February 2015

**Project 10 Topical Briefs** are published on a monthly basis. Each issue focuses on a specific topic or theme. This month the **Topical Brief** is focused on **Health and Wellness**

**LEAD Center’s Policy Update: Employment, Health Care and Disability**


The LEAD Center’s Policy Update is a monthly update focusing on the intersection of disability, employment and health care policy. The December 2014 update provides policymakers, disability service professionals, individuals with disabilities and their families with information about relevant policy developments regarding Medicaid, the Affordable Care Act and related topics, with a focus on improving employment outcomes for individuals with disabilities.

**The Surgeon General’s Call to Action to Improve the Health and Wellness of Persons with Disabilities (2005)**

http://www.ncbi.nlm.nih.gov/books/NBK44662/

The principle underlying this Call to Action is that, with good health, persons with disabilities have the freedom to work, learn and engage actively in their families and their communities. Health and wellness are not the same as the presence or absence of a disability; they are broader concepts that directly affect the quality of a person’s life experience. Research and clinical experience have shown that persons with disabilities can be both healthy and well (Krahn 2003). And good health opens the door to employment and education for persons with disabilities, just as it does for persons who do not have disabilities.

**State Strategies for Promoting Wellness and Healthy Lifestyles for People with Disabilities (2013)**


More people with disabilities are living longer, higher-quality lives due to the positive impact of public health, medical and other interventions. State and territorial health agencies play a key role in ensuring people with disabilities have access to these healthcare and health promotion services. This issue brief provides some background on the barriers and challenges to accessing preventive healthcare and health promotion services and highlights some of the initiatives that state public health agencies have undertaken to remove those barriers.

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**African American History Month**


The Florida Department of Education website features a recommended reading list which highlights African-American literature in celebration of Florida's Black History Month.

**American Heart Month**

http://www.cdc.gov/features/heartmonth/

Cardiovascular disease (CVD), including heart disease, stroke and high blood pressure, is the number one killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over $300 billion each year, including the cost of health care services, medications, and lost productivity. Learn about the risks for heart disease and stroke to stay "heart healthy."

**National Teen Dating Violence Awareness and Prevention Month**
Health care transition is the process of getting ready for health care as an adult. During childhood, parents usually help with medical needs; they call for doctor appointments, fill out forms, and keep track of medications. As youth get older, managing medical needs becomes their own responsibility. Achieving this independence requires an organized transition process to gain independent health care skills, prepare for an adult model of care and transfer to new providers. There are several steps families can take to make sure the transition to adult health care goes smoothly. The Health Care Transition Resources section of the Got Transition website offers resources related to health care transition organized by topic: http://www.gottransition.org/resources/index.cfm.

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Health and Wellness Resources

American Academy of Pediatrics: Sexuality of Children and Adolescents with Developmental Disabilities
http://pediatrics.aappublications.org/content/118/1/398.full.pdf+html
This report discusses issues of puberty, contraception, psychosexual development, sexual abuse and sexuality education specific to children and adolescents with disabilities and their families.

Autism Speaks: Physical Fitness
http://www.autismspeaks.org/family-services/health-and-wellness/fitness
This webpage offers suggestions and information on engaging children with autism in exercise and physical activity. For examples of exercises, Autism Speaks has provided videos for parents and healthcare providers.

Centers for Disease Control and Prevention (CDC) Feature: People with Disabilities: Living Healthy (2011)
http://www.cdc.gov/Features/Disabilities/
This feature provides basic information on health and wellness disparities among those living with a disability as well as resources and additional information on choosing the right healthcare and living a healthy lifestyle. There is also a section for healthcare providers that focuses on how to improve health and wellness for their patients with disabilities.

Centers for Disease Control and Prevention (CDC): Disability and Health
http://www.cdc.gov/ncbddd/disabilityandhealth/accessibility.html
This website provides information on accessibility, health care and universal design, including accessibility checklists and guidelines related to recreation and fitness, transportation and meetings and conferences, among others.
Margaret Hooper at legislators to share your concerns regarding issues affecting persons with developmental disabilities. For more information, please contact information and services available to persons and families with developmental disabilities. You will also have an opportunity to visit with March 5, 2015

The Arc of Florida and the Florida Developmental Disabilities Council (FDDC) will host the 2015 Developmental Disabilities Awareness Day on March 5, 2015. This event will take place on the 2nd Floor Rotunda of the Florida Capitol. Exhibitors will be there to display and share information and services available to persons and families with developmental disabilities. You will also have an opportunity to visit with legislators to share your concerns regarding issues affecting persons with developmental disabilities. For more information, please contact Margaret Hooper at MargaretD@FDDC.org or Vanda Bowman at vandab@fddc.org.
Florida Division on Career Development and Transition (FLDCDT) is proud to announce the upcoming annual VISIONS Conference. The theme for this year's conference/transition planning institute is: VISIONS XXII - What's Next? For more information, please visit the FLDCDT website at [https://sites.google.com/site/floridadcdt1/](https://sites.google.com/site/floridadcdt1/).

