



Octavia Nash

On this episode of the Black I/DD Podcast we talk with Octavia Nash. Octavia is a member of the NJ Black I/DD Consortium, she works as an Instructional Designer at Rowan University, and she is the mother of a son in his 20's with a disability. She shares her journey from being a young mother seeking out resources to now beginning to advocate for other families.

Show notes:

- Low Apgar score – The Apgar score provides an accepted and convenient method for reporting the status of the newborn infant immediately after birth and the response to resuscitation if needed.

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/10/the-apgar-score>

- Early Intervention – Early intervention services are designed to address a problem or delay in development as early as possible.

<https://www.nj.gov/health/fhs/eis/for-families/when/#:~:text=The%20first%20three%20years%20of,takes%20a%20slightly%20different%20course.>

- SPAN Parent Advocacy Network - Empowering families as advocates and partners in improving education, health/mental health and human services outcomes for infants, toddlers, children, youth and young adults.

<https://spanadvocacy.org/>

- The Black I/DD Consortium

www.NJBlackDisability.com

- The Regional Family Support Planning Councils - In accordance with the 1993 Family Support Act, the New Jersey Council on Developmental Disabilities established the Regional Family Support Planning Councils (RFSPCs). The RFSPCs provide a venue for parents and family members of people with

developmental disabilities to exchange knowledge and information about family support services.

<https://njcdd.org/the-regional-family-support-planning-councils/>

- Partners in Policymaking - New Jersey Partners in Policymaking is a leadership development and advocacy education program for adults with developmental disabilities (over age 21) and family members of children and transition age youth available through collaboration between The New Jersey Council on Developmental Disabilities, The Boggs Center on Developmental Disabilities, and Disability Rights New Jersey.

<https://boggscenter.rwjms.rutgers.edu/training-and-consultation/partners-in-policy-making>

- Special Needs Trust - Special Needs Trusts (SNTs) are a type of trust that preserves the SNT beneficiary's eligibility for needs-based government benefits such as Medicaid and Supplemental Security Income (SSI).

<https://www.nj.gov/humanservices/dmahs/clients/snt.html>

- The Boggs Center, as a University Center for Excellence in Developmental Disabilities, values uniqueness and individuality and promotes the self-determination and full participation of people with disabilities and their families in all aspects of community life.

<https://boggscenter.rwjms.rutgers.edu/>

- Supported Employment – Overview of Supported Employment

<https://www.nj.gov/treasury/njombudsman/documents/pdf/OverviewofSupportedEmployment.pdf>

The Arc of New Jersey's Project HIRE is a supported employment program designed to connect people with disabilities to integrated employment opportunities in their community.

https://www.arcnj.org/programs/project-hire/project_hire.html

- Supported Housing - What is Supportive Housing?
<https://www.thearcfamilyinstitute.org/resources/community-housing-and-supports.html>
- Transportation Services and Supports
<https://www.nj.gov/treasury/njombudsman/transportation.shtml>
- Advice: Talk to your doctor and feel free to change doctors if you feel like you cannot open up to your doctor, seek help right away, get connected, and you have to get outside of your comfort zone.
- NJCDD's Newsletter - Eye on Advocacy E-Newsletter
<https://njcdd.org/eye-on-advocacy-e-newsletter/>

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