

The Sun

Newsletter
October–December 2012

Inside this issue

Summer fun! 3

A perfect day 3

Book review 4

Parent2Parent 4

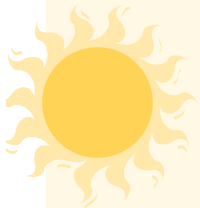
Reducing holiday stressors 5

Inside Autism Delaware 6

Autism Delaware and The Specialisterne Foundation 7

Calendar 8–9

Housing survey 11



Our mission

Autism Delaware™ works to create better lives for people with autism and their families in Delaware.



SB22 is law!

Delaware is the 32nd state in the nation that requires health insurers to cover autism treatment!

Senate Bill 22, legislation that required insurance coverage for autism treatment, was passed by the Delaware Senate on June 7 and the House of Representatives on June 27 and was signed into law by Governor Jack Markell (at right with Autism Delaware’s Theda Ellis and Kim Siegel and St. Sen. Liane Sorenson), surrounded by happy advocates and families living with autism. The signing took place August 13 in Autism Delaware’s newly renovated Newark office.



What does the new law do?

The law prohibits insurance companies from denying treatment or dropping a child from a policy because the child has an autism spectrum disorder (ASD).

Whether you have an individual or group insurance plan regulated by Delaware law, your insurer must cover the following for a child under 21 years of age:

- screening and diagnosis
- behavioral health treatment, including applied behavior analysis (ABA) and social skills training
- speech, occupational, and physical therapies
- psychological and psychiatric care
- prescription medications

The child must have a medical diagnosis of autism from a physician or psychologist, and this practitioner must find the care to be “medically necessary” for it to be covered by the insurance plan.

Continued on page 10

This law is the result of several years’ work by Autism Delaware, Autism Speaks, and lead sponsors St. Sen. Liane Sorenson and St. Rep. Quinn Johnson. Lt. Gov. Matt Denn helped forge new relationships with decision-makers to move the bill forward.

The driving force behind the law was the many autism advocates who called, emailed, and visited with their legislators over the years: **You** raised awareness of the problems faced by families in accessing treatment and the need for this law. **You** raised your voices when it mattered most. Throughout June 2012, legislators’ offices were abuzz with talk of “the autism bill”—because of **you**. And **you** helped get SB22 passed. **You did it!**

Autism Delaware offers sincere thanks to all of you. Thank you.

The Sun

A publication of Autism Delaware™

Email: delautism@delautism.org
Website: www.autismdelaware.org

Autism Delaware Newark office

924 Old Harmony Rd. Suite 201. Newark DE 19713

Phone: 302.224.6020
Fax: 302.224.6017

Executive Director: Theda Ellis
theda.ellis@delautism.org

Associate Director: Teresa Avery
teresa.avery@delautism.org

Associate Director: Brian Hall
brian.hall@delautism.org

Clinical Director: Susan Peterson
susan.peterson@delautism.org

Policy & Walk Director: Kim Siegel
kim.siegel@delautism.org

Resource Coordinator: Heidi Mizell
heidi.mizell@delautism.org

Office Manager: Margie Rowles
margie.rowles@delautism.org

Communications Coordinator: Carla Koss
carla.koss@delautism.org

Event Coordinator: Deanna Principe
deanna.principe@delautism.org

Receptionist & Office Assistant: Kim Rosebaum
kim.rosebaum@delautism.org

Autism Delaware Milton office

16394 Samuel Paynter Blvd. Unit 201. Milton DE 19968

Phone: 302.644.3410

S. Delaware Service Coordinator: Dafne Carnright
dafne.carnright@delautism.org

Office Assistant & Event Coordinator: Amanda Gordy
amanda.gordy@delautism.org

Autism Delaware officers

President: Marcy Kempner
marcy.kempner@me.com

Vice President: John Willey
john.willey.ii@penoil.com

Treasurer: Scott A. Young
scotthoya@comcast.net

Secretary: John Fisher Gray
john.fisher.gray@post.harvard.edu

The Sun Editorial Committee

Theda Ellis Teresa Avery
Dafne Carnright Cory Gilden
Carla Koss Heidi Mizell
Jen Nardo

Autism Delaware™ is interested in a variety of viewpoints about autism and emerging research, but reference to any treatment, therapy option, program, service, or treatment provider is not an endorsement. We publish information only for informational purposes and assume no responsibility for the use of any information. You should investigate alternatives that may be more appropriate for your specific needs.

Autism Delaware™, POW&R™, Productive Opportunities for Work & Recreation™, and the Autism Delaware puzzle-piece logo are trademarks of Autism Delaware Inc.



Theda Ellis
Executive Director

A look back before I go

It's hard to believe that this is the last column I'll write as the director of Autism Delaware....

I have become so entrenched in Autism

Delaware, both socially and professionally: Summer isn't summer unless I have people to greet and hot dogs to cook at the picnic in Cape Henlopen. Likewise, I look forward to the fall train ride, spring ball game, and winter holiday party, no matter where in Delaware they take place.

