



Northern Regional Center

for Children and Youth with Special Health Care Needs



Hello !

We hope our Autumn E-newsletter finds you and your family doing well. We have been busy in the Northern Region visiting a number of our counties and also planning for our ***Family Listening Sessions***. We enjoy offering parents and caregivers a night out, and both a delicious meal and gas cards are included for each participant. If you are interested in attending an upcoming Family Listening Session or having a session near you, please give us a call at 715-261-1906 or send us an [email](#). (Click below to find out more about Stevens Point's session.)

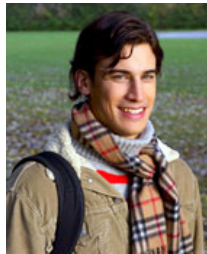
We are still looking for fresh, innovative ideas and better ways to support you. If you have a topic you're interested in learning about, or you'd like to share feedback, please [let us know!](#)

Sincerely,

NORTHERN REGIONAL CENTER CYSHCN AUTUMN 2015 NEWSLETTER

What Does Youth Health Transition Really Mean?

There are many transitions in a person's life, but let's narrow the field and look at the process of youth getting ready for healthcare as an adult. As a parent or caregiver, we are used to taking charge of our child's medical care. Helping our youth learn skills to become more independent and in control of one's own healthcare usually begins in the teenage years.



Much information for both youth and parents can be found at [Got Transition](#), a national website that provides guidance about all of the elements of this process. The Frequently Asked Questions section has answers about things like changing from a pediatrician to a doctor that provides adult care or how healthcare changes from childhood to adulthood, even if you are seeing a family physician.

Also within this website, information is offered to parents on how they can support and teach their youth to become more independent. If a youth has intellectual disabilities they may not be able to make all of their own health care decisions. Learn more about [Guardianship and supported decision-making](#) which involve legal procedures.

How can we help? The Regional Center for Children and Youth with Special Health Care Needs can provide information, support and connect families to local services on healthcare transition decisions, as well as education and employment, medical home, legal decision making, community living and connections to adult long term care services.

Stevens Point Family Listening Session Is Now Scheduled!

October 22nd 5:30-8:00pm

The Lincoln Center, 1519 Water St., Stevens Point

Regional Centers for Children and Youth with Special Health Care Needs are hosting listening sessions across the state to learn from families about what is going well and about issues that impact their family life.

[Stevens Point Listening Session Flyer](#)

Visit Our Website!

Our site may be helpful to you, please check it out!

www.northernregionalcenter.org

Upcoming Events:

Northern Region

*NAMI-12 Session Class

-[Eagle River](#)

-[Wausau](#)

[The Transition Health Care Checklist: Preparing for Life as an Adult](#) is a helpful resource. The Northern Regional Center for CYSHCN can send you a hard copy--[just give us a call or email us](#).

Featured Partners

Every newsletter we will highlight some of the great partners we work with around the state!

Health Transition Wisconsin

[Health Transition Wisconsin](#) is a resource that assists Wisconsin youth, families, and health professionals with



the transition from pediatric to adult health care. We invite you to explore the website and learn about health transition. The Youth Health Transition Initiative, based at the Waisman Center-UW Madison, facilitates statewide transition projects.

[Read Youth/Family Stories about Transition](#)
[Click Here for Tools and Resources](#)

ABC for Health

[ABC for Health](#) is a Wisconsin-based, nonprofit public interest law firm dedicated to ensuring health care access for children and families, particularly those with special needs or who are at risk.



ABC for Health's mission is to provide health care consumers with the information, advocacy tools, legal services, and the expert support they need to navigate America's complex and confusing health care financing system.

*[Preparing the Next Generation of Leaders: Our Most Precious Resource](#) October 9th, Hayward, WI

*[Family Fun Day](#) - October 25th, sponsored by WI Family Ties.

Statewide

*[Community of Practice on Autism: Barriers to Early Intervention, Assessment, Diagnosis](#) - October 27, Milwaukee, WI.

*[2015 Self Determination Conference](#), Nov. 9-11, WI Dells

*[26th Annual Children Come First Conference](#) - November 10-11

ADA Radio Episode 24: The School Year Has Started--And It's Not Going Well. What Can I Do?

Hear about everything from your "struggle muscle" to tips on communication with the school.

Listen to archive, 2 choices of format:

- [\(30 minute recording\)](#)
The School Year Has Started - And It's Not Going Well. What Can I Do?
- [Audio recording \(mp3 file, 30 minutes\) - ADA Live! Episode 24:](#)
The School Year Has Started - And It's Not Going Well. What Can I Do?



[Read Client Stories!](#)

[ABC for Health Brochure](#)

HealthWatch WI Case Tip

Getting Health Insurance

Open Enrollment 3.0

A quick tip video on enrolling in the Marketplace Exchange during the next open enrollment period (11/1/2015- 1/31/2016)



[Click for Video Case Tip Library](#)

Trainings Offered

Parent to Parent Training

Would you be willing to support another parent who is parenting a child with a special need?

Join their Support Parent Training and help them meet

the increasing need for peer support by becoming part of Wisconsin's Network of Support Parents.



Thinking About a Family Get-Away?

Did you know that state parks and private resorts have accommodations for people with disabilities? Some are year-round. Here are a few examples for you to check out:

- [Sunset Pines Resort](#) located near Willard, WI. The resort has special accommodations for individuals with disabilities. Financial assistance is available with a Lodging Assistance Scholarship through Rock Creek Disabled Outdoors, Inc., and qualifying customers can stay at Sunset Pines Resort for a very reduced price.

- [Pine Forest Lodge and Resort](#) They have four year-round wheelchair accessible cabins.

Adaptive toys such as sit water and cross country skis and hand crank bikes can be arranged with enough notice. The main lodge and

three docks are also accessible.

- [WI State Park Accessible Cabins](#) For those unable to use outdoor campsites, the Wisconsin state park system offers 10 accessible cabins in various Wisconsin State Parks. There are eight larger cabins with amenities in the Wisconsin State Park System. There are also two smaller, rustic cabins. These cabins are available only to people with disabilities and their guests and must be reserved ahead of time.

Contact us at the Northern Regional Center!

Julia at 715-261-1906 or
Mandy at 715-261-1936 or
Toll Free at 866-640-4106

Visit our website: www.NorthernRegionalCenter.org