

## IV. Section 4: FAMILIES WITH SPECIAL NEEDS OF ALL AGES

	Page #
<b>A. OVERVIEW</b>	401
"Special Attention to Special Needs" <i>District Assembly Workshop 2015</i>	404
<b>B. RESOURCES</b>	405
NCA-NW Recommended Resources	405
CARE FOR CAREGIVERS Published by AARP	408
<b>C. AFFILIATE REPORTS</b>	410

## OVERVIEW

**Families with Special Needs of All Ages** is the area of focus of NCA-NW designed to resource and encourage local churches to show the love of Christ through inclusive and realistic ministries to families and individuals of all ages with special needs or disabilities. Caring and Connecting is our motto.

The “nickname” of this area of focus is ***Cascade Embrace***. Affiliates who align with the goals of this area of focus are invited to use this name.

### Did you know?!?

**1 in 6 children!** Recent estimates in the United States show that about one in six, or about 15%, of children aged 3 through 17 years have one or more developmental disabilities. Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person’s lifetime.

(<http://www.cdc.gov/ncbddd/developmentaldisabilities/about.html>)

**1 in 5 adults and children!** About 56.7 million people — 19 percent of the population — had a disability in 2010, according to a broad definition of disability, with more than half of them reporting the disability was severe, according to a comprehensive report on this population released in 2012 by the U.S. Census Bureau.

- People in the oldest age group — 80 and older — were about eight times more likely to have a disability as those in the youngest group — younger than 15 (71 percent compared with 8 percent). The probability of having a severe disability is only one in 20 for those 15 to 24 while it is one in four for those 65 to 69.
- About 8.1 million people had difficulty seeing, including 2.0 million who were blind or unable to see.
- About 7.6 million people experienced difficulty hearing, including 1.1 million whose difficulty was severe. About 5.6 million used a hearing aid.
- Roughly 30.6 million had difficulty walking or climbing stairs, or used a wheelchair, cane, crutches or walker.
- About 19.9 million people had difficulty lifting and grasping. This includes, for instance, trouble lifting an object like a bag of groceries, or grasping a glass or a pencil.
- Difficulty with at least one activity of daily living was cited by 9.4 million noninstitutionalized adults. These activities included getting around

inside the home, bathing, dressing and eating. Of these people, 5 million needed the assistance of others to perform such an activity.

- About 15.5 million adults had difficulties with one or more instrumental activities of daily living. These activities included doing housework, using the phone and preparing meals. Of these, nearly 12 million required assistance.
- Approximately 2.4 million had Alzheimer's disease, senility or dementia.
- Being frequently depressed or anxious such that it interfered with ordinary activities was reported by 7.0 million adults.
- Adults age 21 to 64 with disabilities had median monthly earnings of \$1,961 compared with \$2,724 for those with no disability.
- (<http://www.census.gov/newsroom/releases/archives/miscellaneous/cb12-134.html>)

### **THE GOAL OF NCA-NW IS FOR ALL AFFILIATED CHURCHES**

- To love, and accept all people with special needs to end the feelings of guilt, shame, and fear.
- To support and encourage ministries to those who are physically, emotionally, and mentally challenged, their caregivers, and their families.
- to **make the invisible, visible.**

Special Needs may have been present from birth, discovered as a young adult, caused by an accident, or developed as a senior adult.

We do not have all the answers as the special needs are vast and diverse BUT we do have God and each other. We can help through shared resources, stories, and encouragement.

### **Goal for Connecting Point?**

**Create a list of churches who are serving the needs of the special needs community and get descriptions in writing of what are they doing.**

### **SIMPLE ACTIONS RECOMMENDED BY CASCADE EMBRACE**

- Pray for the families, caregivers and support systems of your community and the district.
  - Identify the caregivers in your immediate community.
  - Pray for them.
  - Think of simple ways to encourage them (cookies, 10-minute professional massage, wash the car, mow the lawn, etc.)
  - Allow families and caregivers to talk about their experiences. Allow visibility.
- Talk with the elders, stewards, pastors, children's ministry, women's leaders, etc. Help present the need. Ask them to pray and be open to God's leading in both small and larger ways.

- Start conversations with small groups. Talk about what it might be like to have a family member with special needs. What could the group do if someone walked through the doors? How would they know they were welcome? What support is needed that you could really give?
- Identify the types of special needs in the community. Ask a speaker to come and share with the congregation and/or community about those needs. Example: Dementia workshop for caregivers.