Attending events has been one of the best parts of my job because it keeps me in touch with all of you and gives me the opportunity to hear stories about your lives, issues and successes. At a recent parent coffee hour, a grandmother who has been coming to events for the past 10 years told me that her 17-year-old grandson is now doing well and is college-bound. So, she wanted to share her story with young mothers. Both the young moms and I thanked her for a lovely moment and a positive life lesson.

An amazing group of people is affiliated with Autism Delaware, and everyone is passionate and dedicated. The board of directors, key volunteers, and staff, all spend untold hours working to make the organization successful. Autism Delaware is not a one-person show but a team of people who bring

their interests and skills to the table for one purpose—to improve the lives of our loved ones with autism and their families.

To this end, when we come together for Autism Delaware, we leave our personal biases at the door. Our political parties and personal beliefs do not matter. Even our particular concerns related to autism do not matter. Cause and cure, best practice for education, treatment protocols, pro vs. con on vaccination: These things have not been allowed to separate us, because we all have a bigger picture in mind—ensuring that Delaware has the system of education, services, and supports that our folks need to be successful and independent throughout their lives.

We haven't achieved this ideal yet, but thanks to the efforts of many people, we are well on our way. In the last year alone, we've seen an increased awareness about autism spectrum disorders. The Centers for Disease Control and Prevention documented the ever-growing prevalence of autism. Legislation requiring insurance coverage of autism treatment has been passed in 32 states. And the autism summit led to three subcommittees looking into lifelong services in Delaware.

At Autism Delaware, we added clinical services and began investigating residential services. Plus, we completed the merger agreement with the Lower Delaware Autism Foundation, so the Autism Delaware adult service program (known as POW&R) is now

Continued on page 7

A service of Autism Delaware

POW&R™
PRODUCTIVE OPPORTUNITIES
FOR WORK AND RECREATION

Katina Demetriou, POW&R Director

katina.demetriou@delautism.org

Bus: 302.224.6020 Ext. 206 **Cell:** 302.824.2252

Karen Anderson, N. Delaware POW&R Coordinator

karen.anderson@delautism.org

Bus: 302.224.6020 Ext. 209 **Cell:** 302.824.2253

Melissa Martin, S. Delaware POW&R Coordinator

melissa.martin@delautism.org

Bus: 302.644.3410



Summer fun!

The Autism Delaware Summer Day Camp took place August 20–23 from 9:00 A.M. to 4:00 P.M. at the Children’s Beach House in Lewes.

Designed specifically for children with autism spectrum disorders (ASDs) who are enrolled in grades 3–11 for the 2012–13 school year, day camp offered kayaking, sailing, swimming, a low ropes course, and arts and crafts. Throughout each activity, emphasis was put on communication, social skills, and self-esteem, so each child worked on personal skills and had many opportunities to try new things. Twenty-seven children enjoyed the benefits of day camp this summer.

The Autism Delaware Summer Swim Program ran from June 29 to August 17 at the Rehoboth YMCA. Designed for children with ASDs aged 4–21 who are toilet-trained, the swim program supports the development of appropriate pool conduct and water and pool acclimation as well as physical fitness, muscular development, and opportunities for social interaction and communication in a safe and supportive

environment. Each Friday session included 5–10 minutes of stretching, 30–45 minutes of skill development and exercise, and 10 minutes of free swim.

Twenty-one children learned golf techniques and personal skills through the Autism Delaware Junior Golf Program. Led by golf pro and coach Butch Holtzclaw at The Rookery Golf Course in Milton, junior golf is designed for youth with ASDs aged 8–21. The six 30-minute sessions (Wednesdays and Thursdays between June 20 and August 16) depended on each child’s level of ability and interest. Instruction included putting, chipping, driving, and full swing as well as working on golf etiquette and values, such as respect, confidence, responsibility, perseverance, courtesy, and sportsmanship. The last session was one of the junior golfers’ favorites because they rode in golf carts driven by their parents and played three holes on the course with continued instruction from Coach Holtzclaw.

“Thanks to the generosity of Coach Holtzclaw, the Rookery, and a previous grant from The Philadelphia Foundation and The Greater Philadelphia Professional Golf Association, the junior golf program remained free to participants,” notes Dafne Carnright, Autism Delaware’s southern service coordinator.

“And thanks to our awesome staff and volunteers,” adds Dafne, “all three programs were a success for our kids!”

A perfect day and a hole in one

A picture-perfect blue sky and temperatures in the mid-70s greeted 230 celebrities and sponsors on May 31 to Autism Delaware’s 11th Annual Drive for Autism Celebrity-Am Golf Outing. The event drew stars from NASCAR, the National Football League, National Hockey League, Major League Baseball, and the University of Delaware as well as broadcasters from FOX, CBS, ESPN, Speed, and the NFL Network.

