



AJE UPDATE

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Our Mission

The mission of AJE is to educate parents, youth, and the community about the laws governing public education, specifically for children with special needs. We seek to empower youth and parents to be effective advocates and youth to self advocate to ensure that children receive an appropriate education. It is also our mission to make the public aware of the consequences of institutional negligence of children with or without disabilities to promote school accountability.

About AJE

AJE is home to the Parent Training and Information Center, the DC Parent Center, and the DC Parent Information Network (DC PIN).

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November is National Diabetes Awareness Month

Diabetes is a lifelong (chronic) disease caused by high levels of sugar in the blood. This disease affects an estimated 25.8 million children and adults in the United States – 8.3% of the population. Complications from undiagnosed or poorly managed diabetes include heart disease and stroke, high blood pressure, blindness, kidney disease, neuropathy and amputation; these co-morbidities contribute to an estimated 230,000 diabetes related deaths in the United States per year.

Causes

Insulin is a hormone produced by the pancreas to control blood sugar; diabetes is caused by too little insulin, resistance to insulin, or both. To understand diabetes, it is important to first understand the normal process by which food is broken down and used by the body for energy. Several things happen when food is digested:

A sugar called glucose enters the bloodstream. Glucose is a source of fuel for the body.

An organ called the pancreas makes insulin. The role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel.

People with diabetes have high blood sugar because their body cannot move glucose into fat, liver, and muscle cells to be stored for energy.

Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. High blood sugar levels can cause several symptoms, including:

- Blurry vision** **Excessive thirst**
- Fatigue** **Frequent urination**
- Frequent hunger** **Unexplained weight loss**

Symptoms of type 1 diabetes develop over a short period of time; people may be very sick by the time they are diagnosed. Because type 2 diabetes develops slowly, some people with high blood sugar have no symptoms.



Your health care provider can do testing to confirm a diabetes diagnosis. Screening for type 2 diabetes is recommended for overweight children and youth who have other risk factors for diabetes, such as family history, starting at age 10 and repeated every 2 years.

There is no cure for diabetes. Treatment involves medicines, diet, and exercise to control blood sugar and prevent symptoms and problems. Undiagnosed or poorly controlled diabetes can lead to serious complications and premature death, but people with diabetes, working together with their support network and their health care providers, can take steps to control the disease, lower the risk of complications, and lead active lives.

For more information:

<http://www.cdc.gov/diabetes>
<http://www.diabetes.org>

D.C. Resources to Support Children with Diabetes and Health!

Combined with monitoring and proper medication, diet and exercise are keys to good management for children with Type II diabetes. Here are a few programs that can help your child reach their goals.

Health Services for Children with Special Needs MLK Outreach Center

- **Yoga*** – Tuesday from 6:30-7:30pm
- **Belly Dancing*** (ladies only)–Thursday from 6:30-7:30pm
- **Jazzercise** – Saturday from 11am-12pm & 12pm-1pm
Cost: Free (includes childcare)
 Location: 2124 Martin Luther King, Jr. Ave. SE (across the street from the Big Chair) *must be 16 or older to participate
- **Youth Athletic Program** Seasonal sport activities include soccer, T- ball, flag football, golf, swimming and bowling. Uniforms and equipment are provided. This is an inclusive program, so all skill levels and abilities are welcome. Free transportation is available to members of HSCSN.
Cost: Free
 To register or for information on other programs call 202-580-6485 or 202-580-6487 (español)

The HSC Pediatric Center – 1731 Bunker Hill Road NE

- **Shapedown Nutrition and Fitness Workshop for Teens**
 Tuesdays 6:30pm – 9pm, program runs for 6 weeks.

Fees: \$20 registration fee, will be refunded when participants attend 5 out of six sessions.

