

2019 RAP Caregiver Retreat & Transition Conference

Friday, June 7th-Saturday June 8th

Gateway Hotel & Conference Center - 2100 Green Hills Dr., Ames, IA 50014



This FREE event is designed for parents, legal guardians, and caregivers of children and youth (ages 12 to 21) with Autism Spectrum Disorder. Session topics will include issues involved in the transition of youth to adult health care and specialty services. Come for rest and a little pampering, come to connect with other parents and caregivers, and come to learn about transition. This retreat is intended to be an opportunity to have some time away. Please respect the other caregivers registered and do not bring your children to this retreat.

Friday, June 7, 2019

4:00pm	Hotel Check-In/Retreat Registration
5pm-6:30pm	Networking Dinner
6:30pm	Welcome
6:45pm-8pm	Young Adult and Parent Panel

Saturday, June 8, 2019

8am-9am	Networking Breakfast
9am-10:30am	Life After High School and Leaving Home: Living, Learning, and Working
10:30am-11am	Break and Hotel Check-Out
11am-12pm	Legal and Financial Rules of the Road
12pm-1pm	Lunch
1pm-2pm	Caregiver and Parent Café
2pm-3pm	Keynote Speaker: Alyson Beytien
3pm	Wrap Up and Adjourn

To Register:

Visit www.chsciowa.org/retreat and click on **Register Now.**

Sponsored by:

The Iowa Regional Autism Assistance Program
The University of Iowa Division of Child and Community Health
Child Health Specialty Clinics

Questions?

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Parent Cafes are a method of facilitating meaningful, reflective conversations that promote parent collaboration. During this session, participants will have the opportunity to visit two different café tables to talk with and learn from others about specific topics.

Parent and Caregiver Café Topics

Encouraging Independence Teaching daily living skills promotes the feeling of accomplishment and competence in the move towards adulthood. Encourage these skills to support your child in a higher level of independence, give them greater control over their lives, and offer more choices for the future to help them live as independently as possible.

Finding Your Tribe: Social Supports and Family Navigators Families of children and youth with autism function best with a “tribe,” people who “get it” and can help navigate this unique world. Let’s pool ideas for finding our tribe—other caregivers working professionally or those living down the street or in cyberspace-- at this café.

Grief and Loss Most parents didn’t choose to be caregivers of a child with autism. Exploring your feelings about your child’s reality and naming the loss of the dreams you had for your child can clear the way for thriving in a new reality: the neuro-diverse world. Come to this café to hear from other parents and explore these areas of your own parenting life.

Navigating the Waiver System Iowa offers several Waivers (Home and Community Based Services) that provide funding to support children with special health care needs in their communities. Come to this café to share your experience with Waivers or to learn more about who is eligible for which waivers, how to apply, and what you can expect while your child or youth is receiving this funding.

Planning Your Caregiving Future As parents and caregivers we all want our children to be happy and live a fulfilled life. Come to this café to consider suggestions and options as you set out on a path towards helping your child discover his unique strengths and path to adulthood that will likely also impact your caregiving future.

Self-Care for the Caregiver Caring for the complex needs of our children, it’s easy to cut out time for our own self-care as parents. Come to this café to share ways you take care of yourself, and get ideas and tips from other parents to inspire you for a healthy and fulfilling life.

Getting Ready to Work Work plays a key role in someone’s sense of well-being, feeling of belonging in their community, and self-sufficiency. Meaningful daytime activities, including employment, is an essential part of an individual’s successful transition to adult life. Encourage next steps for your child on their path to the level of independence they desire.

Social Skills and Behavior Social skills and behavior are often concerns for children with autism and those concerns don’t go away just because they have reached a certain age. Social errors or behaviors are barriers to social acceptance and integration in real world settings. Offer support, encouragement, and reinforcement while working toward better outcomes.

Frequently Asked Questions

Who is sponsoring the caregiver retreat? What is its purpose?

The University of Iowa Division of Child and Community Health Regional Autism Assistance Program (RAP) is sponsoring the retreat to provide an opportunity for parents and primary caregivers of children and youth with ASD to refresh and rejuvenate with time for self and peers. The retreat will also provide training on the topic of transition to adulthood.

How much does it cost?

Hotel, meals and speakers are covered by RAP. Stipends to defray the cost of child care and transportation may be applied for through the registration form.

May I take my children to the retreat?

No, we ask that you NOT bring your children to the retreat. This is an opportunity for parents and caregivers to attend to self-care, without the responsibilities of child care. If you need help paying for child care, please apply for a stipend through the registration form.

What topics will be presented?

The theme of the retreat is transition to adulthood. Under this broad umbrella, speakers will address Living, Learning, Working After High School, Legal and Financial Rules of the Road, and parent/caregiver panels. There will also be a Parent Café with these topics:

- ✓ Encouraging Independence
- ✓ Finding Your Tribe
- ✓ Grief and Loss
- ✓ Navigating the Waiver System
- ✓ Planning Your Caregiving Future
- ✓ Self-Care for the Caregiver
- ✓ Getting Ready to Work
- ✓ Social Skills and Behaviors

May I bring a friend?

Friends who have children with ASD are welcome! Please give them the registration link and encourage them to register.

What if I have dietary restrictions?

Please indicate any dietary restrictions on the registration form; we will do our best to accommodate them.

I have a friend in Nebraska who would love to come to this. May I invite her?

We are sorry, but the retreat is for Iowa residents only. If your friend is interested in programming like this in her own state, we are happy to recommend contact information for her state program.

Will I need to share a room?

Only if you wish to do so.