

# Jackie Marquette's Newsletter

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Free Online Newsletter

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[www.drjackiemarquette.com](http://www.drjackiemarquette.com) (To read articles and get resources)

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This newsletter offers ways to explore and share ideas that lead individuals with ASD and DD to positive life outcomes. There is nothing more important than guiding and supporting individuals with disabilities to walk their own paths to live as citizens, have associations and friends, enjoy employment, to become consumers, and to live as independently as possible within our communities. Living independently means having the right to have a say in what happens in the person's life (Turnbull, Turnbull, and Wehmeyer, 2003). This is not an impossible dream. Others have achieved it, and they have achieved it even with the challenges, regardless of diagnosed disability levels.

Thank you for taking time out of your busy day to read.

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## 1) LAUNCHING INTO QUALITY OF LIFE

### 2) OFFERING CLASSES –WALKING THE PATH

### 3) APPLICATION TO REAL LIVING, CLASS DESCRIPTON

### 4) TRENT HAS FIRST NEW YORK ART EXHIBIT-APW GALLERY

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## 1) LAUNCHING INTO QUALITY OF LIFE

Parents are avid about their child's acceptance and being treated as an individual. Parents want their family member at any age to have h/her needs met, enjoy life, and do things that are important (Turnbull, 2007). This definition reduced to its simplest terms is my favorite and most practical meaning on quality of life. I use it as a daily guide for Trent and planning as life becomes ever changing. The root truth is it is not always easy to reach, but it is doable. To help youth reach quality of living often requires governmental assistance and most importantly networking on your own.

Try some of these activities and see if they can help you launch into quality of life.

Example:

Johnny is 16 years old, has a developmental disability and autism. His family is very concerned about Johnny's life after high school ends. How do they start the process?

a) Do all that is available to obtain governmental assistance (i.e. Medicaid Waivers, Supported Living, SSI, SSDI, etc).

Next, don't wait years for something to happen. Reach out for help. Be proactive in anyway possible.

b) Make a list of all the good things that have worked out on Johnny's behalf. (i.e., a good teacher, a bus buddy). Ask what was it about the quality of the relationship or settings that provided Johnny acceptance and support. Use this information and see how it can benefit Johnny in his new life and new settings and with new activities.

c) Take photos of Johnny in action doing what he does best, his capabilities, small and large, in any or all areas of living. Place in a large notebook. Encourage Johnny to participate and emphasize his previous accomplishments.

d) Develop a personal support system of friends, neighbors, and associations. These take time and have to be cultivated. Be aware of how and when people enter his life and how they can become natural bridge to possible employment or a new leisure activity. For example meeting a new neighbor or a church member at a Wednesday evening supper might lead to a new mentor or friend to join a bowling league.

e) Acknowledge Johnny's challenges and his success at times when he managed to work through a difficult event. Remind Johnny of his past progress with written stories or photos so he can recall his accomplishment and take that memory into new situations with new challenges.

## **2) OFFERING CLASSES –WALKING THE PATH**

I have been receiving requests from parents to continue offering classes to help the transition of youth to adult living. The classes are for parents, professionals, and individuals who have disabilities and want to come. The purpose is to seek solutions, that is, how to build bridges that are supportive in making a life of your own a reality (for individuals with ASD and DD and their support systems). This process requires working within systems, advocating, and people networking. I will soon offer these classes upon finding a site. You will receive email announcements or just check my web site [www.drjackiemarquette.com](http://www.drjackiemarquette.com)

Also, I can provide these classes to groups, email for more information [Jackie@drjackiemarquette.com](mailto:Jackie@drjackiemarquette.com)

## **3) APPLICATION TO REAL LIVING, CLASS DESCRIPTON:**

CLASS ONE: Does SARAH have a challenge entering or participating in different community settings? How to increase and build upon Sarah's acceptance and participation.

CLASS TWO: Does JOHN lack initiative in problem solving at home and in other environments? Offer a perspective and how-to steps that promote safety, enhance self-care, and self-acceptance.

CLASS THREE: Does MELISSA have difficulty when introduced to or working around new or unfamiliar people? Providing support to determine participation, build connections.

CLASS FOUR: Does MATT lack the stamina or refuse to do necessary daily tasks at home or on the job?, How to creating models and supports for task completion.

CLASS FIVE: Is WILL jeopardizing his social connections or maintaining his job because he lacks personal care in hygiene? Determine supports through self care.

CLASS SIX: Has MARY experienced a loss in life and needs supports that help her feel and express her emotions? Determine supports that will help Mary feel and express sorrow for the personal loss.

CLASS SEVEN: Does KIM disregard a bodily pain, not knowing how to tell of her illness or emergency? Necessary supports can help her report and express her illness in order to get medical attention?

#### **4) TRENT HAS HIS FIRST NEW YORK ART EXHIBIT-APW GALLERY**

**\*\*\*\*TRENT HAS HIS OWN NEWSLETTER, articles and photos, go to:**  
<https://ssl.nshosts.com/independenceboundcom/clickcart1/TrentsStudioMarch09FINAL.pdf>

Open reception was on March 6 and the show continues to March 29, 2009. APW Gallery presents *World of Imagination Vol.2* a group exhibition of square foot paintings. There are thousands of original, fresh artworks on show from living artists worldwide. All the paintings on view are 12" x 12", fitting in any room. The Square Foot Show is designed to be a community event to bring together art collector and artist. The Group exhibition is on 48-18 Van Dam St., Long Island City, NY 11101.

#### **TRENT'S SPRING ART SHOWS**

Cherokee Art Fair,  
Cherokee Triangle Art Fair, Louisville,  
April 25-26, 10:00 to 6:00 Sat. 10:00 to 5:30 Sun.  
Live Music, Food Court, Morris Dancers.

Arts in the Arbor

May 14- 15, Sat: 10:00 – 6:00 PM, Sun: 10:00 – 5:00 PM  
Thomas Jefferson, Unitarian Church, 4936 Brownsboro Rd. Louisville, Ky

Autism One, 2009, Westin Hotel, O'Hare, Chicago  
Chicago  
Art Gallery Exhibits  
May 20-24

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\*\* YOU MAY SHARE THIS NEWSLETTER

Feel free to forward this newsletter to share with your friends, family, and professionals. Don't hesitate to email me with any of your successes you have with your child or ideas for future newsletters. Your experiences and stories are important to me. Thanks for taking time out of your day to read this!

Jackie

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