



# Idak • Learning Disabilities Association of Kingston

*The right to learn, the power to achieve*

817 Division St. Unit 108 K7K 4C2 (Phone) 613-546-8524

Website: [www.ldakingston.com](http://www.ldakingston.com) E-mail: [ldak@ldakingston.com](mailto:ldak@ldakingston.com)

## Fall 2018 Newsletter

### INTRODUCTION TO ASSISTIVE TECHNOLOGY Fall 2018

#### **A) Introduction to Assistive Technology (free)**

Learn how technology can assist with reading, math, writing, expressive communication, and organization. We'll be talking about apps and built-in tools for iPad, Chromebook and Android devices. Try out selected apps pre-loaded on our devices. Everyone welcome.

Parts 1 and 2: **Tuesday Oct. 16 and Nov. 6 6:15 pm - 7:45 pm**

#### **B) Introduction to Lego Robots and Coding (free)**

Come and learn about coding and our Lego Robots. Learn how to use an iPad, Chromebook or Android device to control a 12" high robot made out of Lego bricks and motors! Try out some coding apps that you can use at home. Suitable for ages 7-12. Parents are welcome to participate, or just stay and enjoy the fun.

Parts 1 and 2: **Saturday Nov. 3 and Nov. 17 9:45 am - 11:15 am**

Seating is limited. Pre-registration is required.  
Email [ldak@ldakingston.com](mailto:ldak@ldakingston.com) to confirm your interest.

Workshops take place at 817 Division St., Kingston ON

*NOTE: Please let us know if you are interested in either of these workshops but are unable to attend. If there is enough interest, we may be able to schedule additional sessions.*

*(Workshops/purchases of the robots made possible by funding from the Community Spirit Bingo Centre.)*

Further information available online under the "What's New" button:  
[www.ldakingston.com](http://www.ldakingston.com)

**PLEASE POST UNTIL JANUARY 2019**

## GROUPS AND MEETINGS

### The Reading Clinic

UNLOCKING POTENTIAL, CHANGING FUTURES SINCE 2001

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

Specialists in Dyslexia and Learning Disabilities

Yes! Reading, Writing, and Math Programs

Daily Intensive Instruction Available

Twice Weekly After School Sessions Available

299 Concession St. [www.thereadingclinic.ca](http://www.thereadingclinic.ca)

Contact: The Reading Clinic 613 547-5179 [jennifer@thereadingclinic.ca](mailto:jennifer@thereadingclinic.ca)



### KINGSTON'S ADHD PARENT SUPPORT GROUP

Our group supports parents who have children with ADHD in the Kingston and surrounding area.

We are a not-for-profit parent to parent support group.

**OUR MISSION:** *“To better the lives of children and Families living with ADHD”*

**Monthly** Support Meetings (Nov-June) **Yearly** ADHD Awareness Campaign (June)

[adhpsgkingstonon@gmail.com](mailto:adhpsgkingstonon@gmail.com) 613-389-3894 [www.adhdsupportgroup.ca](http://www.adhdsupportgroup.ca) 816 Centennial Dr.

### Quintilian Social Club

An opportunity to meet new friends and practice social skills in authentic social situations.

Grades 3+ **Contact Laura DeSousa, Director of Programming 613-542-0400**



### LDAK Now Accepts Donations Online

LDA Kingston has chosen **CanadaHelps** to process our online donations. **CanadaHelps** is fast, secure and an economical way for the LDAK to fundraise online.

Just visit [www.ldakingston.com](http://www.ldakingston.com) and click the “**Donate**” button on the home page. Tax receipts are sent electronically, to the email you entered, following completion of the online donation process.



### 2018 Learning and Literacy Conference: Early Identification and Intervention Strategies

Parent and Professional Programs

**November 3, 2018** Toronto Science Centre

Further information and registration: [www.idaontario.com](http://www.idaontario.com) **Live Streaming available.**

# Learning Disabilities and Anxiety

## What Is Anxiety?

Anxiety is a basic emotion. It reflects an uneasiness of mind in which we anticipate threat. Anxiety is our brain's early warning system, alerting us to potential danger and activating our sympathetic nervous system into fight, flight or freeze. We need anxiety: It cues us to be alert and can help to energize us for performances, races and important events.

Anxiety can also be maladaptive. Sometimes the brain perceives situations such as test-taking, entering a room full of people, or being alone as "dangerous", activating the fight, flight or freeze reaction. It is not particularly helpful to be flooded with anxiety during a test, as anxiety interferes with concentration and with the ability to retrieve information from memory, for example.