- **Kids in Action Designated Saturdays**
 Seasonal activities that incite kids to move, including soccer, T-ball, bowling, themed dances
Cost: Free
 To register or for more information, contact Robyn Winston-Cohen 202-832-4400

Support Groups for Families of Children with Special Needs:

- **AJE's Parent to Parent** meetings every first Tuesday of the month! 202-678-8060
- **Parent Advocate Leaders Support Group** meets every 3rd Saturday at The HSC Pediatric Center from 10am -3pm. 292-580-6485
- **Male Caregivers Advocacy Support Group** meet every Wednesday from 6p-9p at 2124 MLK, Jr. Ave. SE 292-580-6485

No internet access? No Problem! Visit an AJE office and use our Resource Center or contact us for more information.

504 Plans and Children with Special Health Care Needs

Section 504 of the Rehabilitation Act of 1973 protects children with chronic health conditions that may not qualify for Individualized Educational Programs (IEPs) under the Individuals with Disabilities Education Act (IDEA). A 504 Plan is especially beneficial to school-age children and youth with special health care needs, including diabetes, who require additional supports and services in school due to their health conditions. 504 Plans are appropriate for children with chronic health conditions.

Below are some FAQ's about 504 Plans as it relates to children and youth with special health care needs.

What is included in a 504 Plan?

Accommodations

An accommodation provides a student with equal access to be successful in their classroom or educational program. An example of an accommodation for a child with a special health care need is to provide two

sets of textbooks, one for home and one for school. Most children with special health care needs have frequent doctor appointments which can cause absences from school and ailments that may prevent them from being able to transport their textbooks to and from school.

Modifications

A modification is provided to tailor the demands of the educational program to the student's needs. It alters what is expected of the student. For example, a student with a special health care need may be asked to finish only part of a project or given an easier project to ensure that the time spent on the assignment is not compromising to the student's health.

Who may receive a 504 Plan?

All school-age children and youth with a documented disability who require additional supports and services in school to have access to learning but do not qualify

for an Individualized Education Program (IEP) may be eligible to receive a 504 Plan.

What are examples of "Special Health Care Needs"?

Children and youth with the following disability conditions are typically identified as individuals with "Special Health Care Needs".

Sickle Cell Anemia, Spina Bifida, Asthma, Cerebral Palsy, Diabetes, Depression, Mental Health Conditions, Attention Deficit Hyperactivity Disorder (ADHD), Heart Disease, Autism Spectrum Disorders, and Down Syndrome.

For questions or concerns about supports and services for your child, please contact your local Parent Training and Information Center at Advocates for Justice and Education, Inc.

Beneficios De Un Hogar Medico Para El Niño Con Diabetes

La diabetes es una de las enfermedades más crónicas entre los niños en los Estados Unidos. Aproximadamente, uno de entre 400 ó 500 niños tienen diabetes tipo 1. Cada año más de 13,000 personas jóvenes son diagnosticadas con diabetes tipo 1. Y la diabetes tipo 2 se está volviendo más frecuente en niños y adolescentes.

La Academy of Pediatrics (AAP) originalmente utilizó el término “hogar médico” para describir un enfoque de colaboración para proporcionar atención de salud in-

tegral, centrada en la familia. El hogar médico hace hincapié en la prevención, la tecnología de la información de salud, la coordinación de la atención, y toma de decisiones compartidas entre el paciente y su equipo de atención médica.

Es importante tomar medidas para controlar la diabetes en los niños para prevenir complicaciones graves. Un hogar médico es esencial para la coordinación de los diferentes servicios necesarios para controlar la glucosa en la sangre, informarse sobre la

alimentación apropiada, mantener a su niño activo físicamente, mantener a su niño con un peso saludable, como acudir a un médico regularmente, y como ó cuando es necesario acudir a los especialistas.

Al controlar la diabetes de su niño, él se sentirá mejor, él tendrá más energía, faltará menos a la escuela, y podrá disminuir el riesgo de otros problemas de salud en él.

Helping Teens with Juvenile Diabetes



According to the American Diabetes Association, about 8 percent of the population has diabetes. The American Diabetes Association reports that approximately one in every 400 to 600 children has type 1 diabetes (T1D), also called juvenile diabetes.

