

# 5 THINGS TO KNOW

## Family Support Newsletter of UCP San Diego

**Blog Post:** *I'm Not an Amazing Mom Just Because My Child Has Special Needs*

The mother of a child with a rare disorder reflects on her life and what she would appreciate from family and friends.

<https://tinyurl.com/vvhgrtn>

The national Recognize, Assist, Include, Support and Engage Family Caregivers Act (the [RAISE Act](#)) became law in January 2018. To help shape policy recommendations, the Department of Health and Human Services is asking individuals and organizations to submit information on the challenges faced by caregivers. Send your thoughts on this form by **February 7**. <https://tinyurl.com/sfzzvez>

**Education Week** traces the history of the underfunding of the federal Individuals with Disabilities Education Act (IDEA), and notes that it may become an issue in the presidential campaign: <https://tinyurl.com/w5yjeqr>

**Also See:** [HR 1878](#), the IDEA Full Funding Act, introduced in March 2019, <https://tinyurl.com/ubf4ft6> and [Congress Hands Special Ed Hefty Funding Boost](#): <https://tinyurl.com/vh77bod>

### Research News!

*Wearable 'Resistance' Exoskeleton Targets Calf Muscles to Make Walking Easier, Pilot Study Finds*, published in the annals of *Biomedical Engineering*, describes the results of a small study that suggests a robotic extension that provides resistance while walking could provide greater ease of walking for people with CP: <https://tinyurl.com/sfnomak>



## Legal Aid SSI Advocacy Program for Children Under 18!

*A program of the Legal Aid Society of San Diego, Inc., in partnership with County of San Diego Health and Human Services Agency and Live Well San Diego, services are provided for children and their families who:*

- Have a qualifying disability and meet financial eligibility criteria.
- Need representation with SSI applications, appeals and hearings.
- Need assistance to complete and file applications and appeals.

**844-774-5463**