



Autism Family Network

July/August 2020

www.AutismFamilyNetwork.org

autismfamilynetworklincoln@gmail.com

402-421-0874

Calendar of AFN Events

Lincoln Zoo Passes available

**Always Rise Foundation: workouts for individuals w/ special needs available
Saturday & Sunday Mornings**

July 5th- Swim Night (RSVP Required)

July 25th- Spanish Support Group Meeting (RSVP Required)

August 8th- Parent's Night Out (RSVP Required)

Join us on Facebook!

<https://www.facebook.com/AutismFamilyNetwork/about>

Always Rise Foundation

Workouts for individuals with special needs

More information can be found on the website

alwaysrisefoundation.org



AFN Swim Night

Meadowlane Private Pool
1310 Meadow Dale Dr. 68505

Sunday, July 5th

7:00-8:30 pm



RSVP Required to:

Autismfamilynetworklincoln@gmail.com

(Due to social distancing limited to 100 people
Parents or guardians must stay to supervise)



Autism Family Network

Grupo de Apoyo Para Los Padres de Ninos con Autismo

Julio 25

1-3 por la tarde

1311 Stockwell Street Lincoln NE

RSVP requerido

autismfamilynetworklincoln@gmail.com

AFN Parents' Night Out



Saturday, August 8th

7-9 pm

Mazatlan Restaurant

211 North 70th Street

Music provided by Daniel Martinez

Flamenco Guitarist

RSVP Requested

autismfamilynetworklincoln@gmail.com





NTC CONNECTIONS, #2!

We invite you to NTC CONNECTIONS - free online sessions for current and interested NTC students. NTC CONNECTIONS will be led by NTC staff and will focus on:

- Making new CONNECTIONS with other NTC students
- Keeping in touch with other NTC CONNECTIONS you have already established
- Experiencing camaraderie (fellowship, NTC team spirit!)
- Supporting each other - especially during times of uncertainty
- Nurturing friendships
- Getting comfortable with an online discussion format

WHEN: We will begin the week of June 22, 2020. We will meet once a week either Tuesday or Thursday from 1-2 PM.

WHO: Current and interested NTC students!

WHAT: Each week we will focus on a different topic of discussion.

HOW: Zoom videoconferencing (you will receive a link to join). You will need to have access to either a laptop/desktop or other compatible device for video and audio participation.

REGISTER: <https://forms.gle/he8P9WShSvgyuYfN7> (or click "Register" below the form). DEADLINE is Sunday, June 21, 2020.

WHY: It's an opportunity to get connected, stay connected, and become more comfortable with an online discussion format. You will also meet students from different communities and start to build connections as we get ramped up for the fall quarter. Please join us!



If you are not a current NTC student, registration does not guarantee participation in NTC Connections. The instructor will contact you prior to the start date to determine eligibility.



AUTISM SERVICES OF LINCOLN

Autism Services of Lincoln is committed to providing you and your loved ones with exceptional care in a compassionate and friendly atmosphere. ABA Therapy services are developed and supervised by BCBA's with training and experience in the treatment of Autism Spectrum Disorders. Individualized treatment plans include objective and measurable goals targeting development of new skills, increased social skills, and reduction of challenging behaviors.

Receiving an autism diagnosis and navigating treatment interventions can be overwhelming. Contact us today and allow us to support you and your loved ones.

Address: 1540 S 70th St Ste 200 Lincoln, NE 68506

Phone: 402-318-3105

Website: www.autismservicesoflincoln.com

Follow us on Facebook and Instagram



Project Lifesaver Lincoln/Lancaster County
Office Hours
6500 Holdrege
Tuesdays from 5:30pm – 7:30pm

Lincoln has a resource for people who are prone to wandering. The Autism Family Network has launched "Project Lifesaver" as of October 1.



Project Lifesaver is a battery-operated band that a child or adult can wear. If the person is reported missing, a search and rescue team from the Lincoln Police Department and Lancaster County Sheriff's Department will respond with a tracking system.