T1D usually strikes in childhood and lasts a lifetime. At the present time, there is no cure. A person with T1D relies on insulin, given either in multiple injections per day or delivered via an insulin pump, in order to survive. T1D is neither preventable nor reversible therefore it is important that parents have a basic knowledge of the most common symptoms of T1D. Some symptoms include drinking more than usual, urinating more than usual, eating more and losing weight, and drinking all through the night because the sugar is acting as a diuretic and pulling water out of the system.

Once a child has been diagnosed with the disease, the focus shifts to treatment. Diagnosed T1D patients can live relatively normal lives, as long as they take the necessary steps to effectively control the disease including significant lifestyle changes, the learning of which can be quite overwhelming. Adolescence is a tough time for all kids and their parents and teenagers with diabetes carry extra challenges. The child who was always good about T1D management may suddenly rebel against the routine and become grumpy, angry, or distant. He

or she may refuse to monitor blood sugar levels, go on food binges, and be evasive about test results.

- Understanding and recognizing the limits of your control are key elements in helping your teenager with T1D work through the challenges of adolescence. Three areas of special importance are:
- Understand the Need for Spontaneity. Teens want to be spontaneous--to be able to do things, eat things, and try things. T1D requires the opposite. A teen with T1D must realize that freedom only comes with knowledge and responsibility. Only by fully understanding and controlling his or her diabetes can a teen achieve the flexibility he or she craves.
- Understand the Need for Control. Teens want to be masters of their own lives. They want to define their own identities. To accomplish these objectives, they have to keep testing their limits. You can help show how they can use the discipline and control of diabetes care to gain strength and mastery in other parts of their lives.

Recognize the Limits of Your Control. Be realistic. Accept the fact that you can't watch over your teen every minute of the day. You, too, have to learn that it's your child's T1D, not yours.

You can talk with your teen about the choices he or she is making. Talking with your teenager shows you think of him or her as an adult and helps keep the lines of communication open during this difficult period.

Get your teen involved in type 1 diabetes support groups and diabetes camps, where he or she can meet other teens with type 1 diabetes. By addressing these matters early on, a teen can lead a healthy life with juvenile diabetes. For more information, please visit our Parent Resource Libraries.

Information provided by The American Diabetes Association



Children with Special Needs, need Parents with Special Skills!

Effective Diabetes Management at School: Parents and School Staff Working Together

Adapted from the CDC's publication, "Helping Your Child Manage Diabetes at School"

Diabetes does not have to get in the way of your child's good experience at school. Staff such as nurses, teachers and coaches can work with you and your child on managing diabetes. To help your child get ready for the school year, here are a few key tips:

Tip 1: Create a diabetes management plan with the school: Having a plan helps your child and school staff with managing diabetes in school and during extracurricular activities.

Tip 2: Facilitate a relationship between the school nurse and your child's pediatrician. According to Dr. Mark Minier, Medical Director of Pediatrics at the Upper Cardozo Health Center in DC, many parents do not know the value in creating a direct link between the school nurse and their child's pediatrician. The school nurse is often the professional with the most direct access to



data on your child's blood glucose levels. With the proper preparation, this crucial information can be communicated directly to the pediatrician from the school nurse. And together with the parent, they can create adapt the diabetes management plan.

Tip 3: Prepare the necessary diabetes supplies: This can include but is not limited to: blood glucose meter, testing strips, lancets, and extra batteries for the meter, glucose tablets, water, etc.

Tip 4: Make sure your child can manage diabetes at a level appropriate for his or her age: Also, make sure your child knows who

to go to for help with high or low blood sugar episodes. The actions to be taken should be in the diabetes management plan.

Tip 5: Encourage your child to eat healthy foods: Prepare a healthy breakfast, pack a healthy lunch that contains whole grains and fresh fruits and vegetables, and include healthy snacks to help avoid the vending machine and keep blood sugar under control.

Tip 6: Make sure your child gets at least 60 minutes of physical activity every day: Being active can help your child improve his or her blood sugar control.

Tip 7: Help prevent sick days: Check to be sure your child has had all recommended vaccinations, including the flu shot. Eating healthy and staying active can also boost your child's immune system, staving off illnesses.

For more information, visit http://ndep.nih.gov/media/youth_schoolguide.pdf.