## Anxiety And Learning Disabilities

Persons with Learning Disabilities are two-to-three times more likely to experience anxiety (Nelson & Harwood, 2011; Wilson et al, 2009). Thirty percent of individuals who were diagnosed with LDs met criteria for an Anxiety Disorder (Magari et al, 2013).

For individuals with LDs, there are many situations that evoke anxiety. By definition, persons with LDs are smart yet may struggle to show what they know. Depending on the nature of the LD, the person with LDs may experience stress and anxiety when asked to read aloud, answer a question in class, participate in group conversations, write an essay, or navigate a new environment. Persons with LDs may feel pressured that they cannot achieve as easily as others, or that they cannot live up to perceived expectations.

## When Does Anxiety Become A Disorder?

If anxiety is a normal part of life and individuals with LDs are more likely to experience anxiety on a regular basis, how do you know when anxiety becomes a problem that needs specialized assessment and treatment?

An individual with LDs may experience increased anxiety in anticipation of the beginning of school, or starting a new experience. Those situations may prompt a period of distress but may not reflect an Anxiety Disorder. There may simply be a need to give the individual time and support to adjust to the situation, or to ensure that appropriate accommodations for the LD are in place.

Anxiety becomes a diagnosed Disorder when it:

- ◆ significantly interferes with everyday functioning (e.g., inability to attend school; avoidance of all social activities, etc.)
- ◆ is persistent (symptoms lasting at least 6 months, not simply due to a change or new situation)
- ◆ is out of proportion to the actual threat of danger

Children may not verbalize their worries, and behaviours are different depending on the age and temperament of the child or youth.

Younger children may have difficulties sleeping, or may be prone to bedwetting, crying, tantrums, protesting separations and not settling after a short period.

Older children may have stomach aches, withdrawal, difficulties sleeping, frequent questioning, need for reassurance from caregivers. They may also avoid attending school.

Cont'd

# Learning Disabilities and Anxiety

Teens may show signs of withdrawal from family, friends or activities, spend more time on the computer, alter their sleep patterns, refuse to attend school and/or use drugs or alcohol.

Having LDs may complicate the picture for Anxiety. For example, behaviours such as being restless and fidgety, having difficulties concentrating, or not following instructions could reflect elements of LDs (language, memory, attention) or could reflect distracted worrying that is associated with a Generalized Anxiety Disorder. Similarly, avoiding social interactions or not initiating conversation could reflect language, processing speed or visual-perceptual challenges of a LD, or could reflect a Social Anxiety.

If there are concerns about Anxiety, the best option is to consult a professional.

## What Can Help?

You know your loved one best, and can help to figure out what works and what doesn't work.

## Preventive Strategies:

- ◆ Determine the problem. Collaborate with others and reach out to access professional assessments or consultations.
- ◆ Normalize and educate everyone about anxiety.
- ◆ Create a predictable environment. Set up regular routines, give advance warning about anticipated changes, use visual schedules, and set up a place for a calm retreat, if helpful.
- ◆ Model self-regulation, staying 'calm in the storm', using positive self-talk, mindfulness, breathing

## In Response to Activated Anxiety:

- ◆ Use empathy. Listen to the worries without minimizing or trying to invalidate the concerns. Reflect and label what you think might be the feeling.
- ◆ Don't try to reason through what may sound like an unreasonable worry, in the moment. Resist asking why the person is thinking in this way.
- ◆ Stay calm, and model self-regulation and breathing.

Treatment for Anxiety Disorders can be markedly effective, and may include medication, evidence-based psychotherapy (e.g., cognitive behaviour therapy), psycho-education about anxiety, and environmental supports and accommodations.

If you feel your child or youth's feelings of anxiety extend beyond the norm and are seriously interfering with the child's ability to do the tasks of everyday life, consult your family doctor and visit [kidsmentalhealth.ca](http://kidsmentalhealth.ca) to find a children's mental health centre near you.

For more information about anxiety for children and youth with Learning Disabilities, please contact Dr. Marjory Phillips at the Integra Program, Child Development Institute ([mphillips@childdevelop.ca](mailto:mphillips@childdevelop.ca))

## Additional Resources:

**Children's Mental Health Ontario** <http://cmho.org/>

**Integra Program, CDI** <http://www.childdevelop.ca/programs/integra-program>

**The ABC's of Mental Health** <http://hincksdellcrest.org/ABC>

**Sick Kids Hospital** [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) <http://www.worrywisekids.org/node/40>

**AnxietyBC** [www.anxietybc.com](http://www.anxietybc.com)

LDAO Communique Marjory Phillips, Ph.D.,C. Psych

# CELA Opens Doors for Learners with Print Disabilities

“The key to getting excited about reading is choice.” Antonia Del Monaco

Antonia Del Monaco, Resource Teacher from Ontario knew that her new student loved stories and being read to. The key to getting her excited about reading independently was to offer her the chance to read anything she wanted.

