

Birth to Age Three	1
Introduction	1
Discovering Your Child has a Delay or Disability	1
Reach Out	1
Family Connections	4
Early Intervention	4
IDEA	4
What is Early Intervention?	4
Goals of Early Intervention	4
Why Start so Young?	4
Early Intervention Strengthens Families	5
Who Provides the Services?	5
Most Services are Free	5
Referrals and Service Coordinators	6
The Evaluation Process	6
Discussing Your Child’s Special Challenges	7
Who is Eligible?	7
The Eligibility Meeting	7
Preparing for the Eligibility Meeting	7
A Parent’s Perspective	8
Individual Family Support Plans	8
The IFSP Meeting	9
Preparing for Your IFSP Meeting	9
Types of Services	10
Making the Most of Available Services	11
Your Role as Advocate	11
Your Rights	11
Challenges and Support	12
Challenges	12
Support	13
For More Information	13
STOMP	13
Parent Training Centers	14
NICHY	14
Wrightslaw	14

Contents

Books.....	14
Special Education	15
Introduction.....	15
IDEA	15
The Special Education Cycle.....	16
Referral	16
Evaluation.....	17
Evaluation from the Child’s Perspective	19
The Evaluation Conference	20
What if there is a Disagreement?.....	20
Eligibility.....	20
Eligibility Meeting.....	22
Preparing for the Eligibility Meeting.....	22
What if there is a Disagreement?.....	22
Managing Emotions	23
Section 504 of the Rehabilitation Act.....	24
Individual Education Program (IEP).....	24
Who Attends IEP Meetings?.....	25
Preparing for the IEP Meeting	25
Potential Problems	25
Focus on Your Child’s Needs.....	26
Are You Satisfied With the IEP?.....	26
Placement.....	27
Placement Options	27
Instruction and Related Services.....	28
Instruction	28
Related Services.....	30
Finally, You Have a Plan	31
Annual Review.....	32
Triennial Review	32
Records	32
Transition to Adulthood	34
Guardianship and Declaration of Incapacitation	36
For More Information	36

Parenting Advice 36

Writing A Successful IEP 37

Advocacy Information 37

Your Rights 37

IDEA 37

Health Benefits 39

Introduction 39

TRICARE 39

TRICARE Options for Active Duty Family Members 40

TRICARE Prime 40

TRICARE Prime Remote 40

TRICARE Standard 41

TRICARE Extra 41

Pharmacy Benefit 41

TRICARE’s Benefits for Families with Special Needs 42

Extended Care Health Option (ECHO) 42

Who Qualifies? 42

How Do I Register? 43

What Benefits are Available? 43

TRICARE Regional Offices: 43

Respite Care 44

ECHO Cost Shares 44

ECHO Home Healthcare (EHHC) 44

How Do I Qualify For EHHC? 46

EHHC Respite Benefit 46

Home Healthcare 47

Skilled Nursing Facility Care 47

Hospice Care 47

Mental Healthcare 47

Case Management 48

Help and Information 49

TRICARE Service Center (TSC) Directory 49

Beneficiary Counseling and Assistance Coordinators (BCACs)/
Health Benefits Advisors (HBAs) 49

Debt Collection Assistance Office Program.	50
Catastrophic Cap.	51
IDEA and TRICARE.	51
Federal and State Programs with Benefits for Special Needs	
Families	52
Supplemental Security Income (SSI).	52
Medicaid	52
Medicare.	52
Food Stamps and Women, Infants and Children (WIC).	52
Acronyms	53
For More Information	54
Families in Transition	55
Introduction	55
Relocating.	55
The Exceptional Family Member Program.	55
Family Support Centers	56
SITES	56
Schools	56
Medical Concerns.	56
Tell the Kids	57
Packing	59
Overseas Suitability Screening.	59
Traveling with Kids.	59
Air Travel	60
Traveling by Train.	62
Traveling by Car	62
Temporary Lodging	62
Housing.	63
Schools	63
Childcare.	64
Moving In.	66
Safety in a New Home	66
Spouse Employment.	67
Military Spouse Career Center.	67

Installation Support 67

Deployment 68

 Help is Available 69

 Coming Home 70

Disaster Preparedness 70

 Service Animals..... 71

 Power Loss 71

Transition to Adulthood 71

 Independent Living..... 71

Caring for Your Adult Child 72

 Supplemental Security Income (SSI) and Medicaid 72

 The Special Needs Trust 73

 Letter of Intent..... 73

 Guardianship and Declaration of Incapacitation 73

 ID Cards for Adult Children..... 74

Hospice Care 74

For More Information 75

Advocating for Your Child 77

Introduction..... 77

Effective Communication 77

 Stay Cool, Communicate Clearly 77

 Letter Writing 78

Getting Organized 79

 The Medical File 80

 Educational File..... 80

Medical Advocacy..... 81

 Getting the Referral You Need 82

 Appealing TRICARE Decisions 82

Educational Advocacy 82

 Legislation 82

 The School System 84

 Assessments..... 84

 Speech and Language Tests..... 85

 Understanding Scores 85



The Bell Curve and Standard Deviations 86

Independent Educational Evaluations. 86

IEP and Eligibility Meetings 87

Writing an Effective IEP 88

Disagreements 89

Benefits Advocacy. 90

 Supplemental Security Income (SSI). 90

 Medicaid 91

Teaching Your Child to Self Advocate 91

Influencing Public Law 92

For More Information 93

 Seek Other Parents of Children with Disabilities 93

 Contact STOMP 93

 Find Your State Parent Training and Information Center 93

 Books 94

Resources and Support 95

Introduction 95

Military Community Resources. 95

 Family Support Centers (FSC) 95

 New Parent Support Program 96

 Family Advocacy Program (FAP). 96

 Child, Youth and Teen Development Programs 96

 School Liaison Officers 97

 Relief Societies 98

 Service Sponsored Websites 98

Additional Military Resources 98

 MilitaryHOMEFRONT’s Special Needs/EFMP Module 98

 Military OneSource 99

 Military Teens on the Move (MTOM) 100

 SITES. 100

 TRICARE 100

Federal, State and Community Resources 101

 American Red Cross 101

 Computer/Electronics Accommodations Program (CAP) 101

Disabilityinfo.gov 101

Cadre (National Center on Dispute Resolution)..... 101

Food Stamps and FSSA 101

Medicaid..... 102

National Center on Education, Disability, and
Juvenile Justice (EDJJ) 102

NICHCY..... 102

Shriners Hospitals for Children 103

Specialized Training of Military Parents 103

Supplemental Security Income (SSI)..... 103

Women, Infants and Children (WIC) 104

Wrightslaw..... 104

**Resources for Families with Seriously Ill or Hospitalized
Children 104**

 Fisher House 104

 Make-a-Wish Foundation 104

 Starlight Starbright Children’s Foundation..... 105

 A Special Wish Foundation..... 105

 The Dream Factory..... 105

 Give Kids the World Village 105

Records and Tools..... 107

