

## **New Diagnosis – New Journey**

### **What Can You Do Now? Consider these Recommendations:**

- Educate yourself about the diagnosis your student has received.
  - Go online
  - Go to the library
  - Seek support groups and listservs
  - Share any written report with appropriate parties
- Remember, there can be differences between individuals with the same condition.
- Ask questions!!! Do not be concerned or afraid!
- A particular condition can impact your student in all areas of their lives.
- Don't forget about your student's strengths and skills.
- Research ways to help your child in all areas; communication, behavior, social/emotional, academics, motor, cognitive, daily living skills.
- Consider outside therapies; speech, physical/occupational, behavioral, mental health, etc.
- Even if your student has received in school support through therapy, this often does not replace outside therapy that follows a medical/clinical model versus the education model.
- Support your student in understanding their diagnosis to the degree that they are capable. This may be a conversation you have through the different developmental stages for the student.
- Consider the possible impact of this diagnosis on school performance:
  - If your student is not receiving special education services, talk to your student's teacher and principal with any concerns. Consider appropriateness (eligibility) for an Individual Education Program (IEP – Special Education) or a Section 504 Plan.
  - What additional school support and services are available to help?
  - If your student is on an IEP or 504 Plan, are there any changes that need to be made due to the new diagnosis? Request an IEP meeting to discuss.
- Look into disability resources, services, and benefits.
- As the Parent/Guardian, learn to take care of yourself!



## Check out these Resources!

### General:

[www.parentingspecialneeds.org](http://www.parentingspecialneeds.org)

[www.exceptionallives.org](http://www.exceptionallives.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.helpguide.org](http://www.helpguide.org)

### Disability Information:

Parent to Parent [www.abilityconnectionscolorado.org](http://www.abilityconnectionscolorado.org)

Family Voices [www.familyvoicesco.org](http://www.familyvoicesco.org)

Thrive Center [www.thrivectr.org](http://www.thrivectr.org)

Colorado Cross Disability Coalition [www.ccdconline.org](http://www.ccdconline.org)

### Disability Services:

Rocky Mountain Human Resources [www.rmhumanservices.org](http://www.rmhumanservices.org)

Social Security Administration [www.ssa.org](http://www.ssa.org)

Center for People with Disabilities [www.cpwd.org](http://www.cpwd.org)

PEAK Parent Center [www.peakparent.org](http://www.peakparent.org)

Easter Seals [www.easterseals.com/co](http://www.easterseals.com/co)

Benefits in Action [www.benefitsinaction.org](http://www.benefitsinaction.org)

Benefit Finder [www.benefits.gov/categories](http://www.benefits.gov/categories)

### Health:

Adams County Health Department [www.adcogov.org](http://www.adcogov.org)

Health First Colorado (Medicaid) [www.healthfirstcolorado.com](http://www.healthfirstcolorado.com)

Medicaid Providers [www.healthcoloradorae.com](http://www.healthcoloradorae.com)

Colorado Crisis Services [www.coloradocrisiservices.org](http://www.coloradocrisiservices.org)

### Education:

Colorado Department of Education – Special Education [www.cde.state.co.us/cdesped](http://www.cde.state.co.us/cdesped)

Wrights Law [www.wrightslaw.com](http://www.wrightslaw.com)

Adams County Head Start [www.adcogov.org/head-start](http://www.adcogov.org/head-start)

Seek information on your local school district website (multiple districts in Adams County)

**Arc of Adams County Resource Guide <https://arcadams.org/resources/>**