“This event has become more than just a fundraiser,” says Drive for Autism Chair Artie Kempner. “It’s a ‘fun’-raiser and has become a gathering of returning friends.” They were joined by a group of youngsters from the Delaware Autism Program and POW&R participants (pictured here) who helped set up a first-class event at the DuPont Country Club.

Play on the course featured a spectrum of expertise and abilities, and every-



**12th Annual Drive for Autism
May 30, 2013**

one completed their rounds with huge smiles on their faces. Plus, for the first time in Drive for Autism history, we had a hole in one. Congratulations to Jason Thomas! And to top it all off, the event raised more than \$430,000 for Autism Delaware’s much-needed statewide programs and services.

“In many ways,” adds Artie, “the event mirrors the work we do at Autism Delaware: treating everyone with respect and dignity and making them all feel special. Led

by our amazing tournament director, Deanna Principe, the Autism Delaware staff and volunteers did an outstanding job. I received numerous comments and emails from everyone telling me how well run the event is and that they will always support it. We’ve already started planning for next year and fully expect 2013 to be even better.”

Book review

Four mistakes parents make—and the solutions

"I love this book!" smiles Heidi Mizell, Autism Delaware's long-time resource coordinator. "And every parent with a child with autism should have a copy."

What book has Heidi so excited? **Wrightslaw: All About IEPs.**^a And here's why: useful and user-friendly information. A good example is the section entitled *4 Mistakes Parents Make* (page 2–3). Here's an overview:

1. *Failing to make a long-term plan for the child's education or the future*

According to the authors, the number-one mistake can be fixed with a good long-term plan. Start with an overview of where your child is today. Then, as your child evolves so should your plan. Look at where your child should be 10, 20, 30 years from now. "Imagine your child as a young adult. What should your child be able to do? Do you envision your child working at a job and raising a family? Will [your child] be a member of the community?" In other words, what kind of education and employment does your child need at this time in his or her life to grow into a full, meaningful, and independent life? And what do you both need to help make it happen?

2. *Not understanding the child's disability, and allowing the school to make decisions about the child's special education*

You can remedy the second mistake, the authors say, by

learning how autism affects your child and how your child learns. Instead of expecting school personnel to see what your child needs, tell them what you've learned about your child and ask how the school will ensure that your child gets what he or she needs. Aim high. Tell yourself, your child, and your child's IEP team that you want your child to learn everything that will help create a full, meaningful, and independent life.

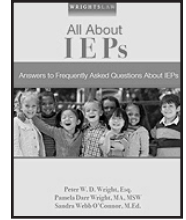
3. *Forgetting to keep your emotions under control*

Number three refers to the shock and anger you may have felt when you realized that the school disagreed with you or didn't seem to have your child's best interests at heart. Feeling betrayed is difficult to get past, but you must maintain balance if you expect to be taken seriously.

"Take a deep breath," adds Heidi. "Take a time out if you need to. And then take your point to the person best suited to help you get your needs met."

4. *Not documenting events and conversations*

To document something simply means to write it down. In some cases, you may even want to write a letter to the school—and keep your emotions out of it. Simply state the facts of what happened or what was promised by the school. The school will keep the letter in your child's file. Remember to make a copy for yourself.



^a Peter W.D. Wright, Esq., Pamela Darr Wright, M.A., M.S.W., and Sandra Webb O'Connor, M.Ed. **Wrightslaw: All About IEPs.** Hartfield VA: Harbor House Law Press, Inc., 2011—Available as of August 2012 at www.wrightslaw.com/bks/aaiep/index.htm for \$12.95.

PARENT PARENT

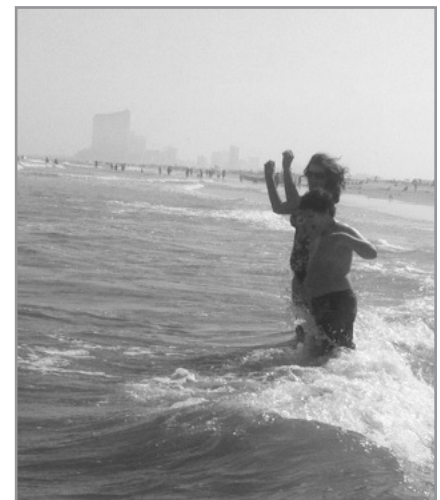
UPDATE!

Teaching Jake to enjoy the ocean

"Mother Nature has aided our efforts in getting Jake in the ocean this summer," says Jen Nardo of her family's plan. "With the warm air and water temperatures, staying out of the water has been hard.

"Our plan to play with Jake in the more shallow water and work up to greater depths has been working beautifully," continues Jen. "We now stand in water up to about mid-thigh and jump the waves that come in. Jake yells 'Jump' with every wave or soft roll of the ocean.

"One day, Jake and I were in the more shallow water splashing around, and his dad and older brother were swimming in the deep water. Jake was really motivated to try to swim with them—which put him in water up to his hips! We were all excited for Jake's attempt. We know, with time and encouragement, he will go all the way into the deep water."



