



**A Directory
Of Resources
For Adults with
Learning Disabilities
And/or Attention
Deficit Disorders in
Connecticut**

February 2001

A Directory Of Resources

For

**Adults With Learning Disabilities
And/Or Attention Deficit Disorders
In Connecticut**

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Dedication

This directory is dedicated to all those adults with learning disabilities (LD) and/or attention deficit hyperactivity disorder (ADHD) who are struggling to improve the quality of their lives. After high school they frequently have difficulty finding appropriate services. This directory provides information and resources for them, their families, and the adult service provider community in Connecticut.

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PREFACE

Learning Disabilities (LD): A Definition

What is LD?

- A. A pattern of uneven abilities.
- B. Average or above average intelligence.
- C. A neurobiological processing disorder resulting in difficulty receiving, storing, retrieving or expressing information. A neurobiological disorder refers to functions of the central nervous system (the brain) that interfere with basic learning. Throughout life, the condition can affect self-esteem, education, employment, socialization, relationships and/or daily living activities.
- D. Inconsistent performance and significant difficulties in the acquisition and use of one or more of the following:
 - 1. Listening
 - 2. Speaking
 - 3. Reading
 - 4. Writing
 - 5. Reasoning
 - 6. Mathematical Skills
 - 7. Social Skills

LD IS NOT MENTAL RETARDATION.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD): A DEFINITION.

An attention deficit is a neurobiological disorder. A neurobiological disorder refers to functions of the central nervous system (the brain) that interferes with basic learning and behavior. Two major forms have been identified:

1. *Attention Deficit Hyperactivity Disorder* symptoms are: impulsivity, hyperactivity, inattention and distractibility
2. *Attention Deficit Hyperactivity Disorder, Inattentive Type* symptoms are: difficulty maintaining focus and distractibility. “Spacey” is often used to describe this population. Women are more often diagnosed with this form of attention problem. Poor organizational skills are common in both forms of the disorder.

It is possible to have both forms of the disorder.

These disabilities impact people in educational environments, home, work, and social activities, and personal relationships.

NOTE: Attention Deficit Disorder is often known and abbreviated as ADD. The official terminology used by professionals is attention deficit hyperactivity disorder, ADHD, which will be used to describe both types of the disorder in this directory.

DIRECTORY OF SPONSORING ORGANIZATIONS

The *Connecticut Association for Children and Adults with Learning Disabilities (CACLD)* is a non-profit membership organization that offers information, referrals, advocacy and individual consultations. CACLD maintains a Resource Center that provides a research library, bookstore, newsletter, conferences, workshops and support groups to families, professionals, and adults with learning disabilities and/or attention deficits.

CACLD

The Connecticut Association for Children and Adults with Learning Disabilities
25 Van Zant St., Suite 15-5
East Norwalk, CT 06855
(203) 838-5010 Fax (203) 866-6108
email: CACLD@juno.com

The *Learning Disabilities Association of Connecticut, Inc. (LDA)* is a non-profit membership organization which is an affiliate of the national organization, LDA of America. It provides information, referral, advocacy, and support services to families, professionals and adults with learning disabilities and/or attention deficits. LDA also offers a quarterly newsletter and conferences.

LDA of Connecticut, Inc.

Learning Disability Association of Connecticut, Inc.
999 Asylum Ave.
Hartford, CT 06105
(860) 560-1711 Fax (860) 560-1750
email: LDACT@juno.com

Independence Unlimited, Inc. (IUI) encourages and empowers people with disabilities to live as independently as they choose and to become effective self-advocates. They assist people of all ages and disabilities by providing advocacy, information and referral, peer counseling and independent living skills training at no charge. IUI is a non-profit agency available to persons with disabilities, their families, service providers and others interested in disability issues. IUI is one of Connecticut's five non-residential Centers for Independent Living and serves the north central region of the state.

IUI

Independence Unlimited, Inc.

151 New Park Ave. Suite D

Hartford, CT 06106

(860) 257-3221 TDD (860) 523-7991 Fax (860) 523-5603

email: INDUNL@aol.com

Priority Care, Inc. is a leading provider of fully integrated home based services delivered to residents throughout the state. They provide the following services: medical and behavioral health skilled nursing and social work, physical, occupational and speech therapy, infusion therapy, certified home health aides, homemakers, live ins, nutritional consulting, and case management. Funding for services is through private insurance, Medicare, Title XIX, private pay, DCF and other miscellaneous programs.

Priority Care, Inc.

999 Oronoque Lane

Stratford, CT 06614

1-800-443-3024 Fax (203) 381-0123

SPALD House, Inc. is a support service provider to young adults with learning disabilities in housing, transportation, employment, education and leisure time. Program participants receive one to one independent living skills training in their homes. The program also links individuals to a variety of community services, 24 hour, 7 days a week, beeper coverage available in case of emergencies. Service is limited to greater Hartford area.

SPALD House, Inc.
268 Hartford Tpke H-9
Tolland, CT 06084
(203) 875-4546

Wheeler Clinic: Community Inclusion For Adult Independent Living provides Community Inclusion Services for adults who need help to live as independently as possible through a wide range of services that support individuals through planning, linking, advocacy, monitoring and outreach.

Wheeler Clinic: Community Inclusion For Adult Independent Living
91 Northwest Dr.
Plainville, CT 06062
1-888-793-3500 (860)793-3822 Fax (860)793-3520
email: www.wheelerclinic.org

Disclaimer

The resources listed in this directory are for information and referral purposes only. The organizations that participated in the development of this directory do not recommend or endorse any service, agency, treatment, theory or business.

ASSESSMENT AND DIAGNOSIS

If you suspect you may have a learning disability or an attention deficit disorder, or, if you are seeking updated testing to better identify your particular areas of disability, contact **CACLD** or **LDA of Connecticut** for referral to individuals and agencies that can provide such diagnosis and testing.

CACLD (203) 838-5010

LDA of CT (860) 560-1711

BENEFITS

SOCIAL SECURITY

There are two programs under Social Security:

1. Social Security Disability
Income (SSDI)

2. Supplemental Security
Income (SSI).

SSDI is based on prior work under Social Security, while SSI is based on financial need. Persons ineligible for SSDI because they lack enough prior work history may be eligible for SSI. It is also possible in certain cases to be on both programs.

The process of applying is the same for both programs. For general information on either program, call your local office of the Social Security Administration which can be found in the telephone book blue pages under UNITED STATES GOVERNMENT, SOCIAL SECURITY ADMINISTRATION.

Social Security booklets on a variety of topics, including Working While Collecting, are available at local Social Security Administration offices and at Connecticut's five Centers for Independent Living (see page 22 & 23). These Centers, as well as legal aid and private attorneys, can also help individuals apply for SSDI or SSI, understand how to appeal adverse decisions, and make appropriate referrals.

Social Security 1-800-772-1213 (toll-free)

The Social Security web site is www.ssa.gov.

State of Connecticut Department of Social Services **(DSS)**

The mission of Connecticut's Department of Social Services is to help families and individuals who need assistance in maintaining or achieving their potential for independent living. The department operates a number of programs. Those most relevant to individuals with LD/ADHD and their families are:

1. The Bureau of Rehabilitation Services (BRS) which provides vocational and employment assistance. See page 18 in this directory for more detailed information.
2. The Adult Services Division that may provide housing assistance and welfare services.

For details and a full list of DSS programs, contact the Department or a regional office listed in the telephone directory blue pages under: CONNECTICUT, STATE OF, SOCIAL SERVICES, DEPARTMENT OF.

Their web site is www.dss.state.ct.gov/

Department of Social Services (DSS)
(860) 424-4908 (General information)
(800) 842-1508 (Toll-free)

EDUCATION

TRANSITION: A FEDERAL MANDATE

Public Law 101-476, the Individuals with Disabilities Education ACT (IDEA), was enacted in 1990 by Congress with a transition amendment that provided services for students with disabilities as they prepare to complete school and move into employment. In June 1997, the IDEA was amended as Public Law 105-17 to include additional provisions for transition. see pages 8, 31, 58, 59 for more detailed information.

Postsecondary Options for Students with Learning Disabilities and Attention Deficit Disorder, 1997

A resource guide for high school students and their parents to help them plan for life after high school. A copy is available for research purposes in local high school guidance offices and the Research Library of CACLD.

