

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

March/April 2024

Autism Awareness

April is World Autism Month and this year World Autism Day is April 2nd celebrating its 16th year. The recognition raises awareness about autism acceptance and promotes inclusion and connectedness for people with autism. Social and community support can help people with autism achieve optimal health and reach their full potential.

Autism or autism spectrum disorder is a lifelong developmental disorder that impairs the ability of individuals to communicate and interact with the world around them. Autism impacts the nervous system and is considered as a syndrome with multiple non-genetic and genetic causes. Autism affects the wide spectrum of developmental disorders characterized majorly by impairments in three behavioral domains such as lack of social interaction; impairment in language, communication, or creative play; and lack of interest in a range of personal and educational activities. The range and severity of symptoms associated with autism varies from individual to individual depending on the severity of disorder. The most common symptoms are repetitive or ritualistic behavior, hand flapping, spinning or running in circles, excessive fears, self-injury such as head banging or biting, aggression, insensitivity to pain, temper tantrums, and sleeping and eating disturbances.

In addition, individuals with autism often have abnormal responses to sounds, touch, or other sensory stimulation. Early recognition of autism behavior and parenting educational programs for autism management are the keys to supporting development and learning of individuals with autism.



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Spring Cleaning Tips

Spring is right around the corner, which means so is your home's annual deep clean. Not only is spring cleaning a great way to reset, but the yearly chore also gets rid of any accumulated dust and dander before allergy season reaches full swing. Cleaning your home from top to bottom may never become effortless, but you can make the project more manageable by preparing right.

- Go through your cleaning supplies and replenish anything you might need before starting.
- Make a list of all the areas in your home you want to clean/ organize/ revamp.
- Then make a checklist for each area to break the bigger project into smaller pieces.



Example: Bathroom – mirror, floors, baseboards, tub/shower, organize under sink, etc.

- Remember to add things to the list that normally wouldn't be there when doing regular cleaning, like cleaning the coils on your refrigerator or organizing and discarding expired product.
- When the cleaning and organizing is done reward yourself by revamping your space. The easiest way to add new life into a space is with new window treatments and throw pillows. You can also change up your space by spray painting items you already have to add a new pop of color.

You'll need several days for more involved projects, such as cleaning baseboards and organizing closets, but in due time, you'll check everything off your list—and have a sparkling clean home in the end.

Division of Services of the Deaf & Hard of Hearing (DSDHH)

Kelly Boehmer from the Division of Services for the Deaf and Hard of Hearing shared information about expanding services in Northern Utah. DSDHH offers presentations and classes on adjusting to life with hearing loss. One-on-one meetings can be scheduled to see if assistive technology may be helpful and to learn communication strategies. A basic American Sign Language (ASL) class for OPTIONS youth will be held April 9, 23 & 30. Call OPTIONS to sign up.

Coffee Chats is a weekly support group available for individuals with hearing loss. The group meets every Friday from 10:00 am until 11:30 am. Registration is required before attending the first meeting. Register at:

<https://jobs.utah.gov/usor/dhh/events/northern.html>

For further questions, contact DSDHH at dsdhh.hoh@utah.gov or call Kelly at 801-657-5220.

Autism – From page 1

Autism is one of the most common neurological developmental disabilities that generally manifests by the age of three and continues throughout life. Learn the signs as some associated development delays can appear even earlier, and often, it can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

For more information on Autism and World autism month check out autismspeaks.org.



Spring is the time
for plans and
projects.

Supported Decision Making

Supported Decision-Making (SDM) is an alternative to guardianship. Rather than a guardian making decisions for an individual with a disability, SDM allows the person with a disability to make their own decisions with support from a trusted team. SDM allows for changes as an individual's preferences/needs change.

We all engage in Supported Decision-Making (SDM) daily; we just may not realize we are utilizing this tool. Whenever we consult with family, friends, colleagues, or classmates before making important life decisions, we practice and implement supported decision-making. Supported Decision-Making promotes one's ability to be self-determined, have control over life decisions, and empower people to be more self-sufficient and independent.

Individuals with disabilities may need assistance making decisions about living arrangements, health care, relationships, and financial matters. But they do not necessarily need a guardian to make those

decisions for them. A trusted network of supporters can field questions and review options to help the person with the disability make their own decisions.

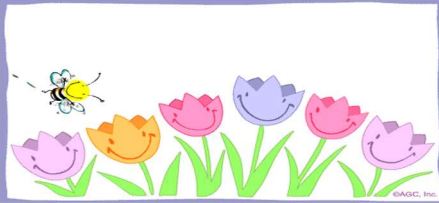




Supporters are selected by the person with the disability. They can be family members, co-workers, friends, and past or present providers. The person should select supporters who know and respect their will and preferences and who will honor the choices and decisions the individual makes. Supported Decision-Making is flexible and can be adapted to meet a person's situation and needs. The process is unique and customizable for each individual, depending on their wants, needs, goals, and dreams.

