

Course Goals:

Welcome to Becoming a Self-Advocate! In this course you will learn about:

- ❖ Disability terms
- ❖ Finding out about your disability and accommodation needs
- ❖ Finding careers of interest
- ❖ Learning laws and your legal rights
- ❖ Setting goals
- ❖ Planning for school and work

When you are done, you will better know how to do well in school and work!

Keep in Mind!

This course is designed to let you read at your own pace. You can always go back and review the material if you need a refresher.

Chapter 2: Disability and Accommodations

Welcome back! I'm Ms. Jordan, your teacher and guide for this course! Let's go through this chapter together.

Overview:

In order to be a good self-advocate, you must know what your disability is and be able to tell others what accommodations or changes need to be made in order to help you do well at school and work.

Learning Objectives:

- ❖ Know about our disability and how it impacts your life.
- ❖ Find accommodations (supports) and find people who can help with accommodations (supports).
- ❖ Use self-advocacy to help you know your disability.

What are some terms you should know in order to be a good self-advocate?

Disability Related Terms

Accommodation: *accommodations* are a change or added supports that help make school or work tasks easier and better for people with disabilities. Examples include: spellcheckers, recorders and more time for finishing work.

Assistive Technology: *assistive technology* tools help students and workers do things faster and better.

Documentation: *documentation* is ... The legal and medical paperwork you need to show that you have a disability, school reports or paperwork that explains any accommodations you need.

You need documentation to receive accommodations (changes, supports and tools) you need to do well in school and work. Be sure you have copies and have a good way to give copies to others when needed.

Common types of documentation are: psychological report, education evaluation, immunization records and Individual Education Plan (IEP).

IEP: IEP stands for *Individualized Education Plan*. The IEP is a road map for special education supports and services. Each IEP must be written for one student. Each IEP is different. If you have an IEP, it should be based on your own needs and goals as a student.

IEP Coordinator: the *IEP Coordinator* is the person at your school who; keeps each student's IEP up-to-date, plans meetings with family and staff and supports and advocates for students with disabilities.

Educational Evaluation is an assessment, usually done by a special education teacher. He/she looks at academic skills, compares to other students the same age and looks at reading, writing, math and talking.

Psychological Report is a report on cognitive, mental, emotional and behavioral well-being, done by a school psychologist.

These are important kinds of documentation!

DSM-V: is a tool psychologists use to find out what disability a person has.

DSM-V (DSM-5) – the abbreviation for the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. It is the official manual published by the American Psychiatric Association, used to classify and diagnose mental, emotional, and physical disorders.

Usually, a person’s disability will be given a classification based on the guidelines in the DSM-V.

Stigma: a *stigma* is a bad feeling some people have about other people due to their traits. One example of such as trait is a disability. Sadly, some people face stigmas due to their disabilities. Stigmas are often due to lack of knowledge or stereotypes. This is why it is so important to be able to explain a disability *clearly* to others.

Assessment and Accommodations Self-Test:

Match the terms on the right to the correct definition on the left.

- | | |
|--|-------------------------|
| 1. A tool psychologists use to find out what disability a person has. | A. IEP |
| 2. Tools help students and workers do things faster and better. | B. DSM-V |
| 3. A student specific road map for special education supports and services. | C. Accommodation |
| 4. Change or added supports that help make school or work tasks easier and better. | D. Assistive Technology |

Answers to the matching self-test can be found on page 7.

Great! Now that you've mastered some new vocabulary, I want you to meet my friend Mr. Drake. He's going to walk you through some ways to identify and gather useful resources.

Gathering Disability Resources

Hi. I'm Mr. Drake. In order to ask for accommodations, you must know more about your disability.

One place to learn more is on the internet. You cannot trust all information on the internet. One way to find out if a website has good information is to use a Website Reliability Test.

Click the link to view the PDF. [Website Reliability Test](#) or view the [PDF](#) on the last page of the document.

Use this tool to check to see if a website has good information about disability. If you need help using the Website Reliability Test, please ask your support person for help.

Maintain a list of contacts which includes:

The full name, contact information (address / phone number) and information they provide for your DVR Case Manager, Therapist/Health Care Provider, Social Worker and IEP Case Manager / Teacher.