Reducing stressors at holiday time

With strategies for coping with a range of sensory presentations that affect children with autism, Therapiststreet.com can help you and your child. Here are several strategies that may come in handy over the holidays. For more strategies on coping with sensory presentations, visit www.Therapiststreet.com.

Holiday baking—Is your child over-sensitive to touch? This sensory presentation is known as tactile defensiveness. Avoid it by avoiding gooey or sticky textures. If the child still won't touch anything, offers the website, have him or her use containers to scoop and pour the ingredients.



Holiday aromas—Is your child hypersensitive to smells? If so, he or she will try to avoid anyone and anything associated with the smells. Clear the air with these suggestions from the website:

- Cover up the undesired odor with aroma therapy (lotions, candles, diffusers).
- If your child doesn't like perfumes, use unscented products.
- If your child likes a certain scent, place a little scented lotion or cream under his or her nostrils before entering an undesirable environment. Also, give your child a pocket-sized version of the lotion or cream to apply when needed.

Holiday greetings—Is your child over-sensitive to touch? Remind family and friends to approach the child

from the front. Use a firm touch, add the website, and never a light touch.

Holiday lights—Is your child sensitive to light? With holiday lighting in the home, you can help with visual distractions, as noted in this list from the website:

- Change the lighting in the home environment. Lamp lighting is less visually stressful than overhead lighting. And keep the lights dimmed.
- Certain colors of wall paint can help reduce visual stress.
- Give your child lightly tinted to dark sunglasses, if needed, to wear at school or in public buildings.

Holiday clutter—A room that appears busy may affect your child. Given, wrapping paper and ribbon can sometimes get out of hand over the holidays, but try to reduce the clutter.

Holiday music—Is your child sensitive to sound? Do you need help with auditory distractions? Plan ahead before entering a shopping mall, movie theater, or restaurant. If necessary, give your child earplugs or noise-reducing headphones. And always have an exit plan.

Welcome new members!

Tonekia Showell

Mr. & Mrs. Jermaine Aaron

Thomas & Kathleen Connell

Joseph & Jamie Ross

Lily Famiglietti

Donna Seldomridge

Did you know?

A tax-deductible donation can be made to Autism Delaware through the United Way of Delaware. Simply enter the code on the United Way form!

For the United Way in _____ **the code is** _____

Delaware **9234**

SE Pennsylvania **12598**

INSIDE Autism[™] Delaware

Financial support for careers in autism field

In May, Autism Delaware awarded the Daniel and Lois Gray Memorial Scholarship to three University of Delaware students and the Para-to-Educator Stipend to three Delaware teachers.

“We are lucky,” says Theda Ellis, M.B.A., M.Ed., Autism Delaware’s outgoing executive director, “to have people like this in the autism field. And I am lucky, one more time, to be able to acknowledge their effort.

“Thank you, to all of you, for your service, dedication, and commitment to children with autism. Thanks to your passion and commitment, we look forward to a rich future of educational services and programs for our children.”

Autism Delaware Daniel and Lois Gray Memorial Scholarship—This year’s scholarship winners were awarded \$1,000 each for the 2012–13 academic year. They are Allison Heimler (Class of 2014), Stephen Kanefsky (Class of 2015), and Elizabeth Watson (Class of 2013).

The scholarship was created in memory of Daniel and Lois Gray, who had a grandchild with autism. The goal is to support the aspirations of talented UD students who plan a career in teaching or other professional service to children with autism spectrum disorders (ASDs), such as psychologist or speech pathologist.

To be eligible, a student must

- be matriculated full-time at UD as an undergraduate or graduate student;
- major in special education, psychology, linguistics, or speech pathology;
- plan on becoming a teacher or other professional in the autism community; and
- maintain a cumulative grade point average of at least 3.0.

Autism Delaware Para-to-Educator Stipend—Like the Gray memorial scholarship, the para-to-educator stipend supports individuals aspiring to a career in the autism field. To be eligible, a paraprofessional must have completed his or her education in the past year to become a teacher of children with ASDs.

This year’s stipend winners—and new teachers in the autism field—were awarded \$1,000 each. They are

- Sussex Consortium paraprofessional Chrystyna Vent, of Milton;
- Christina paraprofessional Matthew Hamilton, of Wilmington; and
- Brennen School paraprofessional Lindsay Smith, of Middletown.

Grants awarded for innovation

In July, Autism Delaware acknowledged six organizations for their innovative community programs. “We look to fund programs that impact the autism community in new, different, and positive ways,” says Autism Delaware Associate Director Teresa Avery, M.B.A., “but sometimes, the program is so innovative and successful that we need to continue support one more year.” Falling into this category are

- the Parent Information Center (PIC) of Delaware, which extended well-received parent-training sessions by Delaware Autism Program Teacher of the Year Dom Squittiari;
- Variety, the Children’s Charity, which supports a critically needed after-school program for Brennen School students; and
- Very Special Arts (VSA) Delaware, which continued an artist-in-residence program in Kent County that builds the confidence of 17–21 year olds with autism spectrum disorders or cognitive disabilities.