Building a Bridge From School to Adult Life for Young Adults with Disabilities in Connecticut

A manual for students and parents to help them understand how to be active participants in developing transition goals and objectives for inclusion in the Individualized Education Program (IEP). Single copies are available free from:

SERC (860) 632-1485 Ext. 250

Website: www.serc.rh.edu

EDUCATION AND TRAINING RESOURCES

A number of organizations and agencies have developed resource directories that provide information about education and training. The following is information about other directories and where you may obtain them at no cost:

ADULT EDUCATION

Resource Guide of Support Services for Individuals with Disabilities in Connecticut Adult Education Programs (being revised for publication in 2001)

This guide provides a listing of adult education and continuing education programs within the state and the types of programs and supports available for persons with disabilities. If there is no program in your town, this directory will assist you in finding one close by or encouraging your town to provide one.

Available from: **State Department of Education**
25 Industrial Park Road
Middletown, CT 06457-1543
(860) 807-2110 or (860) 807-2111

The CT Career Resource Network (CCRN) (formerly SOICC) publishes two free directories of statewide occupational, technical, and adult education programs. They are:

Connecticut Career Guide, 1998 (being revised for 2001)

Connecticut Career Paths, (published yearly)

Available from: **CCRN, Department of Labor**
Office of Research
200 Folly Brook Blvd.
Wethersfield, CT 06109
(860) 263-6258
website: www.ctdol.state.ct.us

COLLEGES AND UNIVERSITIES

Disability Contact Personnel at Connecticut Colleges and Universities

This guide lists the names, addresses and phone numbers of the individuals responsible for disability support services at all Connecticut colleges (including community-technical colleges) and universities.

Available from: **CT Postsecondary Disability Technical Assistance Center**
UCONN, U-64
Storrs, CT 06269
(860) 486-0273 or

CT State Department of Education
(860) 807-2020

For information regarding accommodations in education programs refer to the **Law and Advocacy Section** of this directory.

Connecticut Talent Assistance Cooperative - CONNTAC

CONNTAC Educational Opportunity Center is a federally funded program that provides free educational counseling and career planning services to individuals in Connecticut. A central office and nine satellite programs located in area regional community/technical colleges are available for assistance. For information call: Educational Opportunity Center
(860) 249-4588 FAX – (860) 249-6338
email: conntac@snet.net

GED INFORMATION

The primary aim of the **GENERAL EDUCATIONAL DEVELOPMENT (GED) TESTING PROGRAM** is to provide a second chance to adults to obtain their high school diplomas.

Eligibility Requirements

In order to apply for the GED examination, an individual must be 17 years of age or older and **no longer enrolled in school**. At the time of registration, individuals 17 and 18 years old must submit documentation from the last high school attended that they have either been officially withdrawn from school for at least six months *or* the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated.

Application Procedures

An application must be completed, in person, at an adult education office or other official GED registration site. For the name of the GED registrar in your town, contact your local board of education.

GED Fees

An applicant 21 years of age or older and a non-veteran must pay an initial fee of \$13.00 to take the test. Only veterans and applicants under the age of 21 are exempt from fees.

Testing Schedule

The GED test is given on a monthly basis during the course of the school year. Testing is limited during the months of July and August. The test is usually offered on two consecutive Saturdays or three consecutive evenings of the month. For additional information on GED, go to the State Department of Education website: www.state.ct.us/sde/deps/ged/index.htm

Special Testing Accommodations

Special testing accommodations are available for persons with specific learning and/or physical disabilities and emotional disabilities. For information and application instructions contact: **Connecticut State Dept GED office at (860) 807-2110.**

LITERACY PROGRAMS

Mercy Learning Center:

An independent, not for profit, non sectarian, agency. It provides literacy instruction and support services to women, primarily single mothers, in the city of Bridgeport and its surrounding areas. The Center recognizes the special needs of individuals with learning disabilities.

Mercy Learning Center

637 Park Avenue

Bridgeport, CT

(203) 334-6699 FAX (203) 334-7446

email: mercy.learning.cntr@snet.net

The Learning Incentive Adult Program:

A private program affiliated with Ben Bronz Academy that designs courses for LD adults that would include reading, math, writing, computer literacy, study skills, problem solving and vocational exploration. Adults obtain custom tailored plans to fit their individual needs. Fees are charged for the program, but the Bureau of Rehabilitation Services often contracts for individuals.

The Learning Incentive Adult Program

139 North Main St.

West Hartford, CT 06107

(860) 236-5807

Literacy Volunteers of Connecticut:

This organization does not have special education tutors but the methods used may work for adults with learning disabilities. There are 17 affiliates around the state. Free tutoring in reading for persons with less than a sixth grade reading level is available.

Literacy Volunteers of Connecticut

25 Lewis St.
Hartford, CT 06106
1-800-345-7323

CT Children's Medical Center (Formerly Newington Children's Hospital):

Although dedicated to children's needs, the center originated the first assessment and remediation program for adults and will continue this service. Adults with ADHD or LD may receive assessment, academic therapy (tutoring) and consultation with colleges and/or employers. An hourly fee is charged. The Bureau of Rehabilitation Services (BRS) does contract for these services.

CT Children's Medical Center - Newington Campus

Child Development Center
282 Washington St.
Hartford, CT 06106
(860) 545-8680

Read to Succeed:

A program geared to adults with reading disabilities available in Hartford only. Any adult, age 21 or older, who is motivated to learn to overcome his/her reading disability is welcome to apply. Day and evening classes are available Monday through Thursday. Sliding scale fee is available.

Read to Succeed Program

YMCA of Greater Hartford
160 Jewell St.
Hartford, CT 06103
(860) 522-4183 X 311, FAX – (860) 524-5152

PRIVATE TUTORS

For the names of recommended tutors for education assistance contact the offices of any of the following:

CACLD
(203) 838-5010
Fax (203) 866-6108

LDA of CT, Inc.
(860) 560-1750
Fax (860) 560-1750

REGIONAL VOCATIONAL-TECHNICAL SCHOOLS

Connecticut has 20 schools that prepare high school students for technical careers. Adults with a high school diploma or GED may enter any day program where space is available as a post-graduate student. There is no cost. In addition, the Vocational-Technical Schools offer evening part-time programs at a low cost. There are no specific special education services provided but instructors are usually able to provide accommodations, if students tell them what they need.

For information about program offerings, get a copy of the complete list of Vocational-Technical School programs and contact the individual schools to find out about openings.

Connecticut's Regional Vocational-Technical School System
25 Industrial Park Road
Middletown, CT 06457-1543
1-800-822-6832

REGIONAL EDUCATION SERVICE CENTERS **(RESC's)**

There are six centers which are funded by the state to provide services to children, youth, adults, parents and professionals. The following provides information on adult programs available at the centers:

- ***Area Cooperative Educational Services (ACES) - New Haven Area***
Information - (800) 247-9574
Website: www.aces.k12.ct.us/
- ***Capitol Region Education Council (CREC) - Hartford Area***
Adult Training and Development (860) 524-4043
Transition to Employment (860) 522-9533
Website: www.crec.org/
- ***Cooperative Education Services (CES) - Fairfield Area***
Main number – (203) 365-8800
School-to-Career – (203) 365-8852
- ***Eastern CT Regional Service Center (EASTCONN)***
Adult and Community Education (860) 779-3770
School-to-Career and Vocational Education (860) 455-0707
Website: www.eastconn.org
- ***Education Connection - Litchfield Area***
Adult Education (860) 567-0863
Website: www.educationconnection.org
- ***LEARN-Shoreline Area***
Special Education (860) 434-4800
Website: www.learn.k12.ct.us

EMPLOYMENT / UNEMPLOYMENT

There are now 18 Job Centers/Connecticut Works Career Centers in the state, operated by the Connecticut Department of Labor. The addresses and phone numbers are listed below.

If you are unemployed, contact the nearest Center as soon as possible after a job separation, even if you don't have a pink slip. If you do not know whether you are eligible for unemployment benefits file a claim and you will be advised of your eligibility status.