## **VOLUNTEER CONNECTIONS SPECIFIC TO\_CASCADE EMBRACE**

1. **Subject Matter Expert** - People with professional experience dealing with the special needs populations, (ie: nurses, teachers, DSHS workers, lawyer, etc) who might be willing to talk to a family if they had a question about a specific special need issue.

2. **Communication team** - People willing to create content and work on the website and post articles and possibly blog about this area to raise awareness in our church community.

3. **Prayer team** - People willing to pray specifically for special needs people in Western Washington and for our ministry team and families.

4. **Family Support teams** - People who have family members that have special needs and are willing to share experiences, joys, pain and encouragement. They can also answer questions like: which college is best for my son with Asperger? what should I tell a teacher if my child is being bullied? How to deal with DSHS? What questions to ask about mental health hospitals? What's better and IEP or 504 plan and what are the schools required to do?

5. **Training teams** - People or churches that would be willing to host special needs events or training for your local area and other churches.

If you are interested in helping with any of these or would like more information about the ideas, please contact **Asha Fuller or Karen Humber**.

First Steps: Accessibility Tips for Small Congregations

<http://cokesburycommons.com/2015/09/18/first-steps-accessibility-tips-for-small-congregations/>

## **"Special Attention to Special Needs"** *District Assembly Workshop 2015*

### *WORKSHOP SUMMARY*

If we told you that there was a group in your local community that was about 90% unchurched...what would you say? Are there really people in your community or ministry contexts that are unintentionally overlooked? Could God be calling you to reach out to this overlooked group? What does an inclusive church really look like? In this workshop we will discuss some of the challenges and opportunities that exist in reaching out to families and individuals with special needs. Join us for an informative workshop and panel discussion.

### *BIOS OF THE FACILITATORS, THE LEADERS OF THIS NCA-NW AREA OF FOCUS*

Asha Fuller is children's pastor at Federal Way Church of the Nazarene and is passionate about equipping others for ministry to all children. As part of the initial dream team and task force of Nazarene Compassionate Alliance Northwest, she studies for ministry through Kaleidoscope and works on her Master of Arts in Ministry at the Union University of California.

Karen Humber is co-pastor at Peninsula Church of the Nazarene in Long Beach and volunteers at the middle school special ed resource classroom. Helped to raise three special children (aspergers, line-of-sight supervision, fetal alcohol effects, bipolar and depression), she also has ministered with adults who experience changes due to accidents or illness through nursing home chaplaincy, family, and church.

John Witmer was then serving as an Associate Pastor at the North Seattle Church of the Nazarene. As part of his work with the local church, he is involved in several outreach ministries in the community. He is also the proud parent of a daughter who was born extremely premature and now has ongoing special needs.



## B. RESOURCES

### SITES AND RESOURCES FOR SPECIAL NEEDS RECOMMENDED BY NCA-NW

**1. Joni and Friends** <http://www.joniandfriends.org/help-and-resources/> - Good resource for all people effected by disabilities

**2. CLC Network** <http://www.clcnetwork.org/> - They give grants for all churches that are trying to build an inclusive environment. This network also works with schools too.

**3. G.L.U.E training Manuel.** Barbara J. Newman is the creator of this Manuel that you can use to help you set up an inclusive church environment and she is a leader in this area and a great speaker and education on how to build an inclusive environment. She has lots of books that talk about this.

**4. Bethesda Lutheran Communities** This is an excellent organization that will work with you for free to step up a disability ministry. They do this for any church and they results from other churches that have gone through this are very positive. They also tend to bring in most of the leaders in this area to local conferences.  
yktd0000

- MISSION To enhance the lives of people with intellectual and developmental disabilities through services that share the good news of Jesus Christ.
- WASHINGTON OFFICE 14220 Interurban Ave. South, Suite A150 Tukwila, WA 98168 206-826-1685
- Day Services
- Skill Development and Training: Training is available in life skills development and activities of daily living such as:
  1. Friendship, social and leisure skills
  2. Personal awareness
  3. Health maintenance, including exercise, range of motion and indicating illness
  4. Communication
  5. Personal hygiene
  6. Life safety
  7. Christian spiritual development
  8. Vocational skills
  9. Educational instruction with professional, degreed Day Services Instructors
- Community Involvement
  - Tours
  - Recreational activities
  - Community events
  - Dining out and restaurant etiquette