Three other organizations were awarded Autism Delaware grants this year, too:

- Brennen School, Delaware’s educational program for children with autism, will support professional staff statewide through an Autism Delaware grant-sponsored conference, which will become the first annual meeting on best practice in instruction and behavioral support.
- PAWS for People is a nonprofit pet therapy organization that will use the Autism Delaware grant to expand services to Brennen School students.
- Practice Without Pressure helps people with disabilities receive oral health care with dignity and respect. In addition to treatment, the Delaware nonprofit also wants to train caregivers on how to improve the oral care of children and adults with disabilities in the home and will use the Autism Delaware grant to establish this program.

“Autism Delaware supports innovative programs with the potential to improve the lives of both children and adults across their life spans and across the state,” adds Teresa. “I look forward to watching the evolution of these programs as well as the direction of future programs funded by Autism Delaware.”

Stay in the loop: Join the group!

‘Want information about Autism Delaware’s upcoming activities and programs?

Add your name to the Autism Delaware email list—free!

Here’s the link: <http://www.autismdelaware.org/AboutUs/eGroups.aspx>

A look back before I go *Continued from page 2*

established in all three counties. Twenty-six adults work in paid employment, and we are assisting another 14 individuals as they transition to adult services. Also, last year alone, we provided more than 300 families with information, support, and referrals.

A major Autism Delaware initiative continues to be the improvement of education for students across the spectrum. We still call for greater leadership and consistency in educational services and programs for all children with autism spectrum disorders—regardless of what school they attend or district they live in. And adult services continue to need to be adapted so that our adults with autism get what they need rather than only what’s available....

After 10 years with Autism Delaware, I can see how our autism community has grown as well as what needs yet to be accomplished. I leave the Autism Delaware staff knowing that the capable and brilliant team of Teresa Avery and Brian Hall is taking over leadership. Fiercely intelligent, passionate about services, and extremely hard-working, Teresa and Brian are the future. And I know that Autism Delaware is in very good hands. (I learned a long time ago that, to be a successful manager, I needed to hire people who are better than I am.)

I leave you, the readers of *The Sun*, with great affection and gratitude. Thank you for trusting me to help get Autism Delaware off the ground, for spending your time and energy with me these past 10 years, and now, for allowing me the same opportunity to transition as our students: stepping well supported and eagerly into my next phase of life. Retirement will be my new challenge.

Looking for great things in the future,

Theda M. Ellis

Did you know?

Autism Delaware™ offers financial assistance to attend autism-related conferences.

For info on the conference stipend, visit www.autismdelaware.org.

Autism Delaware and the Specialisterne Foundation

During a special announcement in Wilmington on June 15, Autism Delaware Executive Director Theda Ellis joined Delaware Governor Jack Markell and other state officials in welcoming the Specialisterne Foundation, Inc., to Delaware. Originally established in Denmark and led by founder and president Thorkil Sonne, the foundation works to provide employment for individuals with high-functioning autism spectrum disorders (ASDs). Its goal is to enable one million jobs worldwide.

“We are extremely excited to have the Specialisterne Foundation here in Delaware,” says Autism Delaware’s associate director, Teresa Avery. “We look forward to working directly with Specialisterne in collaboration to enable meaningful employment for Delawareans with high-functioning autism and Asperger’s syndrome.”

Incorporated in Delaware, the Specialisterne Foundation is working with local stakeholders across the U.S., including Minnesota, New York, Colorado, Virginia, Pennsylvania, California, and Washington. For more information about the organization, go to www.specialistpeople.com.



At the June announcement that the Specialisterne Foundation is funding employment of Delawareans with high-functioning autism spectrum disorders, Theda Ellis joined (L to R) Thère du Pont, president of the Longwood Foundation; Peter Morrow, executive director of the Longwood Foundation and the Wellfare Foundation; Specialisterne founder and president Thorkil Sonne and Thorkil’s spouse Annetta and son Lars.

What is an app + how do I choose one?



In January 2011, the American Dialect Society announced that the word of the year was the term “app.” Short for “application,” an app is software for a smartphone or mobile device and functions

like software on a computer.

As of Christmas 2011, the two most popular operating systems for smartphones were Apple’s iOS and Google’s Android.

Choosing an app

A quick check in the iTunes app store or the Android marketplace yields results for everything from gluten-free food to assistance with communications.

Finding an app is easy. Simply type a search term (such as “assistive communications”) into the store, and watch the results roll in.

Finding the right app can be harder; talk to others

about the apps that work for them. Some apps are free while others are costly. Proloquo2Go costs \$189.99! So be sure to do some research before you buy.