Information on Unemployment Insurance or employment-related services is available from any of the following:

<u>Town</u>	<u>Address</u>	<u>Zip Code</u>	<u>Phone</u>
Ansonia	555 Main St.	06401	(203) 736-1059
Bridgeport	2 Lafayette Sq.	06604	(203) 330-4830
Bristol	55 South St.	06010	(860) 314-2592
Danbury	152 West St.	06810	(203) 731-2929
Danielson	95 Westcott Rd.	06239	(860) 779-5850
Enfield	620 Enfield St.	06082	(860) 741-4295
Hamden	37 Marne St.	06514	(203) 789-7745
Hartford	3580 Main St.	06120	(860) 566-5727
Manchester	587 East Middle Tpke.	06040	(860) 649-4558
Meriden	290 Pratt St.	06450	(203) 238-6148
Middletown	645 S. Main St.	06457	(860) 344-2661
New Britain	260 Lafayette St.	06053	(860) 827-4460
New Haven	560 Ella T. Grasso Blvd	06519	(203) 624-1493
New London	Shaw's Cove Six	06320	(860) 447-6211
Norwich	113 Salem Turnpike, N	06360	(860) 859-5600
Stamford	1340 Washington Blvd.	06905	(203) 425-2439
Torrington	486 Winsted Rd	06790	(860) 626-6220
Waterbury	249 Thomaston Ave.	06702	(203) 596-4454
Willimantic	1320 Main St. (Tyler Sq)	06226	(860) 465-2120

APPRENTICESHIP PROGRAMS

There are over 800 trades included in both licensed and non-licensed trades. Most require from 2 - 4 years in the program. Accommodations are provided for persons with disabilities, as required by law. The programs are accessed in these ways:

1. Employers contact the apprenticeship program when they decide to hire and train the person as an apprentice.
2. Individuals may register with the CT Works Career Center System (see listing on previous page) and indicate interest in becoming an apprentice in a trade. Employers register also and a match is made.

For extensive information on the apprenticeship program in Connecticut, see the CT Department of Labor website: www.ctdol.state.ct.us

BUREAU OF REHABILITATION SERVICES

This agency, located in the State Department of Social Services, assists persons with physical, mental and cognitive disabilities to prepare for, find and keep a job. In order to receive services you must prove eligibility. This means (1) you have a disability and (2) you require the services of the bureau in order to be employed. BRS offices are located around the state. Call numbers below to locate local office:

1-800-537-2549 or regional offices listed below:

BRIDGEPORT DISTRICT - (203) 551-5500

Norwalk (203) 855-2797 Stamford (203) 251-9430

HARTFORD DISTRICT - (860) 723-1400

Bristol (860) 314-6501 East Hartford (860) 289-2904
Enfield (860) 741-2852 Manchester (860) 647-5960
New Britain (860) 612-3569

NEW HAVEN DISTRICT - (203) 974-3000

Ansonia (203) 735-9444 Meriden (203) 630-6170
Middletown (860) 704-3070

NORWICH DISTRICT - (860) 859-5720

Dayville (860) 779-2205 New London (860) 443-1719
Willimantic (860) 465-3546

WATERBURY DISTRICT - (203) 578-4550

Brookfield (203) 775-4700 Ext. 249 Danbury (203) 207-8990
Torrington (860) 496-6990

REGIONAL WORKFORCE DEVELOPMENT BOARDS SERVICE DELIVERY AREAS (SDA)

Individuals may be eligible to access training for specific job skills through programs available through Workforce Development Boards Service Delivery Areas listed below:

The Workplace, Inc.
Southern CT Region
350 Fairfield Ave.
Bridgeport, CT 06604
(203) 576-7030
FAX – (203) 335-9703

Workforce Partners,
Inc.
Central CT Region
136 Main St.
New Britain, CT 06051
(860) 223-4421
FAX – (860) 832-9103

Danbury/Torrington
Workforce Investment
Board
Fuessenich Park
Fieldhouse, Coe Place
Torrington, CT 06790
(860) 489-3556
FAX – (860) 482-8391

Workforce One
Northeast Region
PO Box 305
128 Chaplin St.
Chaplin, CT 06325
(860) 455- 8009
FAX – (860) 455-8025

Capitol Region
Workforce
Development Board
99 Pratt St.
Hartford, CT 06103
(860) 522-1111
FAX – (860) 722-2486

Meriden/Middlesex
Region
62 Washington St.
Middletown, CT 06457
(860) 343-5085

Regional Workforce
Development Board of
Greater New Haven
580 Ella Grasso Blvd.
New Haven, CT 06519
(203) 624-1493
FAX (203) 562-1106

Workforce Investment
Board of Southeastern
CT
Shaw's Cove 6, Suite
100
New London, CT
06320
(860) 440-3534
FAX – (860) 442-5814

Workforce Connection
249 Thomaston Ave.
Waterbury, CT 06702
(203) 574-6971
FAX – (203) 573-8951

JOB CORPS

Men and women between 16 and 21 may be eligible for this federally funded program. There are seven centers in New England where the training is provided; Westover (Chicopee), MA, Grafton, Shriver (Devons), MA; Northlands (Vergennes), VT; Loring (Presque Isle) and Penobscot (Bangor), ME. The Connecticut Job Corps Center in New Haven was opened in 1996 modeled procedures within the Job Corps for providing reasonable accommodations and serving clients with disabilities in partnership with the Bureau of Rehabilitation Services. There is no upper age limit for otherwise eligible persons with disabilities. The average time spent in the program is 8 to 12 months. Room, board, a stipend and a clothing allowance are provided along with career counseling, education and vocational training. There is no cost to participants.

JOB Corps Program Centers

- New England Recruiting Office **1-800-97-BEGIN**
- Hartford Recruiting/Admissions Office **(860) 560-2077, 1-800-464-4892**
- New Haven Recruiting/Admission Office **(203) 777-0872**
- Bridgeport Recruiting/Admission Office **(203) 330-9111**

STATE AGENCY TRAINING PROGRAMS

Connecticut Employment and Training Commission's Inventory of Employment and Training Programs

This free directory is very comprehensive and describes each state agency and the training program provided. This may be very helpful to an adult service provider who is helping the adult with LD or ADD to obtain vocational training or job skills.

Available from: Office for Workforce Competitiveness
 805 Brook St.
 Building #4
 Rocky Hill, CT 06067
 (860) 258-6910 FAX – (860) 258-6912

INDEPENDENT LIVING

CENTERS FOR INDEPENDENT LIVING (NON-RESIDENTIAL)

Connecticut's five Centers for Independent Living are non-residential, non-profit agencies that serve people of all disabilities and all ages. They are controlled and staffed largely by persons with disabilities. They provide a variety of services designed to empower people with disabilities to live as independently as they choose, and encourage them to become self-advocates.

Among their services are advocacy, peer counseling, independent living skills training, information, and referral to other resources. They can provide information on budgeting and money management, housing, transportation, assistive technology, recreation, travel, and other areas of concern to people with disabilities. They also work to increase disability awareness and to eliminate barriers to full acceptance of people with disabilities. They are also a good resource for individuals with other disabilities in addition to LD/ADHD. There are no charges for these services.

Each Center serves a specific region of the state. Contact the one nearest you; you will be directed to the Center serving your community if it is different:

Disabilities Network of Eastern Connecticut (DNEC)

107 Route 32
Franklin, CT 06254
Voice/TDD **(860) 823-1898** Fax **(860) 886-2316**
Email: dnec@snet.net

Disability Resource Center of Fairfield County

80 Ferry Boulevard
Stratford, CT 06497
Voice **(203) 378-6977** TDD **(203) 378-3248** Fax **(203) 375-2748**
Email: info@drcfc.net

For additional information turn to the next page.

Center for Disability Rights

764 Campbell Ave, Suite A

West Haven, CT 06516

Voice (203) 934-7077 TDD (203) 934-7076 Fax (203) 934-7078

Email: cdr7077@aol.com

Independence Northwest

1183 New Haven Road, Suite 200

Naugatuck, CT 06770

Voice (203) 729-3299 TDD (203) 729-1281 Fax (203) 729-3829

Email: eileenh1@aol.com

Independence Unlimited, Inc.

151 New Park Ave.

Hartford, CT 06106

Voice (860) 523-5021 Fax (860) 523-5603

Email: indunl@aol.com

FINANCIAL ISSUES, ESTATE PLANNING, AND INSURANCE

For assistance in learning **banking and budgeting skills**, contact your nearest Center for Independent Living. They can provide training in basic money management skills and refer you to other resources if needed.

For **credit and debt counseling**, contact the Consumer Credit Counseling Service of Connecticut at **1-800-450-2808**. They have offices in East Hartford, Danbury, Milford and Norwich and will also provide counseling by phone if one cannot go to an office. They offer budgeting, money management and debt management counseling, help re-negotiate terms with creditors and consolidate payment.

For additional information on insurance turn to the next page.