- Volunteering in the community

### **AREAS TO RECEIVE TRAINING IN PERSON:**

5. CHILDREN'S PASTOR CONFERENCE- INCM.ORG – At this conference they will have a focus for special needs and disability education. You will be able to network with leaders from these areas and learn more about this area. Most of the leaders in this area for children will be at this conference and you can meet them and network with them easily. International Network of Children Ministry also has training on their site for this area with some the leaders in this field and for leaders in children ministry. If we make a network with other children's pastors we could get all these resources for free plus other resources for children's ministry.

6. NORTHWEST MINISTRY CONFERENCE- <http://ministryconference.org/> - This conference is located at Overlake Church in Redmond, WA each year a few weeks before Easter. They have classes you can take for special needs and other ministry areas and meet leaders in these areas.

### **RESPIRE CARE PROGRAMS:**

7. NATHANIEL'S HOPE

<https://www.nathanielshope.org/resources/childcarerespite/> This site helps church set up respite care for special need kids and their siblings.

### **LARGER CHURCHES WITH GREAT PROGRAMS:**

8. LAKEWOOD CHURCH- Champions Club- <http://samluce.com/2011/12/what-is-champions-club/>

This is a special needs kids club. They are used as a local resource in there community to provide care and education for kids with lower functioning forms of autism.

### **CURRICULUM FOR THESE AREA**

10. STANDARD PUBLISHING- HEART SHAPERS-

<http://www.standardpub.com/promotions/curriculum/childrenscurriculum.html> They have special needs friendly ideas with the normal curriculum. My team used a sample of this and liked it for our group when we have more than one special needs kid in a class. We used it as an example of how we could easily adapt our old curriculum that we bought.

11. **Alliance of People with disAbilities: I Dream. I Can. I Will. Seattle**

**Office** 1120 E. Terrace St., Suite 100 Seattle, WA 98122 Phone: 206-545-7055 TTY: 206-632-3456 Toll-free: 1-866-545-7055 Fax: 206-545-7059 E-mail: [info@disabilitypride.org](mailto:info@disabilitypride.org)

12. **THE ARC OF KING COUNTY** <http://www.arcofkingcounty.org/what-we-offer/training-and-education> They provide information, training and support to individuals with intellectual and developmental disabilities (I/DD), family members, caregivers, friends, community partners and professionals through different advocacy, education and support programs.

- Main Line: 206.364.6337 Toll free: 1.877.964.0600 TTY: 1.877.666.2348
- **By Email** info@arcofkingcounty.org Please include your telephone number in your message so that we may contact you by phone as well as by email.**By Fax** 206.364.8140

- **Hours of Operation**

- Monday-Friday 8:30 am - 4:30 pm

- **Address**

- 233 6th Ave N Seattle, WA 98109
- The Arc of King County is located two blocks east of the Space Needle at the corner of 6th Avenue North and Thomas Street.

- Training and Education The Arc of King County offers a variety of educational opportunities, trainings, and workshops for adults with intellectual and developmental disabilities (I/DD), their family members, caregivers, and community members.

- **Seminars and Workshops:** Learn more about a specific topic in a short session.

- **Main Topics Covered:**

- Trainings for parents throughout the lifespan
- How to access services for people with I/DD
- Transition services
- Wills/Trust and Guardianship
- Disability Awareness
- Helping Parents Training
- Financial Literacy 101
- Social Security Benefits
- Navigating the special education system
- Navigating employment services

- **Local Leadership Trainings**

*An opportunity to explore learning topics and receive more in depth training.* • Acting Together for Change Class (“ACT Class”) – foundational class • The Arc University Class – For people with I/DD by people with disabilities, about leadership for people with disabilities • The Arc Ambassadors Class – for multicultural communities

## CARE FOR CAREGIVERS

Published by AARP

### YOU'VE SEEN THEM CARE, NOW SHOW YOU CARE ABOUT THEM THROUGH RANDOM ACTS OF KINDNESS

Do you know someone who takes care of a friend or loved one? Then you probably know someone who could use a lift.