Citizens enrolled in Project Lifesaver wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. If an enrolled client goes missing, the caregiver notifies 911, and a trained emergency team responds to the wanderer's area. The first responders will then use the client's individualized frequency to locate the position of the individual. The knowledge given from the community policing courses is best applied in this situation because the first responders will know how to best approach the client once found, and allow them to be brought back to safety.

Now, anyone can contact the Autism Family Network to sign up and be part of the program. The Project Lifesaver bracelet comes at a cost of \$300. Families can also choose to Pay As You Go and pay \$20 a month for 15 months until it's paid off. If families cannot afford either program, there are grants available for qualifying families.

ENable[®]

SAVINGS PLAN

In December 2014, the Achieving a Better Life Experience (ABLE) Act was signed into law authorizing individuals with disabilities to open tax-exempt savings accounts to save for disability-related expenses without impacting eligibility for resource-based benefits. The Act permits individuals with disabilities to save more than a total of \$2,000 in assets (cash, savings, etc.) in their name in a qualified ABLE account.

The ABLE Act provides individuals with disabilities a host of benefits to start saving for the future. For starters, you get to keep your public benefits! And earnings on the money in your account are free from federal and state tax.

Diane K. Stewart

Enable Outreach Specialist

First National Bank

www.EnableSavings.com [\[facebook.com\]](https://www.facebook.com) 1.844.ENABLE4 •

?1620 Dodge Street • Mail Stop 1105 • Omaha, Nebraska 68197 • 📞 402.602.3596 • ?402.938.5200

Easterseals offers fun, healthy programs for children, adults and caregivers to relax, connect with friends and engage in constructive activities, all necessary to living the best life possible.



Camping and Recreation

As the largest provider of recreation and camping services for people with disabilities in the country, we're proud to offer residential and day camps for children and adults of all types and levels of ability. Our camps are barrier-free and designed to be accessible to everyone.

Respite Services

Easterseals offers short-term or temporary care for loved ones so that their caregivers can take a much-needed break, including [adult day care](#), [inclusive childcare](#), [camping and recreation programs](#) and more.

Brain Games

Easterseals has been helping people improve their brain function for nearly 100 years through community-based programs and services. We are committed to bringing the latest in brain health science to those who need it most.

Easterseals Nebraska

Call us: 402-345-2200 Find us

12565 West Center Road, Suite 100

Omaha, NE 68144-8144

CARD Specialized Outpatient Services (SOS) provides assistance with specific areas of concern for a family and develops and implements strategies to diminish problem behaviors and teach necessary skills. Behavior analysis is the science of behavior. Applied Behavior Analysis (ABA) is the process of systematically applying interventions based upon the principles of learning theory to improve socially significant behaviors to a meaningful degree (Baer, Wolf & Risley, 1968/1987; Sulzer-Azaroff & Mayer, 1991). Specifically, ABA refers to a systematic approach to the assessment and evaluation of behavior and the application of interventions that alter behavior.

In Nebraska you can contact CARD at 818-345-2345



and
interventions

ext 3975.

CARDTM

Bryan  Health

Pediatric Therapy

Helping Kids Achieve Their Milestones

Bryan Medical Center Pediatric Rehabilitation:

To schedule an appointment, call 402-481-3316

As a parent, you want the best for your children and you want to see them grow up to be successful adults with a successful and fulfilling life. At Bryan, we understand that an injury or challenge, either from illness, injury or a condition presented at birth, is unique and requires special care.

Our Areas of Specialty Include:

- Developmental disabilities
 - Neurological or chromosomal impairments
 - Torticollis
 - Autism/PDD
 - Speech
 - Risks for delays due to prematurity
 - Brain injuries
 - Feeding
 - Sensory dysfunction
 - Visual perceptual impairment
-



The ADRC is a pilot program established by the Nebraska Legislature under LB320 in 2015. This effort is coordinated by Nebraska's Department of Health and Human Services' State Unit on Aging, through local Area Agencies on Aging, and in partnership with the disability organizations listed to the left.