Estate planning can be a major concern for adults with LD/ADHD as well as their parents, who may be looking towards retirement and concerned about providing a secure future for their children. For referrals to attorneys knowledgeable in estate planning, contact:

LDA of Connecticut, (860) 560-1711 or
CACLD, (203) 838-5010.

For information on auto, health, homeowners/renters, and other **insurance** (except for Social Security) contact the State of Connecticut Insurance Commissioner's office at (860) 297-3800.

RESIDENTIAL LIFE MANAGEMENT - INDEPENDENT LIVING PROGRAMS FOR PEOPLE WITH LD AND/OR ADHD

IN CONNECTICUT

Chapel Haven, Inc

1040 Whalley Avenue

New Haven, CT 06515

(203) 397-1714, FAX – (203) 397-8004

Chapel Haven is an individualized, year-round, transitional independent living program for young adults with a wide range of learning disabilities. The program includes life skills training in apartment settings, pre-vocational training, vocational placement and support, and practical academics. Participants learn all of the skills necessary to make a smooth entry into independent community living. Comprehensive non-residential, community-based independent living services are also available. These include life skills follow-ups, vocational assistance, social/recreational programs, and adult education classes, as well as benefits coordination. Fees are charged.

For additional information on other programs turn to next page.

SPALD House, Inc.

268 Hartford Tpke., H-9

Tolland, CT 06084

(860) 875-4546, fax – (860) 870-1289

Email: spald@excelonline.com

SPALD House is a support service provider to young adults with learning disabilities in housing, transportation, employment, education and leisure time. Program participants receive one to one independent living skills training in their homes. The program also links individuals to a variety of community services. Twenty four hour, seven days a week, beeper coverage available in case of emergencies. There is no charge for accepted participants but service is limited to greater Hartford area.

Vista Vocational and Life Skills Center (VVLSC)

1356 Old Clinton Road

Westbrook, CT 06498

(860) 399-8080 FAX - (860) 399-3103

VVLSC is a non-academic post-secondary program for adults with severe learning disabilities, neurological impairment or head injury. Vista is designed to help young adults enter the world of work and careers, develop skills for an independent life and become self-sufficient through individualized, experiential training. Through employment, counseling and hands-on instruction, students develop the skills to be self sufficient and good members of the community. Fees are charged.

IN OTHER STATES

Fees are charged for all the programs in this section.

Anchor to Windward, Inc.

66 Clifton Ave, PO Box 813

Marblehead, MA 01945

(781) 639-0063

A supported apartment living program for people with LD who have low average intelligence. Must be 20 or older and emotionally stable. Help is provided to develop independent living, job and social skills.

Berkshire Center

PO Box 160
18 Park Street
Lee, MA 01238
(413) 243-2576

An independent living program for LD adults ages 18-26. The program offers full clinical services, vocational training, the opportunity to earn a GED or go on to college, and a residential program. Residents receive training in supervised apartments and participate in paid or voluntary job placements.

Center for Adaptive Learning

3350 Clayton Road, Suite A
Concord, CA 94519
(925) 827-3863, FAX - (925)827-4080

Adults 18-40 years of age learn the essentials of independent living in a program that offers residential living, social skills training, sensory motor training, counseling, roommate peer counseling, cognitive retraining, and job placement. Students either work or attend local community colleges, and job coaching and tutoring are provided. Apartments in the community are available, and most are clients of Vocational Rehabilitation.

Creative Community Services

Atlanta, GA 30303
(404) 814-1775

Serving young adults 20-35 years of age, this organization creates living arrangements for people with a range of learning disabilities who want to lead adult lifestyles but still need some support assistance. CCS helps locate housing and provides a live-in counselor, if needed. Develops a plan for each participant's future growth. Provides one-to-one training in necessary areas and offers ongoing support for participants and their families.

GROW-Transitional Component Program

Riverview School
551 Route 6A
East Sandwich, MA 02537
(508) 888-3699, FAX – (508) 888-1315
Email: rvschool@capecod.net

GROW is a transitional program for high school graduates who would like to continue in an academically based postsecondary school, but need to develop academic skills or independent living skills.

Independence Center

3640 S. Sepulveda Boulevard, #102
Los Angeles, CA 90034
(310) 202-7102, FAX – (310) 202-7180
Email: judym@independencecenter.com
Website: www.independencecenter.com

Independence Center provides a supportive program in which young adults with learning disabilities learn the skills necessary to live independently. These include job skills, apartment care, social skills, and adult decision making. Vocational training is accomplished through apprenticeships and/or enrollment in vocational schools or community college programs.

Life Development Institute

18001 North 79th Ave. Suite E 71
Glendale, AZ 85308
(623) 773-2774, FAX – (623) 773-2788
Email: LDIinARIZONA@aol.com
Website: www.life-development-inst.org

Serves older adolescents and adults with LD or ADHD. Provides help with workplace literacy skills and ability to make appropriate choice in preparing for the job market. Includes ongoing residential support services.

Pine Ridge School

9505 Williston Rd

Williston, VT 05495

(802) 434-2161

Pine Ridge School offers an individually designed post-graduate year program for students with specific learning disabilities. The program includes language tutorials, academic classes, college classes or employment at work sites.

College Based, Life Skills and Training Programs

Fees are charged for all the programs in this section.

Horizon School, Inc.

900 18th Street South, Suite 200

Birmingham, AL 35294-1250

(205) 933-7221, 1-800-822-6242, FAX – (205) 933-7029

Email: mcelheny@horizonsschool.org

The Horizons School is a non-degree transition program for students with specific learning disabilities and other mild learning problems. This three -year program is located in a college campus environment and prepares students for successful transition to the community. The curriculum offers classes in life skills, social skills and career training.

PACE - Professional Assistance Center for Education

National-Louis University

2840 Sheridan Road

Evanston, IL 60201-1796

1-800-443-5522 Ext. 2670, FAX – (847) 256-5190

Email: cbur@evan1.nl.edu

PACE is a non-credit, non-degree, two-year postsecondary program for students with learning disabilities. The program prepares young adults for careers as professional assistants in many fields including early childhood, hospitality, museums, animal care, hospitals and elder care. In addition to professional preparation coursework, the curriculum also focuses on social skills and independent living skills. Students receive a certificate of completion at the conclusion of the program. College residential life is an integral part of the program. Options include courses for credit and a transition to apartment living after the regular program is completed.

Threshold Program

Lesley University

29 Everett Street

Cambridge, MA 02138

(617) 349-8181, FAX – (617) 349-8189

Email: threshold@mail.lesley.edu

Website: www.lesley.edu/threshold/threshold_home.htm

Threshold is a comprehensive non-degree, campus-based program that helps young adults develop the academic, vocational, social, and living skills necessary for independence. Students prepare for paraprofessional roles in Business Services, Early Childhood or Human Services. Most graduates participate in Threshold's third year Transition Program, which provides support as they venture into apartment living and paid employment.

Vocational Independence Program NYIT

New York Institute of Technology

300 Carleton Ave.

Central Islip, NY 11722

(631) 348-3354, FAX – (631) 348-0437

Email: pcaspi@nyit.edu

Website: www.vip-at-nyit.org

The VIP offers a three-year certificate program for students with moderate to severe learning disabilities, along with a program for the degree-oriented student. The curriculum emphasizes independent living, social and vocational skills as well as individual academic support.

Contact CACLD or LDA of CT for names of additional programs.

CACLD (203) 838-5010

LDA of CT ((860) 560-1711

LAWS AND ADVOCACY

MAJOR FEDERAL DISABILITY LAWS

The Americans with Disabilities Act (ADA).

The landmark 1990 civil rights law protecting persons with disabilities in the areas of employment, public accommodations, state and local government services, telecommunications and transportation. Title I deals with employment, and covers all private and public employers with 15 or more workers. It protects any person with a disability who, with or without “reasonable accommodations” can perform the “essential functions” of a job.

Title III applies to public accommodations, including commercial facilities and places of private education. It covers examinations and courses related to licensing and obtaining credentials for educational, professional or trade purposes.

The Rehabilitation Act of 1973, Section 504.

Prohibits discrimination on the basis of disability by agencies, institutions and contractors who receive any funding from the Federal government, as well as the Executive branch of the Federal Government and the US Postal Service. Includes most schools, colleges and universities. The Rehabilitation Act of 1973, and subsequent re-authorizations, also funds state vocational rehabilitation agencies and centers for independent living.

The Individuals with Disabilities Education Act (IDEA).

Affirms the right of all children with specific disabilities through age 21 to a free and appropriate individualized education program, including transition services.

