The Department of Justice recently published a new ADA guidance on conducting accessible and inclusive meetings.

“**Accessible Information Exchange:
Meeting on a Level Playing Field**” is a 28-page guide and available at:

www.ada.gov/business/
accessiblemtg.htm

Air Travel with Children with Disabilities

When traveling on an aircraft with any child under two, with or without disabilities, it is legal to hold the child on your lap. However, the FAA recommends that the child be protected by an approved child restraint system (CRS) or child safety device. These are two different things.

A child restraint system is a hard-backed child safety seat that is approved by the government for use in both motor vehicles and aircraft. A child safety device is an FAA-approved alternative to using a hard-backed seat and is approved only for use on aircraft. It is not approved for use in motor vehicles. For example, FAA has approved a new harness-type device appropriate for children weighing between 22 and 44 pounds. One child safety device designed specifically for aircraft is CARES. Information on this can be found at:
<http://www.kidsfllysafe.com/>.

For more information on using child restraints on aircraft check out these websites:
<http://www.airsafe.com/kidsafe/chldseat.htm> and
http://www.faa.gov/passengers/fly_children/crs/

You may also want to check out this website for general information on air travel with children with disabilities.
[http://www.tsa.gov/travelers/airtravel/specialneeds/
editorial_1572.shtm](http://www.tsa.gov/travelers/airtravel/specialneeds/editorial_1572.shtm)

Happy travels!

REMINDER

SOCIL is a drop off location for upgradeable computers for AT Ohio's refurbishing program. If you are upgrading your system, your old system could become someone's NEW computer.

ASSISTANCE GRANTS FOR MEDICAL SERVICES

The United Healthcare Children's Foundation is offering support to meet the needs of children with assistance grants for medical services not fully covered by health insurance.

Eligibility criteria include:

- A child 16 years or younger residing with a family that meets economic guidelines
- The child must reside in the United States
- The child must be covered by a private/commercial health insurance plan
- Family adjusted gross income must not exceed \$80,000/yr

The amount awarded to an individual within a 12 month period is limited to either \$5000 or 85% of the fund balance, whichever amount is less. Awards are limited to a lifetime maximum of \$7500. An application must be submitted prior to the child's 17th birthday and before the receipt of services. The grant is paid directly to the provider. Visit www.uhccf.org for further information.



ADDRESS SERVICE REQUESTED

418 South Broad Street
Lancaster, OH 43130
Hours: Monday - Friday 9 am - 5 pm
Phone/TTY: (740) 689-1494
Toll Free: (888) 957-6245
Email: socil@sbcglobal.net
www.socil.org

Please contact SOCIL to add/remove recipients from our mailing list

Alternative formats of this Newsletter are available upon request

SOCIL is funded by a grant from the Department of Education, however the contents of this newsletter does not necessarily represent the policy of the Department of Education and you should not assume endorsement by the Federal Government.



"Access
Is Opportunity"

Gaining Back Independence (GBI)

Thursday, October 22nd -2pm - 3:30 pm at Immanuel Methodist Church in Logan.

Topic: Regional Preparedness -presented by Hocking County Health Department

Call Mary at 740-380-1545 Ext. 246 to register or for additional information.

COMING SOON!!!

New Independent Living Class

"Interviewing 101"

Do you have questions or concerns about going for a job interview?

Are you aware of what can and can not be asked of you?

Call 740-689-1494 to register for this **free** class.

Adaptive Basketball

Registration forms are **due by October 12th**.

Practices begin in December.

Contact SOCIL at 740-689-1494 for additional information and registration form.

Independent Living Classes

Nutrition

Basic Money Management

Personal Hygiene

Self Advocacy

Individual Rights

Emergency Preparedness

Basic Computer

Personal Safety

Interviewing 101

To register for any of these **free** classes call 740-689-1494 or 740-380-1545 Ext. 246