**Upcoming Webinars**

**Webcasts: 2015 Job Accommodation Network's (JAN) Federal Employer Winter Series**

http://prod.askjan.org/webcast/federal/registration.cfm

- **February 18, 2015:**
  - JAN Webcast: Promoting Employment of Individuals with Disabilities in the Federal Workforce
  - Description: Questions will be taken and answers provided that will enlighten attendees on reasonable accommodation procedures, accommodation requests, interactive process, undue hardship and conduct rules and job performance. This session will focus on the Rehabilitation Act and the speaker will respond to the concerns most commonly raised by those implementing Federal Sector requirements related to employing individuals with disabilities. Attendees can take this opportunity to send in their questions to question@askjan.org.
  - Speaker: Jo Linda Johnson, Civil Rights Director, Office of Civil Rights & Liberties, Ombudsman and Traveler Engagement, Transportation Security Administration.

- **March 11, 2015:**
  - JAN Webcast: Best Practices for Complying with Section 501 of the Rehabilitation Act
  - Description: Join the Equal Employment Opportunity Commission (EEOC) and JAN as representatives provide participants with the latest developments in the application of the Rehabilitation Act in the workplace, some practical tips for compliance and answers to tough employment questions.
  - Speaker: Jeanne Goldberg, Senior Attorney Advisor, Office of Legal Counsel, Equal Employment Opportunity Commission.

**Save the Dates: FCIC's 2015 Employment Webinar Series and Archive**

Third Wednesday of each month
5:00pm to 6:00pm EST
http://flfcic.fmhi.usf.edu/resources/training/employment.html

Join the Florida Center for Inclusive Communities (FCIC) for an opportunity to participate in a series of webinars geared to build capacity on an array of employment related topics. The FCIC is a University Center for Excellence in Developmental Disabilities Education, Research, and Service.

**Employment Webinar Series Dates for 2015:**

- **February 18, 2015:**
  - Self-Advocacy in the Workplace
- **March 18, 2015:**
  - A Parent Employment and Parenting a Child with Intellectual and Developmental Disability (IDD)
- **April 15, 2015:**
  - Traveling by Air for Business or Pleasure
- **May 20, 2015:**
  - Transportation Disadvantage - Getting To and From Work
- **June 17, 2015:**
  - Transition to Adulthood: Essential Skills to Getting a Job
- **August 19, 2015:**
  - Navigating the Workplace with Invisible Disabilities
- **September 16, 2015:**
  - Coping with the Employment Process: Effective Relaxation and Stress Management Techniques

**The Center for Social Capital and the Florida Developmental Disabilities Council Present:**

**The Customized Employment Webinar Series**

2:00pm to 3:30pm EST
to register, please email mhammis@griffinhammis.com by February 9, 2015. For more information, please review the flyer at [https://files.ctctcdn.com/b260d50b001/7f1b9139-4fd0-4f5b-b782-be7fb2c4d12d.pdf](https://files.ctctcdn.com/b260d50b001/7f1b9139-4fd0-4f5b-b782-be7fb2c4d12d.pdf).

- **February 11, 2015:**
  - Link to Customized Employment
- **February 25, 2015:**
  - Linking to Discovery and Job Development
- **March 11, 2015:**
  - Critical Factors in Small Business Development

**Improving Millennials’ Financial Literacy with Mobile Technology**

April 15, 2015
10:00am to 12:30pm EST

The ninth annual Financial Literacy Summit, co-hosted by the Federal Reserve Bank of Chicago and Visa Inc., brings together senior international financial literacy experts from governments, the financial services industry, NGOs, the news media and academia to discuss improving millennials’ financial literacy using mobile technology. To view the webcast on April 15, 2015, register now by clicking the registration link (above).
Join Our Mailing List

About Project 10 Topical Briefs:
Project 10 Topical Briefs provide short information summaries and resource links related to secondary transition.

Have a question? Want to find or recommend a resource? Have some great news to share?
Send us an email at project10@stpete.usf.edu

For back issues of Project 10 Topical Briefs, visit the newsletter page on the Project 10 website at http://www.project10.info/Newsletter.php

Project 10: Transition Education Network
assists Florida school districts and relevant stakeholders in building capacity to provide secondary transition services to students with disabilities in order to improve their academic success and post-school outcomes.

Project 10: Transition Education Network
University of South Florida St. Petersburg

Questions or comments?
Email us at project10@stpete.usf.edu
www.Project10.info