REASONABLE ACCOMMODATIONS

Reasonable Accommodations pertain to each of the above laws.(listed on this and the previous page). By law, the term *accommodation* is a deliberately flexible standard in order to incorporate the different types of disabilities. What will be a reasonable accommodation for one person will not be the same for another, due to such factors as severity and type of disability. The appropriateness of an accommodation for an individual must be evaluated on its own facts and merits. An example of a reasonable accommodation is extended time for taking a test.

ACCOMMODATIONS FOR OCCUPATIONAL LICENSES AND CERTIFICATION

Various occupations and professions require testing for certification or licensing. Reasonable accommodations are required under the law for applicants with LD/ADHD. However, at this stage they are not always readily available or easily granted. It may be necessary to document the need for specific accommodations that are directly related to your disability.

ADVOCACY RESOURCES

All the below listed resources are available free of charge except as noted.

Office of Protection and Advocacy for Persons with Disabilities (P & A)
60B Weston St., Hartford, CT 06120
(860) 297-4300 or statewide toll-free 1-800-842-7303

P & A is a state agency that advocates for the civil rights of persons with disabilities and provides assistance and information to people having trouble finding services or are not satisfied with the services they receive. The office's **Client Assistance Program (CAP)** serves applicants and clients of the state's rehabilitation agencies, Bureau of Rehabilitation Services (BRS) and Board of Education and Services for the Blind (BESB), and Centers for Independent Living. CAP can advocate on your behalf when you encounter problems in the system and help prepare for adequate representation in an appeals process or hearing.

Email: CTOPAPD@connix.com

Website: www.state.ct.us/opapd/

Department of Justice (DOJ)

Federal department responsible for enforcement of Title III (public accommodations) of the ADA. **(203) 821-3700** (CT office)

Website: www.usdoj.gov/disabilities.htm

Commission on Human Rights and Opportunities (CHRO)
21 Grand St., Hartford, CT 06106

State agency responsible for enforcing anti-discrimination laws.

(860) 541-3400, 1-800-477-5737

Website: www.state.ct.us/chro

The ADA Coalition of Connecticut, Inc. (ADACC)
60B Weston St., Hartford, CT 06120

Oversees the implementation of ADA

(860) 297-4383; TDD (860)566-2102

Email: ADACC@earthlink.net

The Better Business Bureau-ADACC

Center for Disability Dispute Settlement. A mediation service in Connecticut which attempts to resolve ADA disputes inexpensively and amicably before resorting to legal action. **(203) 269-2700**

Email: info@CTDBB.org

New England Disability and Business Technical Assistance Center
374 Congress St., Suite 301, Boston, MA 02210
1-800-949-4232, FAX – (617) 482-8099
Email: adaptive@adaptenv.org

Can answer many questions on the ADA.

Statewide Legal Services

Provides free legal services on non criminal issues to income-eligible persons in crisis situations, advice, referrals, and legal self-help materials. For local offices call statewide toll-free **1-800-453-3320**

ADA Web Pages. There is a great deal of ADA information on the Internet. See section, Information on the Internet page 60.

MENTAL HEALTH RESOURCES

Individuals with LD and/or ADHD frequently deal with mental health issues. Some may have associated mental health disabilities or a history of substance abuse. Even without these, a lifetime of dealing with LD and/or ADHD can often have emotional consequences which affect self esteem, relationships, career, and other major parts of one's life. They may be significant enough to call for professional counseling or therapy. For some, medication for ADHD and possible other conditions may be involved.

Both LDA of Connecticut and CACLD offer referrals to mental health professionals in private practice who have interest, knowledge and experience in treating persons with LD and/or ADHD.

LDA of Connecticut (860) 560-1711
CACLD (203) 838-5010

Mental Health Association of Connecticut
20-30 Beaver St., Wethersfield, CT 06109
(800) 842-1501, (860) 529-1970
Email: MNTLHLTH@tiac.net

Provides advocacy, educational programs, information, support groups, referrals and direct services, to promote mental health, prevent mental illness and improve care and treatment of persons with mental illness. Services include parenting programs, supported employment, a psychosocial rehabilitation center and housing programs. Fees are charged for some services.

State of Connecticut

Department of Mental Health and Addiction Services

410 Capitol Avenue

Hartford, CT 06134

(860) 418-7000

Website: www.state.ct.us.dmhas

Protection and Advocacy for Individuals with Mental Illness (P.A.I.M.I.)

60-B Weston Street

Hartford, CT 06120

(860) 297-4300, (860) 566-2102 TDD, (800) 842-7303 Toll-free in Connecticut

Website: www.state.ct.us/opapd

A division of the state Office of Protection and Advocacy for Persons with Disabilities. Advocates for persons with mental illnesses and provides information and advice on self-advocacy. Works to identify and remove systemic barriers that prevent individuals with mental illnesses from exercising their rights.

National Alliance for the Mentally Ill, Inc. - CT (N.A.M.I. - CT)

151 New Park Avenue

Hartford, CT 06106

(860) 586-2519

A grassroots coalition of the families and friends of those afflicted with severe mental illness (biological brain diseases).

Twelve Step Programs

Telephone numbers for **Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Overeater Anonymous** and other twelve-step programs are listed in local telephone directories.

Wheeler Clinic: Community Inclusion for Adult Independent Living

91 Northwest Drive
Plainville, CT 06062

1-888-793-3500

Email: info@wheelerclinic.org

Community Inclusion services for adults who need help to live independently in the community, through a wide range of services that support individuals through planning, linking, advocacy, monitoring and outreach, crisis centers. Fees are charged.

Advocacy Unlimited, Inc.

300 Russell Rd.

Wethersfield, CT 06109

800-573-6929, (860) 667-0460, FAX – (860) 667-2240

Advocacy Unlimited (AU) educates consumer leaders in advocacy skills that will empower them to play a central role in shaping the policies and services that affect their lives. The vision is to educate enough people to build a strong, vocal and united grassroots movement in Connecticut.

TECHNOLOGY

CONNECTICUT PROGRAMS

Connecticut Tech Act Project

Provides information and advocacy services to persons with disabilities in Connecticut regarding assistive technology. Assistive Technology is any tool, device or equipment designed to help you develop, maintain or improve your ability to function daily. The Connecticut Tech Act Project's goal is to make sure that state residents (of all ages and all disabilities) get access to assistive technology. The project can help get the technology and services needed. Learn what technology is available, how much it costs and ways to pay for it, including the Assistive Technology Loan Program (see below)

You can locate vendors who sell special technology or devices, set up training schedules to learn proper use of the device and find sources to pay for it. Also, through the Tech Act Project, you can receive updates on federal and state laws that may affect you, and monitor progress made to change rules that may prevent you from getting the technology you need. For more information and assistance, contact the Center for Independent Living in your region (see page 22 & 23) and ask for the Assistive Technology Counselor.

Assistive Technology Loan Program

Provides loans to Connecticut residents with disabilities to purchase adaptive equipment. This program, part of the ***Connecticut Tech Act Project***, is sponsored by the state's Bureau of Rehabilitation Services and People's Bank. Amount of loan received depends on the price of equipment and your financial status. Equipment can be for personal, vocational or recreational use; to apply, you do not need to be a client of the Bureau of Rehabilitation Services. For information and to apply, contact the Assistive Technology Counselor at your regional Center for Independent Living listed on page 22 & 23.

For additional information on Assistive technology turn to the next page.

CONNECTICUT TECHNOLOGY CENTERS

These centers can provide the latest information and assistance in the selection of appropriate software and hardware for people with disabilities.

Special Education Resource Center

25 Industrial Park Road
Middletown, CT 06457

(860) 632-1485

FAX – (860) 632-8870

Website: www.serc.rh.edu

Assistive Technology Training Center

University of Connecticut
Unit 2064

249 Glenbrook Road

Storrs, CT 06269-2064

(860) 486-50

Website: www.at.uconn.edu

Educational Technology Center

Central Connecticut State University

Barnard 304

1615 Stanley Street

New Britain, CT 06050

(860) 832-2130

FAX – (860) 832-2109

Website: www.ccsu.edu

Center for Adaptive Technology

Southern Connecticut State University

501 Crescent St.

Engelman Room 5

New Haven, CT 06515

(203) 392-5799

(203) 392-5796

Email: cat@southernct.edu

Website:

www.southernct.edu/departments/cat

Call **CACLD** or **LDA of CT** for names of private consultants who provide evaluations and assistance in the selection of appropriate software and hardware.

