



# THE Navigator

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Pilot Parents of Southern Arizona

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## WELCOME TO THE OLYMPIC TRAINING CAMP

Here you will learn the differences between the Olympics, Paralympics and the Special Olympics. The Olympics was our theme at the Sizzling Summer Sibshop this summer. Since the Olympics were to begin on the 27th of July I thought it was an appropriate time to discuss these topics with the participants.

The Olympics started in Athens, Greece in honor of Zeus over 3000 years ago. The original Olympics had sprinting (running) as the only event.

Today, the Olympics are held every four years alternating between the summer and winter games. It is a major international event featuring summer and winter sports, in which thousands of athletes participate in a variety of competitions. The current games as most of you probably know are being held in London, England. This is the third time the Olympics are being held there.

The Paralympics run concurrently with the Olympics. The athletes share the village with the Olympic team. Their events begin after the typical Olympic games. The Paralympics were formed to offer parallel events; what the abled bodied Olympians do, so do the Paralympics, only in wheelchairs or some alternative mode of ambulation. The Paralympics is not for individuals with cognitive issues necessarily, but for people who through injury or birth defect need an alternative mode to compete. There is cycling in both the Olympics and Paralympics. The Paralympians use bikes that are powered by their

hands instead of their feet. Starts August 30th.

The first Paralympic Games were held in Rome, Italy, in 1960 and involved 400 athletes from 23 countries. Initially, only for wheelchair athletes, today there are six major classifications of athletes: persons with visual impairments, physical disabilities, amputee athletes, people with cerebral palsy, people with spinal cord injuries, and *Les Autres* - athletes with a physical disability that are not included in the categories mentioned above (e.g. people with Muscular Dystrophy).

We were fortunate to have a guest speaker who had participated in the Paralympics as a cyclist. He shared with us his experiences, answered our questions and told us about another experience he had climbing Mt. Figi. He will be providing an article for us in an upcoming issue of the Navigator which will include information on his non-profit which helps kids get racing bikes.

**“empowering persons with a physical disability through sport”**

Special Olympics is a local sporting venue for children and adults with special needs who cannot participate in traditional sports. They offer basketball, bowling, and track and field in Arizona. For participants in school, Special Olympics is offered through school as an after school activity. The Special Olympics was started as a summer day camp in 1962 by Eunice Kennedy Schriver, at her home in Maryland for children and adults with intellectual disabilities. It was designed to allow these individuals an opportunity to explore their capabilities in a *(continued p.2)*

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variety of sports and physical activities. In 1968, the first International Special Olympics took place at Soldier Field in Chicago, IL with 1,000 athletes from the US and Canada competing in Track & Field and Swimming.

In 1975, Special Olympics hit Arizona. The first Special Olympics Arizona competition consisted of a one day track and field event with 100 athletes and 20 volunteers. Today there are 22 various sports offered, with five statewide competitions for over 12,964 athletes and 11,000 volunteers.

## *Olympic Creed*

*The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.*

Do you or someone you know participate in bike racing? Do you do the El Tour de Tucson? Why not support a local child while enjoying the competitive nature of the El Tour?

Tu Nidito, a local non profit that benefits seriously ill and grieving children, has a program called Ride For a Child. When you Ride For a Child, you pledge to raise \$500 or more for Tu Nidito Children and Family Services. Your ride in El Tour will be in celebration of a Tu Nidito child whose life has been impacted by a serious illness or the death of a loved one.

You will receive...story and photo of the child you are riding for, free entry into the 30th El Tour, an El Tour t-shirt, poster and more

Go to [www.rideforachild.com](http://www.rideforachild.com) or 322-9155



Pilot Parents of Southern Arizona  
Announces  
**Partners in Policymaking**  
A FREE Leadership Training  
For young-adult, self-advocates  
& parents of children with disabilities

The program is designed to provide information, training, resources and skill building so that individuals can become better advocates for themselves or their children

Partners in Policymaking provides participants with opportunities to meet and talk to national and state leaders in the disability advocacy field. Participants will have the opportunity to meet and unite with others who have similar concerns to create a powerful voice on important issues.

The goal of the training is to develop productive partnerships between people who need and use services and those in a position to make policy and law.

Applications can be downloaded from the Pilot Parent website at [www.pilotparents.org](http://www.pilotparents.org)

The application deadline is **August 31, 2012**. For more information contact Karen Kelsch, Program Coordinator at (520)324-3158.

