

# LD Connections

**December 2010**

*learning disabilities:*

*different paths...same destination*

**Mailing Address:**

233 17A—218 Silvercreek  
Parkway N.  
Guelph, Ont.  
N1H 8E8

**Phone:**

519-837-2050

E-mail: [info@ldawc.ca](mailto:info@ldawc.ca)

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See us at:

[www.ldawc.ca](http://www.ldawc.ca)

The Learning Disabilities Association of Wellington County does not endorse, recommend, or make representations with respect to the research, services, programs, medications, products, or treatments referenced in this newsletter. The material provided in this newsletter is designed for educational and informational purposes only.

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## Welcome

The Learning Disabilities of Wellington County continues to actively provide service, support and programming to those with LD's in the Guelph area. Although we are a small group, we are dedicated to our goal of providing resources to the LD population and we endeavor to educate the public about learning disabilities. This year, our programming committee organized several community information sessions that included topics such as non-verbal disabilities, and the IEP/IPRC process and emerging research, new trends and social issues related to learning disabilities. With the tax season approaching, LDAWC hosted an event to provide some insight into the disability tax credit. Under the resources section you will find some additional information to access financial support.

We also had the opportunity to learn about sleep and its correlation to attentional, memory and regulation problems, which was presented by Dr. Louise Scott. If you missed the workshop, you will find a synopsis of her presentation in this newsletter.

We are all aware of the importance of sleep and how lack of sleep affects our functioning.

Perhaps you didn't know that it also affects our learning.

How do you learn best? Do you prefer pictures, charts and written notes and other visual aids or are you an experiential learner? Each of us has our own unique learning style and it is this style that determines how you or your child takes in and retains information. This information may help guide you in developing strategies to support learning at home and school. Be sure to read about learning tips and suggestions in this edition of our newsletter. Our parent association, the LDAO would like to hear about the educational experiences of students with special needs and LD's in order to advocate for more services. Go to the link to have your voice heard.

With the holidays fast approaching, you may be looking for gift ideas to keep children and adults busy and occupied over the holidays, particularly for those with ADHD/ADD. We have provided some ideas that may help.

The LDAWC wishes you and your family a safe and enjoyable holiday season. We will see you in 2011.

Sharon Dills, Chair

**Only \$13.00  
each**

### Guelph Storm Tickets!

Tickets available for:

Sat Jan 1/11 2:00 pm vs Saginaw Spirit

Fri Jan 14/11 7:30 pm vs Owen Sound Attack

Fri Jan 28/11 7:00 pm vs Sarnia Sting (note start time)

Mon Feb 21/11 2:00 pm vs. SSM Greyhounds



Call or email us:  
837-2050 or  
[info@ldawc.ca](mailto:info@ldawc.ca)

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## Parents: LDA need to hear about your experiences in the school system!



The Learning Disabilities Association of Ontario (LDAO) is gathering information on the educational experiences of students with learning disabilities and other special education needs in the Ontario publically funded school system. We are asking for your participation as parents in sharing your perspective, so that we can advocate more effectively for appropriate services for students with learning disabilities and other special education needs. Go to: <http://www.ldao.ca/parents-ldao-needs-to-hear-about-your-experiences-in-the-school-system-2>

## Why Screen for Sleep Problems in Children with Attentional, Memory and Regulation Problems?

Have you ever thought about the value of sleep? I know when I get busy the first thing to be compromised is my sleep so that I have more time to get everything done. On October 23, 2010 Dr. Louise Scott, Paediatric Neuropsychologist presented a seminar on the value of sleep and specifically the reasons that support sleep assessments in children. Dr. Louise Scott, works part-time at Grand River Hospital and is in private practice in Paris, Ontario. She has recently included sleep inventories into her practice and has discovered that many times when a child has been given an ADHD diagnosis there is an underlying sleeping issue that explains the ADHD like symptoms.

A few of the common paediatric conditions that could have underlying sleep disorders include failure to thrive, restlessness during sleep, bedwetting and hyperactivity and attentional deficits. Dr. Scott's presentation also outlined the common types of sleep disorders including such conditions as insomnia, restless leg syndrome, snoring/sleep apnea and parasomnias (sleepwalking, night terrors) to name a few. Dr. Scott outlined the process to obtain a sleep study referral as well as what is involved in the actual study.