The Aging and Disability Resource Center is for older Nebraskans (age 60), people with disabilities of all ages, family members, caregivers, and advocates. Local ADRCs provide information, referral, and assistance for accessing community services and long-term care options. Need to know more? Call our toll free number at **(844) 843-6364** to be connected to the closest ADRC.



<http://www.legalaidofnebraska.org>

LEGAL HELP IS OFTEN THE ONLY THING STANDING BETWEEN A LOW-INCOME FAMILY'S EFFORTS TO SEE BETTER DAYS, OR SUFFERING A FALL INTO DEEPER POVERTY.

In everything we do, for everyone in Nebraska: we make equal justice happen.

For more than 50 years, Legal Aid of Nebraska has provided dignity, hope, self-sufficiency and justice through quality civil legal aid. That's the important job of Legal Aid of Nebraska. Legal Aid is a problem solver, standing side by side with low income, diverse Nebraskans – enforcing laws, protecting rights, all the while addressing urgent needs and shining a light on what more could be done.

We offer free legal help to low-income and senior citizen (60+) clients in a full range of civil matters. Our highly experienced and diverse staff is dedicated to helping people preserve and maintain life essentials—income, health, safety, and shelter. Serving all 93 counties of Nebraska, we make equal justice happen.

Connect: Address: 209 S 19th St Suite 200, Omaha, NE 68102

Phone: 402-348-1069

Legal Assistance: 877-250-2016

HORSES FOR HEALING

Equine Therapy & Research Center | Firth, Nebraska

Horses for Healing was formed by a group of horse professionals, parents, teachers and healthcare specialists with the belief that there are people in our community who can benefit from the unique **healing power of horses**.

While our first priority is to serve people, we also place value on providing **evidence-based research** to back the activities our riders engage in. We are collaborating with colleges and healthcare systems to improve the quality of the research in the benefits of equine therapy.

HORSES FOR HEALING

Equine Therapy & Research Center

Phone: 402-730-1176

Email: horsesforhealingne@gmail.com

Facebook: facebook.com/horsesforhealingNE/



Finding out that your child has autism can be overwhelming, and figuring out next steps to take can be a struggle. Behaven Kids offers Autism Services that will work with you to create a therapy program, as individual as your child.

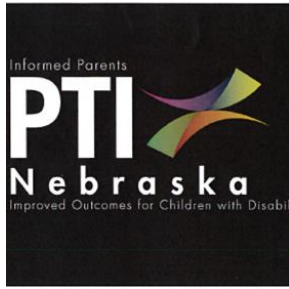
Behaven Kids Lincoln

1145 High Street

Lincoln, NE 68502

Phone 402.423.6464

info@behavenkids.com



PTI Nebraska

A statewide resource for families of children with disabilities or special health care needs, enabling parents to have the capacity to improve the education and healthcare outcomes for their children. 402-346-0525 or 800-284-8520

info@pti-nebraska.org www.pti-nebraska.org

THE DD WAIVER

NEBRASKA DEPARTMENT OF HEALTH & HUMAN SERVICES

Helping People Live Better Lives



The DD Waiver is a voluntary waiver. It is not a federally mandated program. Therefore, the Nebraska State legislature determines how to fund the waiver. One of the determining criteria for funding is the number of persons on the DD waiver waiting list. People on the waitlist have already met eligibility guidelines and are waiting for services. Eligibility for the DD waiver is not dependent on your family's income.

On behalf of Autism Family Network, I encourage you to apply for the DD waiver. The legislature needs to be aware of the number of people with developmental delays in our state in order to fund the waiver appropriately. There will be a few years of waiting once your name is placed on the list. Don't let this discourage you. Your loved one will have to wait a few years for services regardless if you sign up today or in 5 years from now. Get your loved one's name on the list immediately to decrease the number of years he/she has to wait for services. Some services provided under the waiver include respite, daycare, rehabilitative care, and chore services.

You may request an application by calling DD Services at 471-8501 or go on AccessNebraska at <https://dhhs-access-neb-menu.ne.gov/start/?tl=en>.

Contact the Autism Family Network with any questions you may have regarding the waiver at autismfamilynetworklincoln@gmail.com or at 40