

"We support people with developmental disabilities to discover, pursue and achieve what is important to them."

What other services does the LCBDD provide?

Last year, the Licking County Board of Developmental Disabilities (LCBDD) served 1,366 adults and children, and their families. Here is a snapshot of the other important services -- besides Early Intervention for babies and toddlers -- that are available to local residents who have developmental disabilities:

- **Service Coordination for Youths and Adults** -- The LCBDD puts individuals (from school-age children to senior citizens) and their families in touch with vital community resources through Service Coordination, formerly known as case management. These resources often include recreational opportunities, day habilitation programs, counseling and medical professionals. Service Coordinators also assist teens with the transition from school to work, and serve as advocates for people of all ages in the areas of employment, guardianship and housing.
- **Adult Services** -- The LCBDD provides employment opportunities with various levels of support through LICCO Inc., a non-profit business. We also offer non-vocational activities that promote independence and personal growth. Adults attempt new tasks, celebrate accomplishments, gain confidence and become contributing members of the community.
- **Transportation Services** -- Safe and reliable transportation is offered to individuals enrolled in work activities through LICCO. Many of our buses and vans are equipped with wheelchair lifts and other adaptive devices to enable passengers with physical disabilities to be transported safely and comfortably.
- **Contract Services** -- The LCBDD partners with a number of local agencies and certified caregivers who provide services to people with developmental disabilities. These offerings include residential support, recreational and day habilitation activities, and senior services.



Sebastian Shalowsky

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Possibilities

We see the possibilities in people with disabilities



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The all-important early years

The first three years of a child's life are the building blocks for learning and development.

A child's brain grows faster during this time than at any other.

That's why Early Intervention services offered through The Licking County Board of Developmental Disabilities are so important to infants, toddlers and their families.



Darrell Cook

* Formerly known as The Licking County Board of Mental Retardation and Developmental Disabilities.



The Licking County Board of Developmental Disabilities is helping children and adults to pursue their dreams, and building a community of caring people who see the possibilities in people with disabilities.



Services for children, birth to age 3

At the Licking County Board of Developmental Disabilities (LCBDD), we're often asked, "What types of community services do you provide?"

In short, we support individuals of all ages who have intellectual disabilities, developmental delays, and other developmental disabilities such as (but not limited to) autism, cerebral palsy, spina bifida and Down syndrome.

In this edition of *Possibilities*, we put a spotlight on the LCBDD Early Intervention program.

Early Intervention services are those provided to the very youngest of our clients – infants and toddlers, and their families. On the back of this newsletter, you will find a synopsis of the other important services the LCBDD offers. We hope you will take some time to learn more about us and the people we serve. By educating the public, we can build a community of caring people who see the possibilities in people with disabilities.

What is early intervention?

Nothing could be more exciting for families than the birth of a new baby. But sometimes, babies are born with developmental disabilities. Other babies may be at risk for developmental delays due to premature birth or other medical factors. Other times, infants are found to have delays in reaching important developmental milestones, such as sitting up unassisted or crawling.

'Developmental delay' is a term that is used to describe an infant or toddler whose development is behind that of a typically-developing child that is the same age.

When babies are diagnosed with disabilities or delays, parents often feel confused or anxious. They also have many questions. Through the LCBDD's Early Intervention program, parents can find answers to these questions and more from staff members who are certified specialists in child development.

"The earlier these experts are able to reach out to children who are at risk for or have develop-

mental delays, the better chance these kids have for success when they begin preschool and elementary school," says Molly Kurtz, the LCBDD's director of education.

Kurtz notes that Early Intervention services target specific areas of a child's development. They are designed to identify and meet children's needs in these areas:

- physical development;
- intellectual development;
- communication;
- social and emotional development; and
- adaptive development.

Early Intervention services include Service Coordination (formerly known as case management) and developmental evaluations. In many cases, it also includes speech, occupational and physical therapies. All services are designed with careful consideration of each child's needs.

A team of specialists works with families to design and carry out activities that help foster children's development. This team includes Service Coordinators and Certified Developmental Specialists, and may involve other therapists as necessary.

Developmental Specialists meet regularly with parents to listen to their concerns and aid them in determining priorities for their children.

Home-based learning

The LCBDD subscribes to the philosophy that a home-based approach to early interventions and therapies is best, allowing children to learn in their natural environments.

Research shows this gives parents and other family members opportunities to learn important techniques that reinforce therapies and interventions.

"Children make greater gains developmentally when you involve the parents," Kurtz says. "By utilizing a home-based learning approach, we recognize that parents and families are their children's first teachers and the most important people in their lives."

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The LCBDD Early Intervention department works in cooperation with Help Me Grow, a program of the Licking County Children and Families First Council. The LCBDD administers the program along with the Licking County Health Department to link families with important community resources. Together, these local agencies – and many like them throughout the state – provide help to expectant parents, newborns, infants and toddlers. Its purpose is to help children start school healthy and ready to learn. Help Me Grow provides Ohio families the building blocks for success.



Cammie Kaercher

The Early Intervention program teaches and inspires parents to learn more about their children's abilities to help make better decisions and reach important goals. It also helps parents discover ways to encourage growth and development.

Additional family support

The LCBDD offers other kinds of assistance to infants, toddlers and their families in the form of Family Support Services (FSS).

FSS helps families to care for loved ones with disabilities at home when other funding sources are not available. More than 60 percent of families utilize FSS funds to pay for respite services. Respite care allows for temporary relief to those family members who directly care for loved ones with disabilities. Families may select their own caregivers or choose from a list of LCBDD-approved service providers.

Other services for which FSS funds may be used include:

- adaptive equipment;
- recreation and socialization programs;
- home modifications and ramps;
- additional therapeutic services;
- special dietary needs, medications and medical supplies; and
- general supplies that directly relate to the individual's disability.

Family Support Services are available to eligible families of children and adults who qualify for LCBDD services.

The information contained in this newsletter is intended as a source of general information for local residents. If you suspect your child has a developmental delay and is in need of assistance from The Licking County Board of Developmental Disabilities, please call the E.S. Weiant Center at (740) 344-6921, or (800) 443-4805.

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Although each child's development is different, some common steps in a child's growth include:

At 3 months, infants should...

- Turn towards bright colors and lights.
- Follow moving objects with eyes.
- Recognize bottle or breast.
- Respond to loud sounds.

At 6 months, babies should...

- Turn towards a sound.
- Reach for toys and pick them up.
- Roll over to the left and right.
- Sit with minimal support.

At 12 months, children should...

- Pull him/herself to a standing position.
- Crawl on hands and knees.
- Drink from a cup that is held for him or her.
- Say one or two words.

At 18 months, toddlers should...

- Like to push, pull and dump things.
- Follow simple directions.
- Pull off his/her socks.
- Turn two to three board book pages at a time.

At about 2 years, toddlers should...

- Identify six body parts.
- Use 15 to 20 words.
- Build a tower of six cubes.
- Walk up and down stairs with one hand held.

At 2 1/2 years, a child should...

- Jump with both feet in place.
- Follow a two-part command.
- Use a 50-word vocabulary.
- Imitate drawing simple lines.