In preparation for NATIONAL FAMILY CAREGIVERS MONTH IN NOVEMBER, AARP challenges you to do a random act of kindness for a caregiver. (Need ideas? Steal one of ours below). Take a photo of your random act and post it on social media with the hashtag #BeKindTo Caregivers. Challenge your friends to do the same for the caregivers in their lives. And, starting October 15, you can enter to win up to \$2,500 for the most creative, original and impactful act of kindness for a caregiver. See [aarp.org/caregiverkindness](http://aarp.org/caregiverkindness) for details.

1. Bring her a low-maintenance houseplant.
2. Take in his mail.
3. Shovel snow from her driveway and walkway.
4. Grab his grocery list and go shopping.
5. Arrange a play date for her kids.
6. Gas up his car.
7. Encourage her to relax with a gift of bubble bath.
8. Do a load of his laundry.
9. Take her kids or grandkids to a movie.
10. Do some holiday shopping for him.
11. Send her flowers.
12. Bring over a guitar and sing familiar songs.
13. Stop by with a board game to play.
14. Take him out for coffee.
15. Teach her a skill she admires you for.
16. Visit him with a pet that has a sweet disposition.
17. Send her to a day spa for some pampering.
18. Buy him a coupon for exercise classes nearby.
19. Take her dog on a hike.
20. Drop off his packages at the post office.
21. Give her a foot massage.
22. Water his flowers.
23. Do her dishes.
24. Bring a favorite movie and watch it together.
25. Return his library books.
26. Volunteer to wait for her cable technician.
27. Mow his lawn.
28. Help her compose a letter.
29. Wash his car.
30. Arrange for a housecleaning service to visit.
31. Donate vacation days to a caregiving colleague.
32. Replace her missing buttons.
33. Cook and deliver a meal he likes.
34. Clean her gutters.
35. Replenish his coffee or tea supply.
36. Bring ingredients and cook a meal with her.
37. Drive his kids to a sports practice or game.
38. Take her with you for a pedicure.
39. Chop firewood for her.

40. Replace the batteries in his smoke detectors.
41. Tell her how much you appreciate her.
42. Give him and the loved one a ride to an appointment.
43. Send her a think-of-you card.
44. Take him to a comedy club.
45. Braid her hair.
46. Cut him some extra slack.
47. Make her a mix CD or a Spotify list.
48. Take out his trash.
49. Give her a blank journal.
50. Let him vent.
51. Arrange for a home organizer to help her.
52. Help him plant (or weed) a garden.
53. Tell her a joke.
54. Bring over a nice bottle of wine.
55. Change his oil.
56. Complain to her less.
57. Knit him a sweater.
58. Do an item on her to-do list.
59. Bring him a copy of your favorite book.
60. Drop off the Sunday paper.
61. Arrange for an in-home yoga lesson.
62. Do a workout DVD with her.
63. Make a photo album using his box of old pictures.
64. Hire a credentialed massage therapist to make a house call.
65. Bring her a binge-worthy DVD box set.
66. Register him with a fancy-food “of the month” club.
67. Give her a foot spa.
68. Hire a geek to help with his tech issues.
69. Sign her up for a luxury-travel magazine.
70. Meditate with him.
71. Take her portrait with her loved one.
72. Fix his leaky faucet.
73. Get her an e-reader.
74. Buy him a grownup coloring book and crayons.
75. Pick up her dry cleaning.
76. Rake his leaves.
77. Play cards with her.
78. Hire a personal shopper for him.
79. Give her a gift card to a favorite restaurant.
80. Help his loved one write a thank-you note to him.
81. Mail her a care package.
82. Attend a meeting for him and take notes.
83. Assist her in setting up a meditation app.
84. Hire a skywriter to send him a message of support.
85. Put a ready-to-bake casserole in her freezer.
86. Bake him cookies.
87. Help her decorate for the holidays.
88. Draw hearts on his walkway with chalk.
89. Pay her a sincere compliment.
90. Set up a bird feeder at his window.
91. Work her shift.
92. Drop off a prescription for him.
93. Create a relaxing space where she provides care.
94. Make him an award for his good work.
95. Paint her a picture.
96. Write him a poem.
97. Prepare a dish for her to take to a potluck.
98. Give him lavender oil for his pillow.
99. Assist her child with college applications
100. Take his old clothes to thrift store.

## C. AFFILIATE REPORTS

There are several to many of our affiliate churches that have robust programs for senior adults and these deserve to be described here. We'll be adding them by District Assembly, so please stand by!