Antonia turned to CELA, the Centre for Equitable Library Access to provide her students with an entire collection of materials in accessible formats. Similar to the neighbourhood library, CELA patrons can access a full array of accessible books, including award winners and best sellers, fiction and non-fiction titles, 50 newspapers and 150 magazines. Ontarians with a print disability and a public library card can sign up for a CELA account free of charge, thanks to funding from the province of Ontario. Canadians with low vision or blindness, a learning disability like dyslexia, or a physical disability which prevents them from using a traditional print book are encouraged to sign up for CELA.

“We’re thrilled to provide services to more than 92% of Canadians with print disabilities. It’s our mission to ensure that all Canadians have access to a quality library experience with professionally produced materials they can enjoy in the format of their choice” says Michael Ciccone, Executive Director of CELA.

## **What’s Available through CELA?**

CELA’s collection includes materials in English and French with some international languages, with broad focus on Canadian literature and authors. CELA patrons are also eligible for a free Bookshare membership, giving them access to more than 500,000 titles between the two collections. Accessible books allow the reader to hear text spoken out loud, see it displayed in custom color combinations, in different fonts, in larger sizes, or in a variety of ways, using apps like EasyReader by Dolphin or Voice Dream Reader on mobile devices, or using programs on computers.

Signing up for a CELA account is easy. Using their public library card, eligible patrons can register for an account online at [celalibrary.ca/registration](http://celalibrary.ca/registration) and within a few days they will receive their account information which allows them to log into the CELA website and download books in a variety of formats. Once they have received their CELA account information, patrons can register for their Bookshare account. At any stage in the process CELA’s Contact Centre is able to support patrons, answer questions, and help with account set up or book selections.

## **Supporting Professionals Can Access CELA**

Educators and professionals who support people with print disabilities as part of their work are also able to get free CELA accounts in order to download materials on behalf of their students or clients. “Our Educator Access and Client Support Access Programs are an acknowledgement of the very important role that the community can play in removing barriers to accessible reading materials” says Lindsay Tyler, Senior Manager at CELA. “While the sign-up process is slightly different the goal is the same—to give a school teacher, a therapist working with an injured client, or a social worker supporting job searches tools they can use to help those with print disabilities get the materials they need to read.”

Whether patrons are accessing a personal account, or a professional is using an Educator Access or Client Support Access account, there is lots of support available on the CELA website to help users find and download materials or learn about different formats. The CELA team regularly hosts webinars and recordings are available on their website as are previous editions of the monthly newsletter Open Book.

If you are interested in learning more or registering for a CELA account please visit the CELA website at [celialibrary.ca](http://celialibrary.ca)

LDAO Communique Fall 2017

OCTOBER IS LD AWARENESS MONTH

# Don't **DIS** my **ABILITIES!**



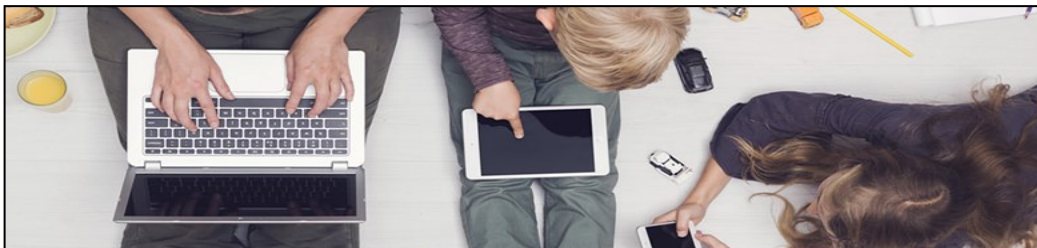
**October is Learning Disabilities Awareness Month.**  
Help stop the stigma and realize the **ABILITIES!**



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Association of Kingston

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[www.ldakingston.com](http://www.ldakingston.com)



  
**LD**  
@home  
**NEW WEBSITE with FREE RESOURCES**  
for parents, students and families dealing with LDs.

## Shelf Life....Books on LD

### **Dyslexia Unravalled**

By Rita Treacy Orpen Press, 2017 (172 pages)

**Dyslexia Unravalled** is primarily for all parents with children of primary and secondary school age, teachers/principals and other associated professionals that are involved with the assessment and remediation of reading and spelling difficulties such as dyslexia.