Here are a few examples of what’s available:

Proloquo2Go by AssistiveWare—augmentative and alternative communications that address speech difficulties

Angry Birds by Clickgamer.com—popular slingshot game

ABA Flash Cards by Kindergarten.com—a variety of topics help build language effectively

QuickCues by Fraser—social scripts to help teens and young adults manage new situations

iPad apps

For a list of autism resources as well as iPad apps, visit www.autismdelaware.org. Click on Autism Resources, and Learning Links.

CALENDAR of EVENTS

October

- 3, 10, 17, 24**—Bowling night. **31**—Bowling night Halloween costume party. Bowlerama. 3031 New Castle Av. New Castle. 5:30–7:00 P.M. *Registration:* Karen Tuohy at karen.tuohy@redclay.k12.de.us. Or call (302) 633-3316.
- 9**—Parent Coffee Hour. Panera Bread. 3650 Kirkwood Hwy. Wilmington. 9:00 A.M.
- 12**—Teen/Tween game night. Autism Delaware Newark office. 6:30–8:30 P.M. *Registration:* delautism@delautism.org.
- 13**—Fall festival. Killens Pond State Park. 5025 Killens Pond Rd. Felton. 1:00–3:00 P.M. *Registration:* Amanda Gordy at (302) 644-3410.
- 24**—Parent Coffee Hour. Georgia House Restaurant. 180 S. Walnut St. Milford. 9:00 A.M. *Registration:* Dafne Carnright @ (302) 644-3410.
- 26**—Haunted train ride on the Wilmington & Western Railroad. 2201 Newport Gap Pike. Wilmington. 6:00 P.M. *Registration:* deanna.principe@delautism.org.
- TBA**—Teen/Tween game night. Autism Delaware Milton office. 6:00–7:45 P.M. *Registration:* Dafne Carnright @ (302) 644-3410.

November

- 3**—Sensory friendly movie: *Wreck It Ralph*. Carmike Cinemas in the Dover Mall. 1365 N. Dupont Hwy. Dover. 10:00 A.M. *Registration:* Amanda Gordy at (302) 644-3410.
- 7, 14, 28**—Bowling night. Bowlerama. 3031 New Castle Av. New Castle. 5:30–7:00 P.M. *Registration:* Karen Tuohy at karen.tuohy@redclay.k12.de.us. Or call (302) 633-3316.
- 10**—14th Annual Auction for Autism. DuPont Country Club. 1001 Rockland Rd. Wilmington. 6:00 P.M. *Reservations:* www.autismdelaware.org or (302) 224-6020.
- 13**—Parent Coffee Hour. Panera Bread. 3650 Kirkwood Hwy. Wilmington. 7:00 P.M.
- 15**—Parent Coffee Hour. Holiday Inn Express. 1780 N. Dupont Hwy. Dover. 9:00 A.M. *Registration:* Dafne Carnright @ (302) 644-3410.
- 16**—Teen/Tween game night. Autism Delaware Newark office. 6:30–8:30 P.M. *Registration:* delautism@delautism.org.
- TBA**—Teen/Tween game night. Autism Delaware Milton office. 6:00–7:45 P.M. *Registration:* Dafne Carnright @ (302) 644-3410.

December

- 5, 12, 19**—Bowling night. Bowlerama. 3031 New Castle Av. New Castle. 5:30–7:00 P.M. *Registration:* Karen Tuohy at karen.tuohy@redclay.k12.de.us. Or call (302) 633-3316.
- 11**—Parent Coffee Hour. Panera Bread. 3650 Kirkwood Hwy. Wilmington. 9:00 A.M.
- 11**—Parent Coffee Hour. Arby’s. 1155 Highway One. Suite 5018. Lewes. 9:00 A.M. *Registration:* Dafne Carnright @ (302) 644-3410.
- 14**—Teen/Tween game night. Autism Delaware Newark office. 6:30–8:30 P.M. *Registration:* delautism@delautism.org.
- 22**—Northern Delaware holiday party. Aetna Fire Hall. 400 Ogletown Rd. Newark. 12:00–3:00 P.M. *Registration:* deanna.principe@delautism.org.
- TBA**—Teen/Tween game night. Autism Delaware Milton office. 6:00–7:45 P.M. *Registration:* Dafne Carnright @ (302) 644-3410.
- TBA**—Southern Delaware holiday party.



Parent Coffee Hour

Panera Bread

3650 Kirkwood Hwy.,
Wilmington
October 9 @ 9:00 A.M.
November 13 @ 7:00 P.M.
December 11 @ 9:00 A.M.

Join us!

Holiday Inn Express

1780 N. Dupont Hwy.,
Dover
Nov. 15 @ 9:00 A.M.

**Georgia House
Restaurant**

18 S. Walnut St., Milford
Oct. 24 @ 9:00 A.M.

Arby's

1155 Highway One,
Suite 5018,
Lewes
Dec. 11 @ 9:00 A.M.

*The coffee
is free!*

Haunted train ride

Friday, October 26, at 6:00 P.M.