The presentation highlighted the connection between sleep and academic performance. Dr. Scott outlined some classroom symptoms of possible sleep problems which included activity level, concentration level, irritability, yawning and academic performance. The existence of some of these academic related symptoms could indicate a sleep issue that should be investigated.

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**Donation / Membership Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Number: \_\_\_\_\_

Work Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Annual Dues:**

- Family/Individual \$50  
 Student \$20  
 Professional \$75

I am interested in making a donation: \_\_\_\_\_ and/or  
 volunteering: \_\_\_\_\_

**Membership Advantages:**

Awareness and advocacy efforts on behalf of those with learning disabilities or ADHD at the local, provincial and national level, subscription to local and provincial newsletters, information on learning disabilities and ADHD, use of local resources and support services.

Please mail this form and cheque to:  
 Learning Disabilities Association of Ontario  
 365 Bloor Street East, Suite 1004, Toronto, ON M4W 3L4

## Why Screen for Sleep Problems in Children with Attentional, Memory and Regulation Problems?

*Continued from page 2*

The most recent research was presented and generated a lot of discussion with the audience, which consisted in large part of parents as well as teachers. As an area of emerging research the impact of sleep can have a major impact on a persons ability to function.

Various parents were interested in observing their child's sleep habits and possibly pursuing the need for a sleep study for their child. There were also parents in attendance that had been through the sleep study process and were able to share their experiences with the group. The feedback from the participants indicated the presentation was extremely informative.

Dr. Scott remained on site after the presentation for a significant period of time to address specific questions from interested parents. Dr. Scott, with a strong background in neurosciences, developed an interest in Fetal Alcohol Spectrum Disorder (FASD) 30 years ago. Recently she has included sleep inventories into her practice due to the increasing literature regarding the connections between sleep effects and attentional, emotional and executive control systems. She has presented locally and internationally, many talks and workshops on Paediatric Brain Injury and FASD while continuing to be part of a research team at CANCHILD on childrens' recovery from brain injury. Dr Scott serves on the Waterloo region FASD Diagnostic team and has been asked to be part of several other clinics including some wonderful times in the arctic.

We would also like to thank the following supporters/sponsors that assisted with the event: Chris Sentance at Bunsmaster, Zehrs Hartsland and McDonald's-Stone Rd, Guelph

## Family Day 2011

Guelph Storm Family Day game on Feb 2, 2011. Support the Learning Disabilities Association of Wellington County by buying 50/50 tickets.

Thank you Guelph Storm for giving us the opportunity to fundraising at the game.

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## Identify how your child learns best



Everyone — learning disability or not — has their own unique learning style. Some people learn best by seeing or reading, others by listening, and still others by doing. You can help your learning disabled child by identifying his or her primary learning style: Is your child a visual learner, an auditory learner, or a kinesthetic learner? Once you know how your child learns best, you can take steps to make sure that type of learning is reinforced in the classroom and during home study

<b>Determining Your Child's Primary Learning Style</b>		
<p><b>Visual Learners:</b></p> <ul style="list-style-type: none"> <li>• Learn by seeing or reading</li> <li>• Do well when material is presented and tested visually, not verbally</li> <li>• Benefit from written notes and directions, diagrams, charts, maps, and pictures</li> <li>• Often love to draw, read, and write; are good spellers and organizers</li> </ul> <p><b>Learning tips and tools for visual learners</b></p> <ul style="list-style-type: none"> <li>• Use books, videos, computers, visual aids, and flashcards.</li> <li>• Make detailed, color-coded or highlighted notes.</li> <li>• Make outlines, diagrams, and lists.</li> <li>• Use drawings and illustrations (preferably in color).</li> <li>• Take detailed notes in class.</li> </ul>	<p><b>Auditory Learners:</b></p> <ul style="list-style-type: none"> <li>• Learn by listening</li> <li>• Do well in lecture-based learning environments and on oral reports and tests</li> <li>• Benefit from classroom discussions, spoken directions, study groups</li> <li>• Often love music, languages, and being on stage</li> </ul> <p><b>Learning tips and tools for auditory learners</b></p> <ul style="list-style-type: none"> <li>• Read notes or study materials aloud</li> <li>• Memorize using word associations and verbal repetition.</li> <li>• Study with other students, talk things through.</li> <li>• Listen to books on tape or other audio recordings</li> <li>• Use a tape recorder to listen to lecture again later.</li> </ul>	<p><b>Kinesthetic Learners:</b></p> <ul style="list-style-type: none"> <li>• Learn by doing and moving</li> <li>• Do well when they can move, touch, explore, and create in order to learn</li> <li>• Benefit from hands-on activities, lab classes, props, skits, and field trips</li> <li>• Often love sports, drama, dance, martial arts, and arts and crafts</li> </ul> <p><b>Learning tips and tools for kinesthetic learners</b></p> <ul style="list-style-type: none"> <li>• Get hands on: do experiments, take field trips.</li> <li>• Use activity-based study tools, like role-playing or model building.</li> <li>• Study in small groups and take frequent breaks</li> <li>• Use memory games and flash cards.</li> <li>• Study with music on in the background.</li> </ul> <p style="text-align: right;">Source: <a href="http://www.helpguide.org">www.helpguide.org</a></p>

