



# My Child was just diagnosed with a disability. Now What?

You don't have to do this alone.  
Free resources are available.

## Who can help me?



**The Utah Parent Center**

[utahparentcenter.org](http://utahparentcenter.org)

**(801) 272-1051**

They offer:

- Free Resources
- Accurate Information
- Empathetic Peer Support
- Valuable Training
- Parents Helping Parents



Their goal is to help all those impacted by a disability live productive lives as part of the community.

## Contact your Local School

- ▶ Schedule a meeting with the principal, counselor, special education team, or school nurse to ask about possible supports.
- ▶ Your child may be eligible for a health plan, 504 plan, IEP, or other school interventions. Services at school may be available for your child beginning at age 3.
- ▶ A diagnosis does not guarantee services or accommodations.





## Tips:

Keep track of communications with the school, doctor evaluations, forms, reports, resources, records, etc.



## Frequently Used Terms

### IEP/Individualized Education Program:

A plan developed by a professional team that details what supports will be provided to help the child reach their needs-based goals.

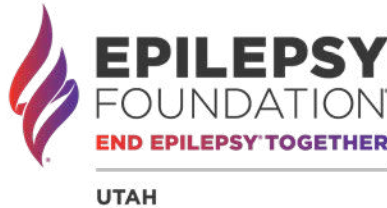
### 504 Plan:

A section 504 Plan is a plan for students who, after being evaluated, are found to have a physical or mental impairment that substantially limits one or more major life activities. A 504 plan outlines how the child will have equal access to all opportunities at school. A 504 plan may help with supports for food allergies, dyslexia, seizures, ADHD, etc.

### Accommodations:

The specific ways in which students are supported so that they can successfully reach their goals which may include additional tools or methods beyond what is typically offered.

Produced by the Utah PTA Special Needs Committee in collaboration with the following:



Learning Disabilities Association of Utah



Utah Parent Center  
Special needs, extraordinary potential