Considerations:




- ★ Utah law does not currently recognize Supported Decision-Making as a legal, formal support option for adults with disabilities.
- ★ Possess self-motivation and the ability to follow through with goals and plans
- ★ Ability to demonstrate sound decision-making, which results in improved quality of life with assistance from team members
- ★ Willingness to try new ideas and explore different possibilities
- ★ Desire to evaluate strengths and weaknesses when determining needed areas of support
- ★ Willingness to work cohesively with a team of supporters to achieve desired goals
- ★ Willingness to accept the responsibilities and consequences associated with choices and decisions made
- ★ Willingness to put ideas down on paper and modify/adjust them as necessary with the help of support team members



OPTIONS' fully supports Supported Decision Making over guardianship whenever possible.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Spring: a lovely reminder of how beautiful change can be.</p>					1 ★ Youth— Emergency Prep Night	2
3	4	5 ◆ CIP – Cache Valley Outlet Trip & Lunch	6	7 ◆ Grocery Shop - Logan & Brigham ★ Youth— Budgeting Class	8	9
10  Daylight Savings	11	12 ● Low Vision Support Group ◆ CIP – Green Party Game Night ❖ WRAP - Providence Place	13 ❖ Women's Anxiety Group	14 ◆ Grocery Shop - Logan & Brigham	15 ★ Youth – St. Patrick's Day Party	16
17  St. Patrick's Day	18	19 ● DSBVI Clinic - Logan  Spring Begins	20 ◆ CIP – Lava Hot Springs & Lunch	21 ◆ Grocery Shop - Logan & Brigham ★ Youth – Cooking Club	22	23
24  Easter	25 ◆ CIP – Lewiston Theater	26 ● Low Vision Support Group ❖ WRAP - Providence Place	27 ❖ Women's Anxiety Group	28 ★ Youth – Art Night at Jump the Moon	29	30

Participation in ALL OPTIONS' programs, activities, and opportunities is open to residents with disabilities in Box Elder, Cache & Rich Counties. All activities, dates, and times are subject to change. **Activity reservations can be made at the beginning of the month the activity is scheduled or the last week of the previous month and no later than 48 hours in advance unless otherwise noted.** Please call (435) 753-5353 to RSVP.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  April Fools Day	2	3 ♦ CIP – Baby Animal Days & Bear World	4 ♦ Grocery Shop - Logan & Brigham	5	6
7	8	9 ● Low Vision Support Group ★ Youth – ASL ❖ WRAP - Providence Place	10 ❖ Women's Anxiety Group ★ Youth – Jump Zone	11 ♦ Grocery Shop - Logan & Brigham ♦ CIP – Emergency Preparedness Night	12	13
14	15	16 ● DSBVI Clinic - Logan ♦ CIP – Smith & Edwards & Lunch	17 ★ Youth – Crystal Hot Springs	18 ♦ Grocery Shop - Logan & Brigham	19	20
21	22	23 ● Low Vision Support Group ★ Youth – ASL ❖ WRAP - Providence Place	24 ❖ Women's Anxiety Group	25 ♦ Grocery Shop - Logan & Brigham ♦ CIP – Bargain Movie Night at Walker	26 ★ Youth– Family Cooking Club	27
28	29	30 ★ Youth – ASL	<p>“Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful.” —Jim Carrey</p> 			

◆ **Community Integration Program (CIP) Activities** ◆

People with disabilities of all ages are provided the opportunity to participate in community recreation activities while promoting accessibility.

Grocery Shop in Brigham & Logan - Participants must be disabled, unable to access grocery stores any other way, and need only minor assistance. You must also be a consumer at OPTIONS for Independence. A \$2 activity donation is suggested. Contact Deon at (435) 753-5353 in Logan or Natalie at (435) 723-2171 in Brigham to sign up. Please RSVP at least 24 hours in advance.

★ **BRIGHAM GROCERY SHOPPING** – March 7, 14, 21 & 28 and April 4, 11, 18 & 25.

★ **LOGAN GROCERY SHOPPING** – March 7, 14, 21 & 28 and April 4, 11, 18 & 25.

MARCH CIP ACTIVITIES

- ◆ **5 - Cache Valley Outlet Trip.** 10:30 a.m. We will be visiting Pepperidge Farm, Gossner's, Pajama or Sock outlet and Casper's. Lunch at Firehouse, lunch prices will vary and activity donation \$2.
- ◆ **12 - Green Party Game Night.** 6:30 p.m. Treats and games at OPTIONS \$3 and activity donation \$2.
- ◆ **20 - Lava Hot Springs & Lunch.** 11:30 a.m. Pools are accessible the cost to soak is \$8, lunch prices will vary, and activity donation is \$5.
- ◆ **25 - Lewiston Theater.** 7 p.m. Movie cost \$2 and activity donation \$2.