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## Christmas Present Ideas for Kids and Adults with ADHD



One of the biggest problems for people with attention deficit disorders is boredom and holiday gift time is the perfect opportunity to share new ways to stay busy and build life long skills

Gift ideas can be found in any budget, from simple board games to complex technology. Here are a few ideas that make excellent presents for someone with attention disorder or ADHD.

### Good board games for those with ADD and ADHD include

- cards
- checkers
- chess
- chutes and ladders
- Clue
- I Spy games
- Puzzles

### Building Sets

- Marble Run
- I Coaster
- Hot Wheels Sets
- blocks
- dominoes
- Lego

### Software for ADHD

Children and adults with ADHD can be very comfortable sitting in front of a computer for long periods of time. The amount of time and what is being played or worked on should be chosen with discretion and monitoring. There are many good educational and play software that helps build strategy and thinking skills.

There are many companies that make specific ADHD interactive software programs. Play attention is a high tech helmet that monitors brain waves and requires the user to use focus and concentration to control games. Their website is devoted to information and help on their interactive program.

### Music is a Wonderful Present for ADHD

Children and adults with ADHD can find focus in music. Music lessons are a wonderful gift idea for someone with attention disorder.

### Camera as an ADHD Gift

People with attention disorders tend to be creative. Many children and adults with ADHD enjoy taking photos. The beauty of modern cameras is that they have become easy to use and there are many designed for all ages.

A digital camera is a wonderful gift because it provides instant gratification as well as the ability to continue building a project with the photos. A photo printer and scanner and photo software are terrific companion gifts to a camera. If the person is craft-oriented as well, a photo scrapbook would be a nice addition too.

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## Highlights from Tax Saving and Income Support Event

As the end of the year approaches it reminds us of many things on the horizon – Christmas, New Years and of course preparing for tax time. On Wednesday November 24, 2010 the Learning Disabilities Association of Wellington County met to discuss a few financial related options associated with learning disabilities.

Our first speaker was Patty Bingham, Manager, Special Needs Unit, Ministry of Community and Social Services. Her presentation focused on the Assistance for Children with Severe Disabilities Program. The criteria for the program is that the child must be under 18, live at home and live in Ontario and must have a severe disability that results in “functional loss”. A diagnosis is required of the severe disability. The program is a reimbursement for expenses paid by the parents. The expenses must be related to the severe disability and could include things such as transportation to medical appointments, non-medical drugs, developmental toys and extra-ordinary child care costs. The program specifically does not cover home or vehicle modifications, professional fees and education costs (tutoring). The minimum amount of reimbursement is \$25/month to a maximum of \$445/month. Acceptance into the program includes drug, dental and vision benefits for the child. The eligible amount is based on the gross family income. A family of 4 must make less than \$63,360 to qualify.

The second presenter was Denise Hasen from Northern Lights Canada. She spoke about the Registered Disability Savings Plan (RDSP). Northern Lights has received a contract from Human Resources and Skills Development Canada to inform agencies and individuals about the savings plan. The RDSP is a long term savings plan for people with a disability. Contributions to the plan grow tax-free. There are grants and bonds that are available to help in growing these savings. In order

to be eligible for the RDSP a qualified practitioner must certify that an individual has “an impairment in mental or physical functions which is both sever and prolonged”. The qualified practitioner must complete a Disability Tax Credit Certificate (form T2201). This form is available on the Canada Revenue Agency website at [www.cra-arc.ca/disability](http://www.cra-arc.ca/disability). The presentation highlighted the benefits of this plan and some of the key facts:

- Lifetime contribution limit is \$200,000,
- Depending on the family income there may be options for a grant or bond to be added to the contributions made,
- The 10 year rule requires that the grants and bond amounts that have been put into the RDSP for less than 10 years must be repaid to the government in certain circumstances,
- All the major banks are able to set up these saving plans.