*Hear what recent graduates have to say:*

“Partners in Policymaking has given me tools to work with, ideas to explore, and the courage to be the best advocate I can be.” David from Safford

“Partners in Policymaking has given me the tools to be able to better interact with those individuals who hold my son’s education in their hands. And because of this, I feel a sense of obligation to help other parents access this same information. Also, because of Partners, I see my son through new eyes. I want to give him experiences that will enrich his life so he can be who HE wants to be.”

Adrienne from Prescott

“Partners has infused me with information that was completely unknown to me. It has empowered me and has given me the inspiration and motivation to continue the journey.”

Oreeda from Phoenix

## **Child Passenger Restraint Law**

### **All children under 8 years of age need to be in the right child seat while in a moving vehicle.**

#### **Boost Your Safety Confidence**

A booster seat helps the car's lap and shoulder belts fit low over the child's thighs and hips and snug over the shoulder.

Most booster seats fit children who weigh 40 to 100 pounds.

Use a booster seat when your child weighs at least 40 pounds and is at least 4 years old.

Use a booster seat until your child is 4 feet 9 inches tall.

A booster seat should always be used with a lap and shoulder belt.

Do not use a backless booster if the car does not have head support.

A police officer can stop a car if a child is not seat belted correctly in a child safety seat.

Kids under the age of 13 should always ride in the back seat.

**Remember:  
In the back.  
In the booster.  
Every time.**

***IT'S THE LAW!***



BEGINS 8/2/2012

## **Ley acerca de sujetar a los pasajeros**

### **Los niños menores de ocho años de edad deben viajar sentados en el asiento de seguridad apropiado.**

#### **¡Ponga a sus niños bien en alto! ¡Siéntase más seguro!**

Un asiento elevado (booster seat) ayuda a que el cinturón de seguridad de regazo y de hombro del vehículo quede bien ajustado sobre muslos, caderas y hombro.

En la mayoría de los asientos elevados podrá sentar a niños que pesan entre 40 y 100 libras (18- 45 kilos).

Use un asiento elevado cuando el niño pese 40 libras y tenga cuatro años de edad.

Use el asiento elevado hasta que el niño alcance una estatura de 4 pies y 9 pulgadas (1.44 metros).

No use un asiento elevado sin respaldo si el asiento del auto no tiene apoyo para la cabeza.

La policía puede parar automóviles trasladando niños que no ocupan asientos de seguridad con las correas ajustadas correctamente.

Los niños menores de 13 años siempre deben ir en el asiento de atrás.

**Recuerde:  
En el asiento de atrás.  
En el booster.  
Siempre.**

## WHAT'S UP AT DDD?

Have you heard about the National Core Indicator (NCI) project? If not, we thought we'd give you a little information here.

The NCI is a survey process where the goal is to get our consumer's open and honest feedback about their life experiences. The survey asks questions directly to the consumer and covers areas such as their friends, family, community participation and their ability to make choices. It asks questions such as "did you choose the place where you live", "do you have family that you see" and "do you ever feel lonely". It's probably fair to say that we sometimes think we know how our consumers feel but, with this project, we actually ask them! Here's how it works.

The Division uses a computer program to randomly select 100 consumers from each of the 5 Districts around the state. Each person selected has to be over 18 years old and have received a service, other than case management, over the past year. After the person is randomly selected, the survey is sent to their Support Coordinator who completes the first portion of the survey. This portion is mostly demographic information that will help the surveyor get prepared for the interview (ie. language spoken, living setting, etc.). The information also helps the Division identify strengths and weaknesses by different categories such as age, gender, ethnicity, etc.

After this portion is completed, the survey is sent to Pilot Parents who will then assign it to one of their trained surveyors. The chosen surveyor then contacts the person, family or staff and arranges for a good time to conduct the interview. The interview is usually done in a quiet place in the person's home but it can take place in another location as long as it's convenient and safe for the person. Each surveyor is extremely sensitive to respecting the privacy of the person being interviewed and the information they provide. In no cases are consumer names shared outside the Division, so one can rest assured that the information is kept confidential. It should also be noted that each surveyor is prepared to help consumers who may have difficulty answering the questions or communicating their feelings. When this is the case, a close friend, a family member or a staff person may be allowed to participate in the interview. The survey instrument is designed to accommodate responses from persons other than the consumer. Once the survey is completed, Pilot Parents submits it to the Division where the person's name is removed and the data is entered to a secure database. Currently, there are 25 states participating in this survey process and as of last year, the database contained the information of over 48,000 consumers from around the country.

