

Learning Disabilities: An Action Plan

If you believe your child or adolescent has a learning disability, following the plan below can help you get the services he needs. Recognizing an area of difficulty early and developing a plan to address it can make a world of difference for your child or adolescent.

TALK TO YOUR CHILD'S OR ADOLESCENT'S TEACHER

Discuss specifics about your child's or adolescent's academic performance to identify her abilities and skills.



services, consult your school's special education coordinator, your local school district, your state department of education's special education division, the U.S. Department of Education's Office of

HAVE YOUR CHILD OR ADOLESCENT ASSESSED

Ask school authorities to evaluate your child or adolescent to determine his strengths and weaknesses. Or, if you prefer, speak to your primary care health professional about an independent evaluation.

Special Education Programs (<http://www.ed.gov/offices/OSERS/OSEP>), the IDEA '97 Web site (<http://www.ed.gov/offices/OSERS/IDEA>), or the U.S. Justice Department's Civil Rights Division (<http://www.usdoj.gov/crt/edo>).

DEVELOP A SPECIALIZED PLAN WITH YOUR TEAM

Work with your child's or adolescent's school, your primary care health professional, and other professionals to design the best learning plan for your child or adolescent.

FIND ACCOMMODATIONS TO HELP YOUR CHILD OR ADOLESCENT

Work with your child's or adolescent's teacher to find ways the classroom setting can work best for your child or adolescent.

KNOW YOUR RIGHTS

Learn about special education rights and responsibilities in order to understand the full range of services provided by your school and government. Children and adolescents with learning disabilities may be eligible for special education and related services under the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act. An Individualized Education Program (IEP) is required by IDEA. The IEP documents your child's or adolescent's current level of functioning, establishes goals, and delineates the services needed to meet those goals. For further information about eligibility and

KEEP UP YOUR CHILD'S OR ADOLESCENT'S SELF-ESTEEM

Your child's or adolescent's self-esteem is closely linked to her academic performance. It is important for you to be sensitive and empathic toward your child or adolescent and continue to help her feel competent, special, positive, and appreciated.

KNOW THAT THERE IS HELP FOR YOU AND YOUR CHILD OR ADOLESCENT

You are not alone! There is help, support, and hope for you and your child or adolescent from schools, professionals, specialized learning disability organizations, and other families going through similar experiences. The following are some resources to get you started.

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LEARNING DISABILITIES RESOURCES

Learning Disabilities Association of America

4156 Library Road
Pittsburgh, PA 15234-1349
Phone: (412) 341-1515
Web site: <http://www.ldanatl.org>

LD OnLine

Web site: <http://www.ldonline.org>
LD OnLine is a service of the Learning Project at WETA, Washington, DC, in association with the Coordinated Campaign for Learning Disabilities

National Center for Learning Disabilities

381 Park Avenue South
Suite 1401
New York, NY 10016
Phone information and referral service:
(888) 575-7373

The International Dyslexia Association

8600 LaSalle Road
Chester Building
Suite 382
Baltimore, MD 21286
Phone: (410) 296-0232
Web site: <http://www.interdys.org>

Council for Exceptional Children (CEC)

Division for Learning Disabilities (DLD)

1920 Association Drive
Reston, VA 22091-1589
Phone: (703) 620-3660
Web site: <http://www.dldcec.org>

Council for Learning Disabilities

P.O. Box 40303
Overland Park, KS 66204
Web site: <http://coe.winthrop.edu/cld>

Schwab Learning

A Program of the Charles and Helen Schwab Foundation

1650 South Amphlett Boulevard
Suite 300
San Mateo, CA 94402
Phone: (800) 230-0988; (650) 655-2410
Web site: <http://www.schwablearning.org>

National Information Center for Children and Youth with Disabilities (NICHCY)

P.O. Box 1492
Washington, DC 20013
Phone: (800) 695-0285
Web site: <http://www.nichcy.org>