Northern Lights act as a facilitator in helping to set up these plans.

The final presenter was Scott Wildfong of Tax Care Inc. He is a certified Management Accountant. His presentation focused on the Disability Tax Credit and the claiming of medical expenses. His presentation consisted of working through form T2201 that is required to be completed by a qualified practitioner. There was a lot of discussion on how this form is to be properly completed and how certain disabilities fit into the categories on the form. Scott also outlined that each of these claims are audited prior to being accepted and depending on the disability there will be a need to provide updated evidence that the disability continues to exist. Scott also clarified some questions on what qualifies as a medical expense.

The evening had originally been planned to include a representative from ODSP who was not able to attend. If there is interest in this topic please contact LDAWC at [info@ldawc.ca](mailto:info@ldawc.ca).

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## Resources

### Registered Disability Savings Plan Website

Great news for families; the new RDSP Ontario website has been launched and includes information on seminars, one-on-one consultation, webinars, and Tele-seminars.

The Registered Disability Savings Plan (RDSP) allows for parents and families of children with special needs to effectively plan for their child's future.

The Government of Canada recognizes the special needs of persons with disabilities and the financial burden that this can cause. The government will match money saved in an RDSP with grants of up to \$3500.00 for those who are 50 years of age and under, depending on the financial eligibility of the family. A bond of \$1000.00 is also available for those living on a low income. To learn more about the RDSP program visit the new website at [www.rdspontario.ca](http://www.rdspontario.ca).

### Info from Learning Disabilities Association of Ontario

Each year, the Learning Disabilities Association of Ontario (LDAO) presents Practical Applications of Current Research for Parents and Professionals, a series of workshops that provides families, educators, and the community with important information about emerging research from The Hospital for Sick Children on learning, teaching, learning disabilities, ADHD, and parenting. Upcoming workshop in 2011.

Lawrence Feld: Closing the Gap Between Student Ability and Achievement; Note Taking, Study, Exam, and Test Taking Strategies for Students - March 4, 2011, Toronto

The Emotional Impact of Learning Disabilities  
March 16, 2011, March 17, 2011, Toronto  
Guest Speaker: Christina Ferri

Dealing with Difficult Behaviours  
March 30, 2011, Toronto  
Dr. Audrey Huberman Ed.D

Costs and registration information can be found at [www.ldao.ca](http://www.ldao.ca).

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## Resources

### Websites to check out

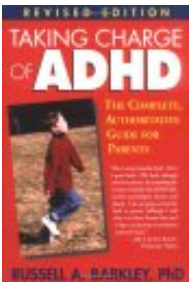
<http://www.tvokids.com/framesets/grownUps.htm>

TV Ontario's Parents Home work help for elementary school students.

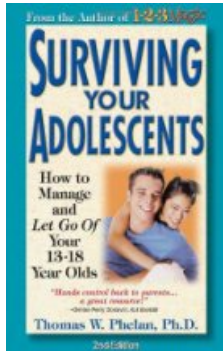
[www.caddac.ca](http://www.caddac.ca) Centre for ADHD/ADD Advocacy, Canada

[www.totallyadd.com](http://www.totallyadd.com) Liberates people from the fear, shame, and stigma.

[www.readingmadeeasy.ca](http://www.readingmadeeasy.ca) - Assistive Technology



From internationally renowned ADHD expert Russell A. Barkley, the book empowers parents by arming them with the up-to-date knowledge, expert guidance, and confidence they need to ensure that their child receives the best care possible.



An excellent book to help parents to understand and deal with teenagers that are being difficult. A step-by-step approach to handling teenagers, this guide helps parents end the hassles and improve their parent-teenager relationship. Parents learn how to communicate with teenagers, how to manage teenage risk-taking, how to "let go" in certain situations, and when to seek professional attention. Concise and encouraging, this resource walks parents through the ups-and-downs of parenting teenagers as their kids push towards independence.

### Thank You!

The Learning Disabilities Association of Wellington County wishes to thank the various businesses of Guelph and area who donate their goods and services for our events. Specifically, The Village of Riverside Glen for providing space for our Board Meetings, Dr. Brisson who assists us with our postage costs, ARC Industries and Zehrs Imperial for providing us with space for our events, the Guelph Storm for allowing us to have the 50/50 raffle.

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