Wilmington & Western Railroad
2201 Newport Gap Pike, Wilmington

Dress up, and ride the open-air rail car.
If it rains, we're moving the ghosts inside!

Registration: deanna.principe@delautism.org



Fall festival

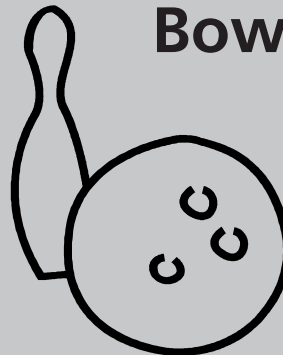
October 13

1:00–3:00 P.M.

Killens Pond State Park
5025 Killens Pond Rd.
Felton

Registration:

amanda.gordy@delautism.org
(302) 644-3410



Bowling night

Every Wednesday

5:30–7:00 P.M.

Bowlerama
3031 New Castle Av.
New Castle

**See the Calendar of Events
(p. 8) for registration info.**

Teen/Tween game night

For 9–19 year olds
with Asperger's syndrome

Place: Autism Delaware™
Newark office

Dates: October 12
November 16
December 14

Time: 6:30–8:30 P.M.

Cost:
\$30 per season
Must be paid
at registration

To register:
(302) 224-6020
delautism.org
[@delautism.org](mailto:delautism@delautism.org)

Fall 2012 season

For 9–14 year olds with
Asperger's syndrome

Place: Autism Delaware™
Milton office

Dates: October TBA
November TBA
December TBA

Time: 6:00–7:45 P.M.

Cost:
\$10 per session
Must be paid
at registration

To register:
(302) 644-3410
dafne.carrnight@delautism.org

SB22 is law! Continued from page 1

ABA is covered up to \$36,000 a year per child; all other therapies are covered to the extent that they would be for other disorders in your policy.

Note: No services delivered by schools will be covered by insurance. The responsibilities of the schools (as well as adult service providers) remain the same to all children; services to the child cannot be denied or reduced because of the family's health insurance coverage.



Standing left to right in Legislative Hall are Sharon Cirrillo, Denise Bradley, Cynthia Campbell, Kathy DeNight, Lorri Unumb of Autism Speaks, and Autism Delaware staff Kim Siegel, Dafne Carnright, and Heidi Mizell.

Does the law apply to my health insurance?

Ask the human resources department at work or your insurance company directly.

The new law does not apply to Medicaid or insurance regulated by federal law or another state. If another state regulates your health insurance but does not require autism coverage, help that state's advocates to pass a law to make sure it does.

If your insurance is self-funded (that is, regulated by the federal Employee Retirement Income Security Act, or ERISA, for short), the Autism Delaware insurance reform webpage has a link to Autism Speaks resources that will help you advocate for autism coverage with your employer.

The Autism Delaware insurance reform webpage continues to be the latest source of information as the law is put into place, so please visit often. Go to www.autismdelaware.org, hover over Advocacy and then Issues and Positions, and then click on Autism Insurance Reform in Delaware.

What happens next?

SB22 takes effect 120 days after the governor signs it into law. As of December 11, 2012, the law affects all Delaware-regulated policies being issued or renewed.

Six months from the signing, the Delaware Department of Health and Social Services must have developed qualification regulations that providers must meet to be reimbursed by insurance.

A board-certified behavior analyst (BCBA) who meets the standards for national certification is automatically considered an autism service provider. Autism Delaware advocates

that a state license for other existing practitioners (such as speech therapists, mental health providers, and so on) is also sufficient to become an autism service provider. Standards for line therapists—who have never been regulated in Delaware—are likely to be the most discussed.

Autism Delaware is also watching to see how the federal Affordable Care Act will impact coverage of autism therapies as well as advocating that Delaware's insurance exchange

plans must include ABA—as intended by the U.S. Congress.

More bills passed to protect our children

- **HS1 for HB253 w/HA1 creates a process for evaluating a child's competency to stand trial.**
- **HB319 requires that competitive, integrated employment be the first service option considered for anyone entering or already in adult services.**
- **HB365 allows parents and guardians to recover the costs for expert witnesses on their behalf if they successfully challenge the denial of services to their children.**
- **SB207 w/SA1 increases compliance with IDEA. School districts must now identify children with special needs at private schools within district borders. Attorneys from other states who are competent in IDEA requirements may now be appointed to administrative hearing panels.**
- **SB234 w/SA2 makes child abuse a specific criminal offense that includes higher penalties for crimes committed against a child who is three years of age or younger or who has intellectual or developmental disabilities.**
- **SCR34 creates a task force to study transition services for youth with disabilities and special health-care needs.**

Recognition of elected officials in passing SB22 should not be considered an endorsement of their candidacies. Autism Delaware encourages all who are eligible to vote on November 6 to do so after asking your candidates the questions that are most important to you.