APRIL CIP ACTIVITIES

- ◆ **3 – Baby Animal Days & Bear World.** 12:00 p.m. Concessions available, ticket cost is \$12 and activity donation \$2.
- ◆ **11 – Emergency Preparedness Night.** 6:30 p.m. Movie and dinner at OPTIONS. Dinner \$3 and activity donation \$2.
- ◆ **16 – Smith & Edwards and Bella's.** 11:30 a.m. Lunch prices vary and activity donation \$2.
- ◆ **24 – Bargain Movie at Walker Cinema.** 6:30 p.m. Ticket is \$6 and activity donation \$2.

❖ **Independent Living Classes and Support Groups** ❖

A supportive environment and education are essential in promoting Independence. In addition, group and individual assistance are available to help individuals be more effective when facing the challenges of living independently with a disability.

- ❖ **HRU - Healthy Relationships University.** Teaches young adults ages 18-30 with disabilities to develop healthy and safe relationships through class time and activities. Contact Wendi (435) 753-5353 ext. 104 or wnelson@optionsind.org for more information.
- ❖ **Individualized Support for People with Disabilities.** Assistance is available for Individualized Education Programs (IEPs), advocacy, skills training, problem-solving, and more in Box Elder, Cache, and Rich Counties. Contact (435) 723-2171, Box Elder, and (435) 753-5353, Cache & Rich, for more information.
- ❖ **Therapy.** Individual therapy is available for people with disabilities from a licensed therapist. Contact Melanie at (435) 753-2500 or melanie@capsa.org to schedule an appointment.
- ❖ **Women's Anxiety Group.** An interactive group for women with disabilities experiencing anxiety, depression, and other mental health issues. Therapy, education, and support are provided to assist. Contact Sheri at (435) 753-5353 or Melanie at (435) 753-2500. Held at OPTIONS, 12 to 1:30 p.m.
→ March 13 & 27 and April 10 & 24

- ❖ **WRAP - Wellness Recovery Action Plan.** A program to assist people with all kinds of health and life challenges to feel better and stay better. Contact Kari at (435) 363-9038 or krostron@optionsind.org.
Providence Place Classes, 234 N 300 W, Providence, 1 to 3 p.m.
 - **March 12 Green Light, Yellow Light & 26 Red Light - STOP**
 - **April 9 Wellness Activity & 23 "Tell my Doctor what?"**

● **Low Vision Program Activities** ●

OPTIONS offers a variety of resources and services to help with vision loss. For more information on OPTIONS' Low Vision Program, contact Marty (435) 753-5353 or mhigham@optionsind.org.

- **Division of Services for the Blind and Visually Impaired (DSBVI) Clinics.** DSBVI conducts clinics to assist individuals with low vision needs. Participation requires a referral from an eye care professional. Call DSBVI at (800) 284-1823 to schedule an appointment.
DSBVI Clinics in Logan. Appointments are held at OPTIONS, 106 E 1120 N, Logan, between 9 a.m. to 4 p.m.
 - **March 19**
 - **April 16**
- **Low Vision Support Group.** For adults age 55 and older who have visual disabilities. Topics include education, resources, and new vision loss and blindness technology. The group also provides community access, independent living skills, discussion on concerns, and recreational opportunities. Held at OPTIONS, 106 E 1120 N, Logan, 10 a.m. to 12 p.m.
 - **March 12 & 26**
 - **April 9 & 23**

★ **Youth Program Activities** ★

OPTIONS' Youth Program is for youth with all kinds of disabilities, ages 12 to 30. Activities provide the opportunity to learn, grow, and have fun with peers! Information on upcoming youth activities will be posted on OPTIONS' Facebook page and emailed. Please make sure OPTIONS has your email address. Contact Sheri at (435) 753-5353 or sstevens@optionsind.org for more information.

MARCH YOUTH ACTIVITIES

- ★ **1 – Emergency Preparedness & Movie.** 6 p.m. at OPTIONS. Cost \$2. Come and learn about emergency prep and get something to add to your emergency go bag.
- ★ **7 – Budgeting Class.** 6 p.m. at OPTIONS. No Cost
- ★ **15 – St. Patrick's Day Party.** 6 p.m. dinner & party at OPTIONS. Cost \$5.
- ★ **21 – Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1. Plan family cooking club night.
- ★ **28 – Art Night at Jump the Moon.** 5 p.m. meet at OPTIONS. Cost is \$6.

APRIL YOUTH ACTIVITIES

- ★ **10 – Jump Zone.** 6 p.m. meet at OPTIONS. Cost is TBD.
- ★ **17 – Crystal Hot Springs.** 5 p.m. meet at OPTIONS. Cost is \$6 to swim/ \$7 to swim & slide.
- ★ **26 – Family Cooking Club.** 5 p.m. meet at OPTIONS to cook before families come at a time TBD. No cost.
- ★ **9, 23, 30 – ASL Class.** 6 p.m. at OPTIONS. Class taught by Division of Services of the Deaf and Hard of Hearing.

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LIVE UNITED



UNITED WAY OF CACHE VALLEY

This Newsletter is Available in Alternate Formats upon Request

The contents of this newsletter were developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

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