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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

April 2024

Volume 19 Issue 4

Treatment and Intervention for Autism Spectrum

There are many types of treatments available. These treatments generally can be broken down into the following categories:

- Behavioral
- Developmental
- Educational
- Social-relational
- Pharmacological
- Psychological
- Complementary and alternative

Behavioral approaches

Behavioral approaches focus on changing behaviors by understanding what happens before and after the behavior. Behavioral approaches have the most evidence for treating symptoms of ASD.

Developmental approaches

Developmental approaches focus on improving specific developmental skills, such as language skills or physical skills, or a broader range of interconnected developmental abilities.

Educational approaches

Educational treatments are given in a classroom setting.

Social-relational approaches

Social-relational treatments focus on improving social skills and building emotional bonds.

Pharmacological approaches

Some medications treat co-occurring symptoms (those that happen along with ASD) and can help people with ASD function better. There are no medications that treat the core symptoms of ASD.

Psychological approaches

Psychological approaches can help people with ASD cope with anxiety, depression, and other mental health issues.

Complementary and alternative treatments

Complementary and alternative treatments are often used to supplement more traditional approaches. They might include special diets, herbal supplements, chiropractic care, animal therapy, arts therapy, mindfulness, or relaxation therapies. Individuals and families should always talk to their doctor before starting a complementary and alternative treatment.

For full article check out: <https://bit.ly/cdcautismpg>
From Treatment and Intervention for Autism Spectrum
Center for Disease Control



Bloom Closet Express @ Metropolitan Library

We have partnered with the Bloom Closet to bring you clothes for the children in your care. Bloom Closet offers a boutique style shopping experience on wheels. They have new and gently used clothing for underserved communities raising foster children and kinship families. They will be at the Metropolitan Library on Tuesday, May 21st, 4pm-6pm before the start of our family support group. If you are interested in shopping with them please fill out this form so they can have what your child needs.



Register here: <https://bit.ly/ISDDDBloom>

Location Metropolitan Library

Date: May 21, 2024

Time: 4pm-6pm

Sensory- Friendly Evening @ the High Museum

Adults of all ages with sensory processing differences or autism spectrum disorder or who otherwise identify as disabled or neurodivergent to join us along with their friends and family for a FREE sensory-friendly evening.

April 17, 2024, 6pm-8pm

Preregistration Required: <https://bit.ly/ARTSensory>

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE



Let's Get Active

Subscribe (FREE) to the YouTube channel and to click on notifications for virtual workouts.

- Youtube Channel: www.youtube.com/c/theguruofabs
- Website: www.theguruofabs.com

In Person Schedule

Free in-person classes are being held as follows:

- **Monday @ 9:50A (Senior Body Sculpting)**- Sandtown Park Recreation Center, 5379 Campbellton Rd SW
- **Tuesday & Thursday @ 9:50A** - Samson Fitness Center (New Birth), 6400 Woodrow Rd
- **Wednesday @ 9A** - Walmart Health (7 different locations that rotate weekly)
- **Friday @ 11A (Senior Body Sculpting)** - Exchange Park Recreation Center, 2771 Columbia Dr. (class will not be held at Exchange Park after school is out due to Summer camp).

Client of the Month- Angela Curry

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Feisty, charismatic, fun-loving, and eccentric are only a few adjectives that describe Ms. Angela Curry. She leads her household with pure authority and sincere love. Although Ms. Curry experiences numerous difficulties due to her health, she does not allow that to deter her from aiding her community and loving her family. Ms. Curry has been an active participant in Project Grand for four years. She is a caretaker of two teenagers. She loves to spend time with all her grandkids by taking them out to eat, going to the movies, and going out dancing. When she is not taking care of her family, she indulges in one of her guilty pleasures: watching the Real Housewives of Atlanta. Some advice she'd like to offer is to "... place God first and everything else will be alright".



Ms. Curry exemplifies strength, perseverance and grace when it comes to caring for her family and that is why she is the client of the month.

SUPPORT GROUPS

A light dinner will be served 6:00pm – 6:30pm during family meetings.

AM Virtual Adult Support 10AM-12PM	4/2- Medicaid Waiver Guest: Stephanie Dixon – Parent to Parent https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#	<i>Google Meet:</i> https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
Gwinnett PM Family Support 6PM-8PM	4/8- Support and Sharing RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458	<i>Spectrum Autism Support Group Inc.:</i> 2997 Main St., Duluth *new RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458
DeKalb AM Adult Support 10:30 AM- 12:30PM	4/9- Autism 101 Guest: Dr. Stormie Pulver- SPARK Autism Research RSVP: https://bit.ly/DeKalbAM or 470-310-3458	<i>DeKalb County Library:</i> 3500 Covington Highway, Decatur RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support 6PM-8PM	4/16- Support and Sharing RSVP: https://bit.ly/FultonPM or 470-310-3458	<i>Fulton Public Library:</i> 1332 Metropolitan Parkway, Atlanta RSVP: https://bit.ly/FultonPM or 470-310-3458
DeKalb PM Family Support 6 PM-8 PM	4/23- Language as a Tool to Combat Stigma Guest: Dana McCrary- DBHDD RSVP: https://bit.ly/DeKalbPM or 470-310-3458	<i>New Life Community Alliance:</i> 3592 Flat Shoals Rd, Decatur, RSVP: https://bit.ly/DeKalbPM or 470-310-3458



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