Housing survey

Findings point to residential service needs

This spring, Autism Delaware conducted a survey to determine what teens and young adults with autism spectrum disorders (ASDs) and their parents are looking for in adult residential services. In particular, we wanted to know what individual needs and desires would have to be met. This survey was part of Autism Delaware’s research into becoming a provider of residential services.

We learned a lot from the 55 responses. Here are some of the highlights:

Diagnosis: Two-thirds of the respondents have autism as opposed to Asperger’s syndrome or pervasive developmental disorder—not otherwise specified (PDD–NOS).

Social: Nearly half of the respondents communicate in ways other than spoken language at least part of the time.

About three-quarters prefer to share living spaces with others and have their own bedrooms.

Challenges: Allergies and anxiety disorders are the most common chronic health problems.

For behavioral or sensory support, the most frequently reported needs are access to private or quiet space, behavioral cues and plans, and sensory accommodations.

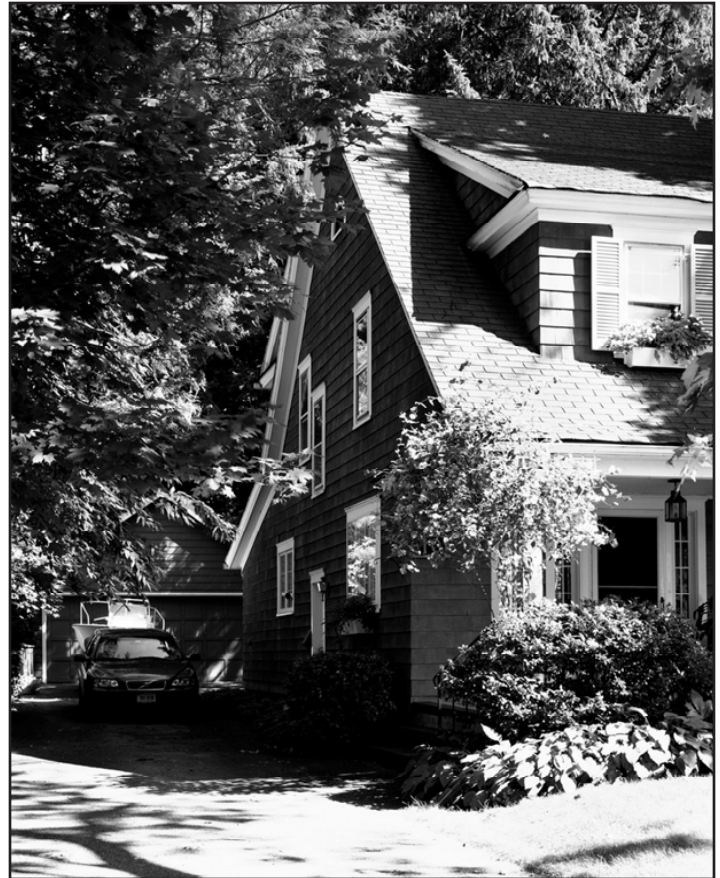
Transportation: Only a few of our respondents are able to drive, and our adult population is very dependent on public transportation or other drivers.

This need presents a challenge because suburban and rural areas—the overwhelming choices for where the respondents want to live—are less accessible by public transportation.

Structure of services: Nearly half of the respondents prefer to explore options for community living outside of those presented in the survey. The preferred options include

- drop-in support for independent living,
- supervised living with more frequent visits from an agency,
- shared living through adult foster care with a family or individual, and
- a staffed group home.

Group homes and supervised living are the most popular of the currently existing service options, though no clear majority preferred one particular option.



Tell us what you want!

Only two people with autism completed Autism Delaware’s housing survey themselves (with or without assistance). Most of the surveys were completed by parents, and the input from people with autism was unclear.

To offer the best service possible, Autism Delaware would like to hear directly from more adults with autism, especially those who are more significantly affected: Tell us what you are looking for in adult services. The housing survey is still available at www.autismdelaware.org.



924 Old Harmony Rd.
Suite 201
Newark DE 19713

Nonprofit Organization
U.S. POSTAGE PAID
Permit #317
Newark DE

Return service requested



Helping People and Families Affected by Autism

Mark your calendar!

Friday, September 28

Blue Jean Ball

Grand Cru Hall
Nassau Valley Vineyards
32165 Winery Way, Lewes

7:00–11:00 P.M.

Tickets: \$85 each until Sept. 20
\$100, Sept. 21–28
includes cocktails, hors d'oeuvres, and a live
performance by Love Seed Mama Jump.
Seating guaranteed for sponsors only.

Reservations: (302) 644-3410



Saturday, November 10

14th Annual Auction for Autism

DuPont Country Club
1001 Rockland Rd., Wilmington

6:00 P.M.

Tickets: \$150 each,
includes dinner, live
performances by local
talents with autism,
and silent and live auctions
—just in time for the holidays!

Reservations: (302) 224-6020



www.autismdelaware.org