

March 2020



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March has been recognized as Developmental Disabilities Awareness Month since 1987 when President Ronald Reagan issued a public proclamation urging Americans to provide individuals with developmental disabilities “the encouragement and opportunities they need to lead productive lives and to achieve their full potential.”

This campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live. This is a time to educate our communities on the needs of individuals with intellectual and developmental disabilities and reflect on the progress made toward improving the quality of life for them.

As disabled citizens began living in the general community, programs to provide career planning, job coaching and supported employment began. The idea that these individuals could become more productive members of the workforce was new to many people. This began the shift of expectations for disabled individuals. Living a productive, self-directed life became an obtainable goal for them. This began to address the full spectrum of services needed for people with disabilities to live a secure, fulfilling life.

In 1990, the Americans with Disabilities Act was passed. This protected workplace discrimination against people with disabilities. In 2004, the Individuals with Disabilities Education Act (IDEA) was passed. This further provided for early intervention, special education and services to transition disabled high schoolers into adulthood. IDEA opened a world of possibilities for the disabled. IDEA allowed disabled individuals access to education, and programs for learning, social, cognitive skills to utilize in adulthood. Today, disabled individuals are also provided the right to equal housing and employment opportunities, the right to receive fair wages, and retain the right to privacy.

Like most of us, they desire to do meaningful work, live in a comfortable and secure home; have good friends and a loving family. When disabled individuals are provided the proper supports, training, and education, their goals are within reach. People with disabilities are no longer marginalized outcasts but are being integrated into many mainstream schools, workplaces, and communities.

Although there has been a significant and positive change in the prior decades, many challenges still remain for this vulnerable population. Stereotypes and misconceptions about disability are still far too common. The disabled are often viewed as tragic figures whom society should pity. Contrary to what many might think, it is often these attitudes that are the real tragedy of the community. People with disabilities are capable of participating fully in community life, the challenge is to focus on their abilities, not on their limitations.

According to a study by scientists from the Centers for Disease Control and Prevention (CDC) and the Health Resources and Services Administration (HRSA), 17% of children aged 3–17 years had a developmental disability. This percentage increased over the two time periods compared, 2009–2011 and 2015–2017.
That's 1 in 6 children!

Click here to read more on this month's blog [Assisting Caregivers of Children with Developmental Disabilities](#)



Developmental disabilities are impairments in physical, learning, language, or behavior areas. These conditions may impact day to day functioning and usually last throughout a person's lifetime. Developmental disabilities may begin anytime during the developmental periods, before a baby is born, after birth, or because of injury, infection or other factors.

Most are thought to be caused by a complex mix of factors including genetics, parental health, and behaviors during pregnancy; complications during birth and more.

Developmental disabilities can include cognitive disabilities, motor disabilities, vision, hearing or speech impairments, and behavioral disorders.

According to the CDC, developmental disabilities include (but are not limited too):

- Autism Spectrum Disorder
- Cerebral Palsy
- Brain Injury
- Attention-Deficit/Hyperactivity Disorder
- Learning, Speech or Intellectual Disorders
- Hearing Loss
- Tourette Syndrome
- Vision Impairment

There are many other circumstances in which an individual could be considered disabled. Often there is no cure, but treatment can help the symptoms. Treatments include physical, speech, and occupational therapy. Special education classes and psychological counseling can also help.

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MORE THAN A STIGMA

1 in 6 children

are diagnosed with a developmental disability!

Assisting Caregivers of Children with Developmental Disabilities

03/10/2020 14:00

Parents and caregivers of children with developmental disabilities tend to experience more parenting stress than parents of typically developing children. A number of potential stressors include day to day demands, finding opportunities for the child to make friends or participate in social activities, or other behavioral challenges. According to a study done on Caregiving [...]

The post [Assisting Caregivers of Children with Developmental Disabilities](#) appeared first on [CW Psychological Services](#).

5 Ways to Effectively Manage Anxiety

02/26/2020 22:00

If you suffer from anxiety, you know that awful feeling when heart races, you start to sweat, and you feel like you just want to run. According to the Anxiety and Depression Association of America, anxiety disorders are the most common form of mental illness in the United States, affecting roughly 40 million adults. While [...]

The post [5 Ways to Effectively Manage Anxiety](#) appeared first on [CW Psychological Services](#).

How to Set Healthy Boundaries

02/14/2020 07:00

Relationships can only be healthy when both people have the space to be themselves and maintain their personal integrity. Sadly, many people find themselves in relationships, romantic and otherwise, with people who do not respect boundaries and feel entitled to have their needs met regardless of the other person's. These people most likely grew up [...]

The post [How to Set Healthy Boundaries](#) appeared first on [CW Psychological Services](#).

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