The importance of having information like this is twofold; 1.) States now have reliable, person-centered data that can help them see where they are successful and where they are not and 2.) States can now begin to compare themselves against a common and consistent national standard of care. Arizona has been participating in the NCI since it began in 1997 and has used the data to make many positive changes in the lives of people with disabilities.

## MY TEAM TRIUMPH

My TEAM TRIUMPH is an athletic ride-along program for children, teens, adults and veterans with disabilities who would not normally be able to experience an endurance event such as a triathlon or road race. The athlete will "Captain" a team of "Angels" through the entire race.

To find out more about this program go to their website at:  
[www.MTTSOUTHERNARIZONA.ORG](http://www.MTTSOUTHERNARIZONA.ORG)

Or call Southern AA Chapter President Steve at 520-465-1414



## SIBSHOP

As mentioned in the lead article of the Navigator, Sibshop focused on the Olympics this past session. We spoke about what is a disability, various types of disabilities and the participants had the opportunity to become temporarily "disabled" to see what it was like to have a physical disability.

We spoke about various therapies: Occupational, physical, speech, and sensory, tried out some equipment used by the various disciplines and learned a lot about ourselves through the process.

Sibshop is for brothers and sisters ages 7 to 14 who have a sibling with a disability. For more information or to get on the mailing list for future Sibshops call Jo Ann 324-3153.

# PUBLIC FORUM TO ADDRESS DISABILITY ISSUES

Join the Arizona Center for Disability Law (ACDL)  
at a public forum in Tucson, AZ!

What are the biggest issues facing people with disabilities in Arizona today?

What are the barriers to people with disabilities achieving independence?

What should ACDL be doing to address these issues and barriers?

**Wednesday, August 8, 2012**  
**10 to Noon**  
**DIRECT Center for Independence**  
**1023 N. Tyndall, Tucson**  
**520-327-9547, ext. 313 Lorraine**  
**Or 800-922-1447**

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You can now view or download *The Navigator* from our web page. Go to [pilotparents.org](http://pilotparents.org) and click on *The Navigator*. If you no longer wish to receive *The Navigator*, please contact the office.

**The Navigator is published quarterly; winter, spring, summer and fall. You may e-mail notices, articles, etc. to jo-ann@pilotparents.org, fax them to 520-324-3152 or mail them to: PPSA, 2600 N. Wyatt Drive, Tucson, AZ 85712 attn: Jo Ann Spencer, editor, at any time. Submissions will be used based upon space availability and will be used if the date of the activity falls within our publishing schedule.**

## Client Services Trust Fund Notification and Information

It is that time of year when applications are accepted for the **Client Services Trust Fund**. While many of you may be familiar with the process of applying for these funds, I thought it would be helpful to review what must be in an application and to outline essential information about the process to follow for this year's requests.

### **Applications are due in Central Office on September 1, 2012.**

An application may be sent by mail (Site Code 791A, PO Box 6123, Phoenix, AZ, 85005) with a postmark of September 1, 2012 or by fax (602.542.6870) with a time stamp of no later than 11:59pm on September 1, 2012.

If you fax the application, please do not send a hard copy.

Incomplete applications might not be considered and will be returned; late applications cannot be considered and will be returned. Additionally, the **current version** of the **Client Services Trust Fund Application for One-Time Assistance [form DDD-1088 (5-08)]**, must be used or the application will be returned to be completed on the current form.

### **Please note the following criteria in addition to those stated on the application:**

Requests for reimbursement or for services already rendered will not be considered.

Awards may be granted only to applicants who are U.S. citizens, U.S. nationals or Qualified Aliens. If awarded and status verification is needed, the support coordinator will be contacted.

The request needs to be for a single type of item. For example, the request can be for pieces of furniture, such as a bed, a dresser, and a couch, but not for pieces of furniture and car repairs and household items.

The request must include two estimates. There are two exceptions to this: (1) requests for dental care require only one estimate, and (2) requests for diapers do not require an estimate.

Applications must include a complete listing of household income and expenses and identify all alternative resources that have been explored, including any written denials.

Requests for diapers for Medicaid eligible children and youth (including ALTCS and regular AHCCCS) ages three (3) through twenty (20) must include a denial letter from the health plan that includes the reason for the denial as there is often coverage for diapers through these plans.

If the person is noting other expenses or exceptional costs associated with care needs, he/she must specify the reason(s) for the costs.

Requests for vehicle purchases will not be considered.

Awards for dental procedures will be made in accordance with the AHCCCS fee schedule.

Applications are not to include a signed W-9 or a diaper order form as these will be sent to the applicant if they receive an award. Notification of award will be by the Council in Mid-October. District Program Manager will receive a report re: status.