



## Course Information

Parents, friends, family, educators, and other support providers are welcome. All sessions will be held on the 3<sup>rd</sup> Tuesday of the month at Rock n Joe's Coffee Bar at 5025 Lindberg Street. Register at [dsafnebraska.org/events](https://dsafnebraska.org/events).

### January 21

**Qualification and Medicaid - How and When to Apply:** Have you made a resolution to learn more about Down syndrome in 2020? You are in luck! Our Education Series is here to help! January's speaker is Nina Baker from [PTI Nebraska](https://ptinebraska.org). Nina will be providing information on the when and how to apply for Nebraska Medicaid. Nebraska DHHS will also be present to talk about qualifying for developmental disability waivers as an adult and how and when to make application.

### February 18

**Improving Fine Motor Skills:** Join DSAF as we host Denice Carnahan, Occupational Therapist, and Penni Romero, Physical Therapist, from Carnahan Therapy. This presentation will focus on developmental milestones related to motor skills and common strategies to assist individuals develop their skills with a focus on individuals with Ds.

### March 17

**IEP Workshop – A Review of your IEP Components:** Did you know our Program Director, Dawna Daily, holds a master's degree in Special Education? Join us as she presents information on the required components of the Individualized Education Plan (IEP) and how they apply to developing a comprehensive plan for your child's education.

### April 21

**Special Olympics Offerings to Individuals with Ds:** The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community. Alicia Hoffman will present the offerings of Special Olympics Nebraska and how to get involved in the many events they host.

### May 19

**Self-Advocacy - What is it and How do I become one?** Presented by self-advocate, Dillon Denton, self-advocacy and self-determination are important as an individual ages and becomes more independent. This session will focus on what self-advocacy is and why it is an important skill for an individual with Ds to develop as they age. Most appropriate for High School and above.

### June 16

**Speech Disorders and Children with Down Syndrome:** UNL professor, Beth Dinneen, will present on common speech disorders among those with Ds and types of speech therapy designed to assist in the development of communication skills.

### July 21

**Emergency Preparedness (How to Prepare Your Child):** This session will focus on how to prepare your individual with Ds to interact with first responders in the case of emergency. Participants will walk out with an identification card to share with their families in the event of an emergency. Presented by Dawna Daily as part of an available larger BE SAFE national curriculum.

### August 18

**Down Syndrome 101 for Educators:** Master IEP Coach and Program Director Dawna Daily will offer teachers and families the opportunity to listen to information about Down syndrome as it relates to education. Topics will focus on communication and developing an inclusive environment for the individuals in their classrooms.

### September 15

**Intimacy and Relationships (Utilizing the Circles Curriculum):** Utilizing the Circles curriculum, individuals and families are invited to explore the differences between an acquaintance and close family and what boundaries should be set for each.

### October 20

**A Roadmap to Independent Living:** In this educational series PTI Nebraska's Nina Baker will present tips on how to set your middle school-young adult on a road to independence. Included in the presentation is information about education, employment and independent living.

### November 17

**Social Opportunities in the Community:** Set up as informational speed round table discussions, area community agencies will present on their offerings from preschool thru adult living.

### December 15

**Enable Savings Plan – Why and How to Set It Up:** Diane Stewart from First National Bank will present information on the Enable Savings Plan offered by First National Bank of Omaha, including how to set up a plan, common and uncommon uses of Enable, and some the main rules and regulations that guide the plan in Nebraska.

*Thank you to the numerous DSAF sponsors and donors who help to bring these courses to you free of charge! Learn more about the DSAF Educational Series and see resources from past courses at [dsafnebraska.org/EdSeries](https://dsafnebraska.org/EdSeries).*