



The Beacon



**The NC Family to Family Health Information Center
A project of The Exceptional Children's Assistance Center
Home to Family Voices of NC**

July, 2009

FAMILY VOICES®

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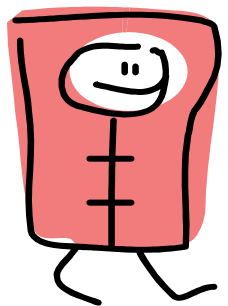
Welcome from the NC Family to Family Health Information Center (HIC)!

This monthly electronic newsletter is designed to provide parents with links, resources, information and activities of particular interest to the issues of children with special health care needs.

To be added or removed from "The Beacon" mailing list please email us at: hic@ecacmail.org



Summer Safety



Previous Editions
Click on the month:

June, 2009
May, 2009
April, 2009
March 2009
February 2009

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Places to Go...



1. **Autism Safety Project to aid First Responders.** Online toolkit provides information and strategies for first responders to promote safe interaction with people who have autism. Free download available at: http://www.autismspeaks.org/press/autism_safety_project.php.
2. **Transition.** Talking With Your Doctor and Other Health Care Professionals. Strategies to help youth and young adults with chronic health conditions to communicate more effectively with health care providers. Includes video segments! <http://hctransitions.ichp.edu/gladd>
3. **2009 ADA Anniversary Took Kit.** Overview of the Americans with Disabilities Act and the ADA Amendments Act, resources and publications. Free download at: <http://adaanniversary.org/>.
4. **Epilepsy Foundation website for parents.** Comprehensive website contains information about epilepsy, just diagnosed, living with epilepsy, treatment, raising awareness, resources and connections. Visit the website at: <http://www.epilepsyandmychild.org/>
5. **Robert Wood Johnson Foundation Health Care Consumer Confidence Index.** This index provides a monthly snapshot of Americans' attitudes about health care. Updates will be released during the third week of every month. Check the latest data by visiting: www.rwjf.org/confidence.
6. **Speak Now for Kids in Health Care Reform.** National campaign specifically focused on the needs of children, youth and families. Share your stories, photos and videos with thousands of other families who have contributed. Sponsored by the National Association of Children's Hospitals who has compiled these stories into a powerful message for Congress. Visit the website at: healthreform.gov
7. **Caregivers Count! Support for Women & Families with Special Health Needs Children.** Podcast provides audio and written transcript of stories from caregivers, lessons learned, and resources. Issues like respite, caregiver social support, connections to other families, and putting challenges into perspective are some of the areas covered. To access the podcast visit: <http://www.hrsa.gov/womenshealth/>.
8. **The NC Community Alternatives Program for Children (CAP/C) Handbook for Parents.** To download the booklet visit: <http://www.dhhs.state.nc.us/dma/capc/capcparenthandbook.pdf>
9. **Cultural Competency.** Growing Your Capacity to Engage Diverse Communities by Working with Community Liaisons and Cultural Brokers is a Family Voices booklet that describes a new approach to family and community engagement. Based on knowledge and experience of family leaders around the country. To view or download the pdf booklet visit: http://www.familyvoices.org/pub/general/CommunityBrokers_04-27-2009.pdf
10. **Travel Tips.** Summer is an ideal time for vacation and travel but don't forget your routine! Travel tips provided by about.com can be found here: <http://specialchildren.about.com/od/travelwithspecialneeds/qt/triproutine.htm>

Things to Do...



Saturday, August 8, 2009 11:30am - 1:00pm

Arden Lutheran Nativity Church

2425 Hendersonville Road

Arden, NC

Workshop: Transition from Pediatric to Adult Health Care

Parent and youth simultaneous workshops!

For more information contact Kerri Eaker at (828) 507-3960.

Our fall schedule is filling up quickly with workshops across the state. Be sure to visit the ECAC website to see what is available in your area:

[ECAC Training and Events Calendar](#)





Visit us online!

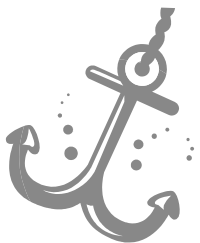
www.ecac-parentcenter.org

Lending Library

The NC Family to Family Health Information Center is adding health and disability specific books to the lending library at The Exceptional Children's Assistance Center. Our library has over 2,000 books which are available to NC parents at no charge. To borrow a book or other library item, please call Shandra Umazar, ECAC's librarian at **(800) 962-6817 ext. 13**.

Health Related Books Added This Month:

- ◇ *Children with Tourette Syndrome A Parent's Guide* by Tracy Haerle
- ◇ *The Complete Guide to Infant and Child Emotional Well-Being Your Child's Mind* by Herman Roiphe, MD and Anne Roiphe



The purpose of the e-letter is to assist families and the professionals working with them to better understand issues and resources related to health care for children and youth with special needs so that they may make informed choices. Funding provided by a grant from Health Resources and Services Administration (HRSA). The views and opinions herein do not necessarily reflect views or policies of HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.