CACLD (203) 838-5010

LDA of Connecticut (860) 560-1711

NATIONAL RESOURCES

Alliance for Technology Access (ATA)

2175 E. Francisco Blvd., Suite L

Sanrafael, CA 94901

(415) 455-4575, FAX - (415) 455-0654

Email: atainfo@ataccess.org

Website: www.ataccess.org

The Alliance for Technology Access is a national organization dedicated to providing access to technology for people with disabilities through its coalition of 45 community-based resource centers in 34 states and the Virgin Islands. Each center provides information, awareness, and training for professionals, and provides guided problem solving and technical assistance for individuals with disabilities and family members.

Worldwide Disability Solutions Group (WDSG)

Apple Computer

1 Infinite Loop, MS 38-DS

Cupertino, CA 95014

(408) 996-1010

Website: www.apple.com/disability

The Worldwide Disability Solutions Group at Apple works with key education, rehabilitation, and advocacy organizations nationwide to identify the computer-related needs of individuals with disabilities and to assist in the development of responsive programs. WDSG is involved with Apple's research and development to ensure that Apple computers have built-in accessibility features.

ABLEDATA

National Institute on Disability and Rehabilitation, USDOE
8630 Fenton Street
Suite 930
Silver Spring, MD 20910
(800) 227-0216 (800) 227-0216 Ext. 22 (TTY)
Website: www.abledata.com

ABLEDATA maintains a computerized database of products for learning disabilities and other disabilities.

Closing the Gap (CTG)

526 Main Street
PO Box 68
Henderson, MN 56044
(507) 248-3294, FAX - (507) 248-3810
Website: www.closingthegap.com

Publishes bi-monthly newspaper on microcomputer applications for individuals with disabilities. Hosts annual conference each October on computer technology for the handicapped.

IBM Accessibility Center

1000 NW 51st St.
Boca Raton, FL 33432
(800) 426-4832
(800) 426-4833 TDD
Website: www-3.ibm.com/able/

The Center responds to requests for information on how IBM products can help people with a wide range of disabilities use personal computers. The Center is unable to diagnose or prescribe an assistive device or software. Free information is provided on what is available and where one can go for more.

TRANSPORTATION

Connecticut State Department of Transportation

2310 Berlin Turnpike

Newington, CT 06111

(860) 566-4326 or (860) 566-4531

The Disabled Commuter's Handbook. A resource guide listing and describing public transportation agencies and lines throughout the state. Information on topics such as ridesharing, driver education, handicapped permits and license plates. A cooperative effort of the Connecticut Department of Transportation, CT Transit and other local transportation services, and rideshare organizations. For copies, call :

- ***Metropool, Inc.*** Stamford, 1-800 – FIND-RIDE
Website: www.metropool.com
- ***The Rideshare Company***, Hartford , **(860) 298-7000 or 1-800-972-EASY**
Website: www.rideshare.com
- ***Rideworks of Greater New Haven, Inc.***, **(203) 777-RIDE or 1-800-ALL-RIDE**
Website: www.rideworks.com
- ***Greater Hartford Transit District*** **(860) 247-5329 or 1-800-786-2191**
Website: www.ctbusway.com
- Also available at the state's five ***Centers for Independent Living*** (see page 22 & 23)

Or download from www.rideshare.com/dch/default.htm

People to Places Transportation (Bridgeport area):

Operated by the Human Services Transportation Consortium/People to Places, 915 Housatonic Ave., Bridgeport. Call **(203) 335-4147** for information and reservations, or **(203) 355-7070** for written material. To become eligible for this service you must fill out an application form which documents your disability. Buses available to people living in the towns of Bridgeport, Stratford, Trumbull, Monroe, Easton and Fairfield. It operates seven days a week. You have to make reservations 24 hours in advance. The charge is \$1.70 each way or \$2.40 round trip. This is door-to-door service.

For ID Cards for People with Disabilities: Photo ID's for discounts on bus fare.

Connecticut Transit

(860) 525-9181 (Hartford)

(203) 624-0151 (New Haven)

(203) 327-7433 (Stamford)

(203) 744-4070 (Danbury)

Connecticut Transition ADA Paratransit Service – (860) 247-5329

Call from East of Connecticut River – **(860) 879-9489**

Call from West of Connecticut River – **(860) 257-7437**

For Information on paratransit and individual town services not listed above, call Infoline at **1-800-203-1234**.

Connecticut Department of Motor Vehicles Handicapped Driver Training Program

60 State St.

Wethersfield, CT 06109

(860) 263-5097

Gaylord Hospital - Offers a driver evaluation in two parts: an off-road simulation test and an actual road test on the Gaylord Hospital grounds. The simulation tests vision, reflex skills, experience. Cost is \$423. This service is often paid for by BRS if you are currently a client and it's necessary for you to drive to work. A doctor's prescription is necessary. For more information call **(203) 284-2800, extension 3280**.

VOTER REGISTRATION

The privilege of voting is a vital part of our democracy.

Persons with disabilities are greatly affected by laws and policies at the Federal, State and local levels. Therefore it is important to be informed and to vote in elections.

In order to vote, you must be registered in your town of residence. It is important to keep your voter registration up-to-date if you move.

To register to vote, contact the Registrar of Voters or Town Clerk in the city or town you live in. Or, you may register by mail or in person at the Registrar of Voters or Town Clerk in any town in Connecticut.

You will also find voter registration forms and additional assistance at your regional Center for Independent Living (see page 22 & 23) for their addresses and phone numbers).

For more information, you may also contact the *League of Women Voters* in Hartford at **(860) 240-0222** or the main office in Hamden at **(203) 288-7996** or **FAX – (203) 288-7998**.

ADDITIONAL RESOURCES

Learning Disability National Organizations Newsletters, Professional Journals

Council for Learning Disabilities (CLD)

PO Box 40303
Overland Park, KS 66204
(913) 492-8755

CLD is a national professional organization dedicated solely to professionals working with individuals who have learning disabilities. Promotes innovative strategies on research and practice through interdisciplinary collaboration, and advocacy. CLD's publication, Learning Disability Quarterly, focuses on the latest research in the field of learning disabilities.

Learning Disability Association of America, Inc. (LDA)

4156 Library Road
Pittsburgh, PA 15234
(412) 341-1515, FAX – (412) 344-0224
Email: LDANATIONAL@usaor.net
Website: www.LDAamerica.org

LDA, a non-profit volunteer advocacy organization, provides information and referral for parents, professionals, and consumers involved with or in search of support groups and networking opportunities through local LDA offices.

Youth and Adult Section Chapters. A publication list is available. The Association also prints LDA Newsbriefs, a bi-monthly newsletter for parents, professionals, and adults with LD.

Learning Disability Quarterly

Council for Learning Disabilities
Box 40303
Overland Park, KS 66204
(913) 492-8755

Primarily contains research studies in learning disabilities directed to professionals.

Learning Disabilities: A Multidisciplinary Journal

4156 Library Road
Pittsburgh, PA 15234
(414) 341-1515, FAX – (414) 344-0224

Biannual publication put out by LDA that is directed to parents and professionals. A scholarly journal representing the major disciplines concerned with learning disabilities.

Learning Disabilities Research Practices

1920 Association Drive
Reston, VA 22091
(703) 620-3660 (CEC – main number)

Journal providing a forum for current research in the field of learning disabilities and for the dissemination of information important to practitioners in the field.

The Journal of Learning Disabilities

Pro-Ed
8700 Shoal Creek Boulevard
Austin, TX 78757-6897

Multidisciplinary; primarily concerned with learning disabilities diagnosis and treatment. All ages. International scope. Theoretical and practical contributions.

National Center for Learning Disabilities (NCLD)

381 Park Avenue
New York, NY 10016

(212) 545-7510

Website: www.nclld.org

Conducts programs nationwide, benefiting children and adults with LD, their families, teachers, and other professionals. NCLD provides the latest information on learning disabilities and local resources to parents, adults with LD, professionals, employers, and others concerned with learning disabilities. Publishes annual magazine called Their World.

The International Dyslexia Association
(Formerly The Orton Dyslexia Association)

8600 LaSalle Road
Chester Building, Suite 382
Baltimore, MD 21286-2044

(800) 222-3123

Website: www.interdys.org

An international scientific and educational association concerned with the problem of developmental dyslexia. Local and state chapters serve as literacy resources for dyslexic adults and those who teach or advise them.

