

**Kentucky Parent Led Autism Networks of Support (KY PLANS)  
Game Plan for the Team and Goals for the Month**  
KATC will provide the **Game Plan** materials each month

<p><b>January</b></p>	<p><b>Start the New Year off Right!</b>  <b>Game Plan:</b> Tip sheet – Finding balance for your family :  Identifying priorities, roles in life, and how to better balance the different responsibilities that come with these roles.  Life Wheel handout  Articles on enhancing structure at home  Tip sheet – ways to prioritize and strategize  List of related books in resource library  <b>Goal:</b> To raise awareness of the importance of balance within life and reflect on individuals quality of life, identifying areas of importance that may be neglected or hold too much power within day to day life, creating stability.  <b>Our group:</b> What’s the game plan for our group in 2011? What are the goals and priorities of our group this year? Who’s on the team? Consider sitting down with your most active members (and maybe a few draftees) to discuss what direction your group will be taking in the new year.</p>
<p><b>February</b></p>	<p><b>New Diagnosis...what next?!?</b>  <b>Game Plan:</b> Tip sheet of 5 things to do once your child is diagnosed  Information on stages of grief/acceptance  Tip sheet on self-care/coping skills for caregiver  List of related books in resource library  <b>Goal:</b> Educate parents on stages of grief, need for coping skills, and steps that can be taken to move towards acceptance of the diagnosis allowing family to move forward.  <b>Our group:</b> How do we support new families?</p>
<p><b>March</b></p>	<p><b>Raise Awareness!</b>  <b>Prepare for Autism Awareness Month (April)</b>  <b>Game Plan:</b> Tip sheet – How to raise community awareness?  Where to provide awareness talks  Template of an Awareness talk  Press release for April regarding autism awareness  KATC Awareness Brochures</p>

	<p>List of related books in resource library</p> <p><b>Goal:</b> To increase awareness of ASD within your community.</p> <p><b>Our group:</b> What's the game plan to promote awareness in our area?</p>
<b>April</b>	<p><b>Transitions</b></p> <p><b>Game Plan:</b> Provide articles about transitions</p> <p>Provide overview of major transitions throughout lifespan from childhood to adulthood</p> <p>Provide transition timeline</p> <p>Send reminder for teacher appreciation week: May 2<sup>nd</sup>-6<sup>th</sup></p> <p>List of related books in resource library</p> <p><b>Goal:</b> To enhance parents understanding of transitions and issues their children may face and provide parents ways to handle transitions from childhood into adult life.</p> <p><b>Our group:</b> How are we supporting families with adult children?</p>
<b>May</b>	<p><b>Gearing up for Summer!</b></p> <p><b>Game Plan:</b> Summer camp list</p> <p>Tip sheet - Ideas for summer activities</p> <p>Tip sheet - Planning a family vacation</p> <p>Tip sheet - Traveling tips</p> <p>Information on keeping academic skills fresh over summer</p> <p>List of related books in resource library</p> <p><b>Goal:</b> To help parents plan early for a great summer for the family.</p> <p><b>Our group:</b> Do we have a summer family fun event planned for our group? How can we support one another with childcare?</p>
<b>June</b>	<p><b>It's never too early to start planning - Guardianship and Financial Planning</b></p> <p><b>Game Plan:</b> Overview of guardianship and responsibilities, alternatives to guardianship, Special Needs Trust, SSDI, etc.</p> <p>Tip sheet - Know your resources</p> <p>Tip sheet -- Who can be helpful in this future planning?</p> <p>Choosing guardians, caregivers and trustees</p> <p>List of related books in resource library</p> <p><b>Goal:</b> To empower families with information and encourage planning for the future.</p> <p><b>Our group:</b> Who are local resources? Are they reputable?</p>
<b>July</b>	<p><b>Being your own case manager: Accessing services, keeping your child's medical information and organizing it</b></p> <p><b>Game Plan:</b> Tip sheet - steps to take to be your own case manager</p> <p>Tip sheet - Guidelines for working with professionals</p> <p>How to - creating and organizing medical information</p> <p>List of related books in resource library</p>

	<p><b>Goal:</b> To assist parents in staying informed and organized with child's medical information, school information, financial assistance, resources and services available.</p> <p><b>Our group:</b> Consider having an open house/meet and greet for local providers.</p>
<b>August</b>	<p><b>Surviving the Teenage years: What to expect when your child goes through Puberty</b></p> <p><b>Game Plan:</b> Information about puberty Information on hygiene and taking care of self Tip sheet – How to discuss with your child? List of related books in resource library</p> <p><b>Goal:</b> To provide family members with accurate information about puberty and related issues of adolescents.</p> <p><b>Our group:</b> Who is our group has “been there, done that”? Would they come speak with us?</p>
<b>September</b>	<p><b>National Disability Employment Awareness Month</b></p> <p><b>Game Plan:</b> Provide information on National Disability Employment Awareness Month (October) Information on issues Adults with an ASD face: Education, employment, housing, relationships Talking points to increase employment opportunities within your community. Tip sheet – Job interviewing skills Tip sheet – Choosing the right job List of resources, support groups and recreation activities for Adults List of related books in resource library</p> <p><b>Goal:</b> To increase awareness of National Disability Employment awareness month and provide an overview of issues Adults with an ASD face and resources for the family.</p> <p><b>Our group:</b> Who are employers in our area that would be interested in employing or providing internship's for our children? How about inviting local business and non-profits to a support group meeting to discuss how to create employment opportunities for individuals with autism.</p>
<b>October</b>	<p><b>Autism and the Extended Family</b></p> <p><b>Game Plan:</b> Tip sheet: How to get the support my family needs Talking points: Providing education by discussing autism with extended family members Tip sheet: Ways to teach relatives to welcome/get involved: specific strategies for connecting and interacting with your child with autism Handout: Ten things every child with Autism wishes you knew List of related books in resource library</p> <p><b>Goal:</b> To illicit extended family support by providing resources,</p>

	<p>education and information to extended family members allowing better understanding of autism.</p> <p><b>Our group:</b> Who are local resources? Are they reputable?</p>
<b>November</b>	<p><b>Sibling Issues</b></p> <p><b>Game Plan:</b> Provide information on a variety of sibling issues</p> <p>Tip sheet – explaining Autism to children</p> <p>Adult siblings information</p> <p>List of statewide sibling support groups</p> <p>List of related books in resource library</p> <p><b>Goal:</b> To provide parents with information with how to best respond to the needs of the family as a whole.</p> <p><b>Our group:</b> What are we thankful for? Consider inviting siblings to your meeting and hold an award ceremony where each child is recognized for a special contribution they have made to their family.</p>
<b>December</b>	<p><b>Reflect on the year</b></p> <p><b>Game Plan:</b> To acknowledge and celebrate the successes of 2011</p> <p>Completion questionnaire – did you use, did you find helpful, what would you like next year?</p> <p><b>Goal:</b> To evaluate the effectiveness of the monthly Game Plan strategy and progress toward stated goals.</p> <p><b>Our group:</b> Reflect on your group’s successes this past year. What went well? Why was it a success? What is positive and possible for next year?</p>