Print a copy of the form on page 9 and fill in the boxes.

It is also good to find people to support you. They can help find disability documentation and other supports.

Having the appropriate documentation on a disability is very important to receiving the right accommodations. It is also vital to have the documentation where it can be easily accessed.

Print a copy of the checklist on page 10 and fill in the boxes.

If you need help using the document checklist, please ask your support person for help.

Summary of Disability:

Write a summary of your disability. In it, the disability should be defined, the characteristics listed, treatments mentioned, the impact on learning and other life activities emphasized and accommodations suggested. Have another person read the summary, checking for grammar and spelling errors.

Great Work! You are almost done with Chapter 2 of Becoming a Self-Advocate. The next couple of slides will help you review the concepts from this chapter before you move on. And of course, you can return to this chapter at any time if you want to review again.

Keep up the great work!

Assessment and Accommodations Review of Terms:

Match the terms on the right to the correct definition on the left.

- | | |
|--|-------------------------|
| 1. The manual for classification and diagnosis of disabilities. | A. IEP |
| 2. Equipment that helps one be more efficient and successful. | B. Accommodation |
| 3. An individualized document that guides supports and services for a student with a disability. | C. Assistive Technology |
| 4. Techniques that allow people with disabilities to complete tasks with greater effectiveness. | D. DSV-M |

Answers to the matching review of terms can be found on page 7 & 8.

Great work! These terms are important for any self-advocate to understand, especially when communicating your disability with others.

Which of the following pieces of *documentation* do you already have?

1. Psychological Evaluation
2. Individualized Education Plan (IEP)
3. Individualized Plan of Employment (IPE)
4. DVR Assessment
5. Summary of Performance (SOP)
6. Educational Evaluation

Congratulations:

You have now completed Chapter 2 of Becoming a Self-Advocate. Be sure to complete the corresponding Chapter 2 survey located on the survey page.

Click the link below when you are ready to complete the chapter 2 survey:

<https://svrirtc.instructure.com/courses/250296/assignments/2528088>

Click on the link below to return to home page:

<https://svrirtc.instructure.com/courses/250296>

Answer Key

Assessment and Accommodations Self-Test

Match the terms on the left to the correct definition on the right.

1. A tool psychologists use to find out what disability a person has.

The correct answer is **DSM-V**.

2. Tools help students and workers do things faster and better.

The correct answer is **Assistive Technology**.

3. A student specific road map for special education supports and services.

The correct answer is **IEP** (*Individualized Education Plan*).

4. Change or added supports that help make school or work tasks easier and better.

The correct answer is **Accommodation**.

Excellent work!

Assessment and Accommodations Review of Terms

1. The manual for classification and diagnosis of disabilities.

The correct answer is **DSM-M**.

2. Equipment that helps one be more efficient and successful.

The correct answer is **Assistive Technology**.

3. An individualized document that guides supports and services for a student with a disability

The correct answer is **IEP** (*Individualized Education Plan*).

4. Techniques that allow people with disabilities to complete tasks with greater effectiveness.

The correct answer is **Accommodations**.

Print a copy and fill in the form:

Your?	Full Name	Contact Info - Address/Phone Number	Information Provided
DVR Case Manager			DVR Assessment, Individual Plan for Employment (IPE)
Therapist/Health Care Provider			Psychological Evaluation, Medical Records
Social Worker			Intake / Screening Information
IEP Case Manager/ Teacher			Individual Education Plan (IEP), Summary of Performance (SOP), Psychological Evaluation

Documentation Checklist

Purpose: Having the appropriate documentation on a disability is very important to receiving the right accommodations. It is also vital to have the documentation where it can be easily accessed.

Instructions: Using the checklist, make sure you have all of the disability related documentation.

Documentation	Have	Not Applicable	Need To Get	From Who?
Copy of current psychological evaluation				
Copy of current Individualized Education Program (IEP)				
Copy of current educational evaluation				
Summary of Performance (SOP)				
Copy of DVR Assessment				
Copy of current Individual Plan for Employment (IPE)				
Copy of current physical examination				
Copy of current immunization records				
Copy of high school transcript				
Copy of transcript from postsecondary school				

Website Reliability Test