Rebus Institute

1499 Bayshore Blvd., Suite 146

Burlingame, CA 94010

(415) 697-7424

A national non-profit organization devoted to the study and dissemination of information on adult issues related to learning disabilities and attention deficit disorder. Its goal is to promote public awareness of the abilities, strengths, and methods that lead to success for adults with LD/ADD.

ATTENTION DEFICIT DISORDER NATIONAL ORGANIZATIONS AND NEWSLETTERS

ADDendum

Beverly Horn
5041-A Backlick Rd
Annandale, VA 22003
(703) 645-9784

This quarterly newsletter for adults with ADD includes reviews of recent research, interviews and articles by leading researchers and clinicians specializing in adult ADD.

Adult ADHD Clinic

University of Massachusetts Medical Center
Department of Psychiatry
55 Lake Avenue North
Worcester, MA 01655
(508) 856-2552

This clinic, under the direction of Kevin Murphy, Ph.D., serves adults. University of Massachusetts also has an internationally famous clinic for treatment and research in childhood ADD under the guidance of Russell Barkley, Ph.D.

ADDvance,

A Magazine for Women with Attention Deficit Disorder
4400 E-W Hwy #816
Bethesda, MD 20814
Email: Knadeau@clark.net, or pedidevctr@aol.com
Website: www.add.org/content/women1.htm

ADDvance brings together the most prominent women in the field to produce a magazine filled with information, practical strategies, humor and most of all, support.

Children and Adults with Attention Deficit Disorder (CH.A.D.D.)

8181 Professional Place, Suite 201

Landover, MD 20785

1-800-233-4050, (301) 306-7070, FAX – (301) 306-7090

Website: www.chadd.org

CH.A.D.D. is a non-profit national organization that disseminates information on ADD and coordinates parent support groups in every state. CH.A.D.D. publishes a newsletter and magazine.

The ADHD Report

Guilford Publications

Russell Barkley, Editor

1-800-365-7006, FAX – (212) 966-6708

Email: Info@guilford.com

This Newsletter is edited by one of the foremost authorities on the subject. It is a must for anyone who wants to stay current with new developments in the field.

The Attention Deficit Information Network, Inc. (AD-IN)

475 Hillside Avenue

Needham, MA 02194

(781) 455-9895

AD-IN is a non-profit volunteer organization that offers support and information to families of children with attention deficit disorder, adults with ADHD, and professionals through a national network of 60 parent and adult chapters. Contact AD-IN for a list of chapters, as well as how to receive information packets specifically designed for adults with ADD, parents, or educators.

Adult ADD Association

1225 E. Sunset Dr., Suite 640
Bellingham WA 98226
(360) 647-6681
Website: www.addult.org

ADDA, The National Attention Deficit Disorder Association

1788 Second Street, Suite 200
Highland Park, IL 60035
(847) 432-2332
Website: www.add.org

The National Association of Professional Organizers

P.O. Box 140647
Austin, TX 78714-0647
(512) 454-8626
Email: napo@assnmgmt.com
Website: www.napo.net

They provide lists of professional organizers in your area.

American Coaching Association

PO Box 353
Lafayette Hill, PA 19444
(610) 825-4505
Website: www.addult.org/groups

ACA provides coaching for ADD adults, trains individuals to become coaches, and offers ADD-oriented educational services. They also publish a quarterly educational newsletter about ADD coaching called **Coaching Matters**.

The National Study Group on Chronic Disorganization c/o Judith Kolberg

1142 Chatsworth Drive
Avondale Estates, GA 30002
(404) 231-6172

Professional organizers who provide service to chronically disorganized individuals.

For names of individuals in Connecticut who offer coaching services, call:

CACLD **(203) 838-5010** or LDA of CT **(860) 560-1711**

GENERAL DISABILITY RESOURCES

Association on Higher Education and Disability (AHEAD)

University of Massachusetts, Boston
100 Morrissey Blvd.
Boston, MA 02125
(617) 287-3880
Website: www.ahead.org

AHEAD is an international, multicultural organization of professionals committed to full participation in higher education for persons with disabilities. The Association has numerous training programs, workshops, and conferences. Call or write for a list of publications.

College Board

ATP Services for Handicapped Students
PO Box 6226
Princeton, NJ 08541-6226
(609) 771-7137
Website: www.ets.org/disability

Two Special Accommodation plans are available. Plan A is for students with documented hearing, learning, physical and/or visual disabilities. It permits special test editions, special answer sheets, extended testing time, aids, and flexible test dates. Plan B, offers extended time only and is for those with documented learning disabilities. Plan B permits additional testing time for the SAT and TSWE (Test of Standard Written English).

The Dole Foundation for the Employment of People with Disabilities

1819 H. Street, NW
Washington, DC 20006-3603
(202) 457-0318

The Dole Foundation is the nation's leading grant maker in the field of employment for people with disabilities. Grant funds of \$500 to \$100,000 are available to non-profit organizations conducting innovative projects related to employment and disability. Priorities include minorities, women, rural programs stressing placement with small employers.

Eric Clearinghouse on Disabilities and Gifted Education

Website: www.ericcec.org

HEATH Resource Center

American Council on Education
One Dupont Circle, NW, Suite 800
Washington, DC 20036

(800) 544-3284

Email: heath@ace.nche.edu

Website: www.acenet.edu/programs/heath/home.cfm

National clearinghouse on postsecondary education for individuals with disabilities. Information exchange for the educational support services, policies, adaptations, and opportunities of American campuses, vocational-technical schools, adult education programs and other training.

Law School Admission Council (LSAC)

Law School Admission Services (LSAS)

661 Penn Street, Box 40
Newtown, PA 18940
215-968-1364

LSAS helps both law schools and applicants with the admission process. They administer the Law School Admission test (LSAT), which is required for admission to law schools. *Information on disability access to tests and law schools is available on request.*

National Institute for Literacy

1775 I Street, NW, Suite 730

Washington, DC 20006

(202) 233-2064, FAX – (202) 233-2051

Email: Jcrawford@nifl.gov

Website: www.nifl.gov

National resource for information exchange regarding learning disabilities and their impact on the provision of literacy services. Provides best practices in learning disabilities to literacy providers and practitioners. Write for publication list.

National Center for Law and Learning Disabilities (NCLLD)

P.O. Box 368

Cabin John, MD 20818

(301) 469-8308

A non-profit organization, assists adults with LD and ADD, their families, educators, employers, and professionals through education, advocacy and analysis of legal issues. Resource materials available.

National Institute of Art and Disabilities (NIAD)

551 23rd Street

Richmond, CA 94804

(510) 620-0290, FAX – (510) 620-0326

Email: Reddot@niadart.org

Website: www.Niadart.org

NIAD provides an innovative, interdisciplinary visual art studio program, emphasis on the professional exhibition of NIAD artists' work; opportunities for NIAD artists to earn income and recognition through the marketing and reproduction of their work, professional training for those interested in the field of art and disabilities, and dissemination of the NIAD model nationally and internationally.

President's Committee on the Employment of People with Disabilities (PCEPD)

1331 F Street NW

Washington, DC 20004

(202) 376-6200, FAX – (202) 376-6219

Email: Info@PCEPD.gov

Website: www.PCEPD.gov

A national source of information and assistance regarding employment laws and employment issues as they relate to persons with disabilities.

AUDIO TAPES

Books on Tape

1-800-626-3333

Website: www.booksontape.com

Unabridged bestsellers rental lending library catalog available.

Call 7:30 am - 8 p.m. (Please note: our time is 3 hours later than Pacific time.

Effective Learning Systems

1-800-966-5683

Website: www.efflearn.com

Specialized positive reinforcement tapes.

National Library Service For Blind and Physically Handicapped

1-800-424-8567

Website: www.Loc.gov/nls

Taped books, magazines, and catalogues on topics such as careers, job seeking, home management, coping skills, health, government and personal needs.

Nightingale Conant

1-800-323-5552

Website: www.nightingale.com

Largest publisher of audio cassettes in the United States. Wide variety of subject matter.

Recording for the Blind & Dyslexic (RFBD)

20 Roszel Road

Princeton, NJ 20542

(609) 452-0606, (800) 221-4792

Website: www.rfbd.org

RFBD is a national non-profit organization that provides taped educational books on loan, books on diskette, library services, and other educational and professional resources to individuals who cannot read standard print because of visual, physical, or learning disabilities. Call for cost of individual and school membership fees.