The book, in very clear language, provides guidance and direction to any parent who has even the smallest concern that their child may not be performing to their potential. It also offers insight and direction to teachers who can often recognize that a child has difficulty with their reading and spelling but realize that the child may not be “eligible” for any learning support or follow up in the school system.

Literacy problems can be remediated if appropriate action is taken when problems become evident. “Dyslexia Unravalled” recommends the best courses of action that can be taken.

For information visit:

<http://wordsworthlearning.com/blog/dyslexia-unravalled-a-new-book/>

### **Defeat Dyslexia!: The Parents’ Guide To Understanding Your Child’s Dyslexia**

By Holly Swinton and Nicola Martin 2016

**Defeat Dyslexia!** is a practical guide for busy parents and caregivers. Find out what dyslexia really means for your child’s reading, spelling, math, and other areas of learning, including music, languages, and sport. Then discover straightforward, positive ways to help your dyslexic child to excel, in school and in life.

Defeat Dyslexia! gathers facts, advice, and inspiration from a dyslexia expert who is also proudly dyslexic. The book claims to help you identify signs of possible dyslexia, including hidden clues, learn about overlapping conditions, like dyscalculia, dysgraphia, dyspraxia, and ADHD.

You can also learn about the strengths and weaknesses of dyslexia and supposedly make the diagnosis process stress-free.

Learn the quick and easy steps for supporting your child. Create a long-term plan of action for learning success and embrace the best of what it means to have dyslexia.

### **ADHD Nation: Children, Doctors, Big Pharma, And The Making of an American Epidemic**

By Alan Schwarz Little, Brown Book Group, 2016 (352 pages)

In **ADHD Nation**, Alan Schwarz examines the roots and the rise of this cultural and medical phenomenon: The father of ADHD, Dr. Keith Connors, spends fifty years advocating drugs like Ritalin before realizing his role in what he now calls “a national disaster of dangerous proportions”; a troubled girl and a studious teenage boy get entangled in the growing ADHD machine and take medications that backfire horribly; the author also has words about big Pharma too.

While demonstrating that ADHD is real and can be medicated when appropriate, Schwarz sounds a long-overdue alarm and urges America to address this growing national health crisis.

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## L. D. A. K. EXECUTIVE

2018 - 2019

President	Djenana Jalovcic
Past President	Gail Eaton-Smith
Vice President	
Treasurer	Pat Dudley
Secretary	
Members	Helen Simson
at	Lauren Baker
Large	

### RESOURCE CENTRE HOURS

Tuesday-Wednesday-Thursday

11 am—3 pm

(or by appointment)

Resource Centre Co-ordinator  
Lana Greenwood

#### **Disclaimer**

*THE LEARNING DISABILITIES ASSOCIATION does not endorse or recommend any of the facilities listed or any of the methods, programmes, products or treatments offered by such facilities.*

*Our aim is to keep the community informed about services and facilities that are available to people with learning disabilities.*

*We urge consumers and service providers to review carefully any programmes and services listed in order to select those which will meet most appropriately the identified needs of the person with learning disabilities.*

## Membership Application

We encourage all individuals interested in learning disabilities to become a member of the Learning Disabilities Association of Ontario (LDAO), and by doing so automatically become a member of Kingston chapter (LDAK). Visit the LDAO website for further information and benefits of memberships, and a secure online application form.

See <http://www.ldao.ca/about/membership/>

If you wish to use cash or cheque, print out the online form and submit to us directly at our address (below) and we will submit your application to LDAO.

Learning Disabilities Association Kingston  
817 Division St. Unit 108  
Kingston, ON K7K 4C2

Be sure to check out our website at [www.ldakingston.com](http://www.ldakingston.com) and find us on **Facebook** for current news!

**Like us on Facebook!**

### Interesting Websites....

#### *Through your Child's Eyes*

Simulations related to learning and attention issues

<http://www.understood.org/en/tools/through-your-childs-eyes>

#### **Smart Kids with LD**

Smart Kids with Learning Disabilities is a non-profit organization dedicated to providing useful, authoritative information from experts, practical advice and support from parents, and inspiration from successful adults living with LD and ADHD.

[www.smartkidswithld.org](http://www.smartkidswithld.org)