State Library for the Blind & Physically Handicapped

“Talking Books”

198 West St.

Rocky Hill, CT 06067

(203) 566-2151

Taped books, magazines, and catalogues on topics such as careers, job seeking, home management, coping skills, health, government and personal needs.

VIDEO TAPES

Resource List of Videotapes - Adults with Learning Disabilities/ADHD

(860) 486-0273

Available from: The Connecticut Postsecondary Disability Technical Assistance Center of the A.J. Pappanikou Center on Special Education & Rehabilitation, University of Connecticut. The videotapes are on file at the Center.

BOOKS

***Connecticut Association of Children
with Learning Disabilities (CACLD)***

25 Van Zant St., Suite 15-5
East Norwalk, CT 06855
(203) 838-5010, Fax (203) 866-6108

CACLD maintains a bookstore and research library. Call or write and ask for a free updated bibliography and price list for books pertaining to adults with learning disabilities and/or attention deficits.

LDA of America

4156 Library Rd.
Pittsburgh, PA 15234
(412) 341-1515, FAX - (412) 344-0224
Website: www.ldanatl.org

Ask for a list of books that can be purchased regarding learning disabilities and/or attention deficits.

ADD Warehouse

300 Northwest 70th Ave, Suite 102
Plantation, FL 33317
(954) 792-8944, FAX – (954) 792-8545, 1-800-233-9273
Website: www.addwarehouse.com

Request a catalogue of books available for sale about children and adults with attention deficits.

SUPPORT GROUPS

Support groups for adults with learning disabilities and/or attention deficits start, end or change frequently. Contact LDA of CT or CACLD for updated information.

LDA of CT (860) 560-1711, FAX – (860) 560-1750

CACLD (203) 838-5010, FAX – (203) 866-6108

GREATER OPPORTUNITIES FOR ADULTS WITH LEARNING DISABILITIES (GOALD)

GOALD is an ongoing recreation and social support group. Members meet twice a month. Activities include parties, lunch, movies, dancing, cookouts, theater, ball games, bowling, trips and more. For further information call **(203) 268-8108**.

TRANSITION: A FEDERAL MANDATE **IN DEPTH REVIEW**

Public Law 101-476, the *Individuals with Disabilities Education Act (IDEA)*, was enacted in 1990 by Congress with a transition amendment that provided services for students with disabilities as they prepare to complete school and move into employment. In June 1997, the *IDEA* was amended as Public Law 105-17 to include additional provisions for transition

IDEA 1990 specifies that a student's Individual Education Program (IEP) must include "a statement of the needed transition services for students beginning no later than age 16 (age 15 in Connecticut) and annually thereafter, including when appropriate, a statement of the interagency responsibilities or linkages (or both) before the student leaves the school setting. *IDEA* 1997 amendment specifies that "Schools now must begin to look at appropriate courses of study needed for future transition when students with disabilities reach age 14 (usually at high school entrance)".

Definition of Transition Services Sec. 602 (30) 20 USC 1401*

*"Transition services means a **coordinated set of activities** for a student, designed within an outcome oriented process, which promotes movement from school to post-school activities, including post-secondary education, vocational training, integrated employment, continuing and adult education, adult services, independent living or community participation."*

The **coordinated set of activities** must:

- a) Be based upon the individual student's needs, taking into account the student's preferences and interests, and
- b) Include:
 - a) Instruction;
 - b) Community experiences;
 - c) The development of employment and other post-high school adult living objectives; and if appropriate, acquisition of daily living skills and functional vocational evaluation

IDEA requires that goals and objectives be developed in each of these areas, as part of the IEP, and that the student and family participate in the planning process. The student must be invited to the Planning and Placement Team (PPT) meeting.

At age 18, educational rights of the parents transfer to the student. Both parents and student must be informed of this transfer at least one year prior to the 18th birthday. Arrangements can be made if the student is not capable of making independent decisions.

A student's eligibility for special education services ends when the student graduates from high school or at the end of the school year in which the student reaches age 21, whichever happens first.

However, before the student can graduate from high school, the PPT must evaluate the student and determine whether the student continues to require special education. If the PPT determines that the student no longer needs special education and will graduate, the school must notify the student's parent (and the student, if he/she is at least 18 years old), that the student will be graduating and that, as a result, special education services will end upon graduation. The school must also provide information to the parent and student regarding action that can be taken if either disagrees with the PPT's decision. If a due process hearing is requested, the school must continue to provide all IEP services to the student until it is determined otherwise through the hearing process.

Failure to Meet Transition Objectives Sec. 614 20 USC 1414*

As further protection the federal law states that if a participating agency, other than the local school, fails to provide the transition services described in the IEP, the school shall reconvene the IEP team to identify alternative strategies to meet the transition objectives for the student.

Additional information about transition requirements is available from the ***CT State Department of Education, Bureau of Special Education*** at **(860) 807-2020**.

Helpful material on transition planning can be found in a booklet called Building Bridges to Adult Life and is available at no cost from the ***CT State Department's Special Education Resource Center***, **(860) 632-1485**

** The above numbers are citations from the Public Law 105-17, IDEA amendments of 1997, for reference purposes.*

INFORMATION ON THE INTERNET

There are now many World Wide Web sites dealing with LD and ADD, as well as, general disability issues and resources. If you do not have access to a personal computer, try your public library; it most likely will be connected to the Internet. Many libraries, adult education programs, and community colleges may have courses which teach basic internet skills.

Only a few major sites can be listed here. Here are a few starting points with links to many other LD/ADD and disability-related sites on the World Wide Web. Web sites are growing and changing rapidly. Note that the sponsors of this Directory have tried to make this list as up-to-date as possible, but that they cannot guarantee the accuracy, timeliness or completeness of any information provided on any Web page or link.

- **America Online:** Go to KEYWORD, then type in IMH. Next, go to Attention Deficit Disorder (IMH), then to Adults with ADD.
- **LD Resources:** www.ldresources.com - This site, created by Richard Wanderman, has links to just about every other disability site there is. From there, you can also subscribe to Richard's **LD Reader** for much useful information.
- **LDA website** (national): www.ldanatl.org
- **CH.A.D.D. website** (national): www.chadd.org

Other major LD and ADD websites:

- **National Attention Deficit Disorder Association.** Information for Adults web page: www.add.org
- **LD online:** www.ldonline.org (primarily focusing on parents and children but has useful information for adults with LD)

For additional information on the Internet turn to the next page.

- *Recording for the Blind and Dyslexic*: www.rfbd.org/
- *International Dyslexic Association* (formerly the Orton Dyslexia Society): www.interdys.org

General Disability information websites:

- *ADA Home Page*: www.usdoj.gov/crt/ada/
- *EASI* (Easy Access to Software and Information for Persons with Disabilities) www.rit.edu/~easi
- *HEATH Resource Center* (a prime resource for postsecondary education): www.ACENET.edu/Programs/HEATH/home.html
- *The Connecticut Tech Act Project*: www.techact.uconn.edu - Another site with links to many other interesting and useful sites, especially concerning assistive technology. See page 37 for more information on The Connecticut Tech Act Project.
- *Social Security Administration*: www.ssa.gov/
- *State of Connecticut Department of Social Services*: www.dss./state.ct.us.gov/

GLOSSARY OF ABBREVIATIONS

- **ACES** - Area Cooperative Educational Services
- **ADA** - Americans with Disabilities Act
- **ADACC** - ADA Coalition of Connecticut, Inc.
- **BESB** - Board of Education and Services for the Blind (State of Connecticut)
- **BRS** - Bureau of Rehabilitation Services (State of Connecticut)
- **CAP** - Client Assistance Program (of P & A)
- **CCRN** – Connecticut Career Resource Network
- **CES** - Cooperative Education Services
- **CHRO** - Commission on Human Rights and Opportunities (State of Connecticut)
- **CONNTAC** - Connecticut Talent Assistance Cooperative
- **CREC**- Capitol Region Education Council
- **DCF**- Department of Children and Families (State of Connecticut)
- **DOJ** - Department of Justice (Federal Govt.)
- **DSS**- Department of Social Services (State of Connecticut)
- **EASTCONN**- Eastern Connecticut Regional Service Center
- **EEOC**- Equal Employment Opportunities Commission (Federal Government)
- **GED**- General Education Diploma
- **IDEA**- Individuals with Disabilities Education Act
- **P & A**- Office of Protection and Advocacy for Persons with Disabilities (State of Connecticut).

- **RESC's**- Regional Education Service Centers
- **SSDI**- Social Security Disability Income
- **SSI**- Supplemental Security Income

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