

Disability Rights NC

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<http://www.disabilityrightsncc.org/>

Education Self-Advocacy Resources

Disability Rights NC created the following resources to help parents and guardians self-advocate for their child.

[Parents Together \(Revised 2008\)](#) is a manual developed for parents who have children who currently receive or need to request special education services. This 224 page manual covers topics such as early intervention, the evaluation process, IEPs, placement, transition, discipline, behavior intervention plans, seclusion and restraint, and conflict resolution procedures.

[Juvenile Charges and the School System](#) helps a parent understand what the process is after a child has criminal charges filed against him or her, tips on dealing with law enforcement, and advocating in the hearing process.

[Physical Injuries and Student Safety](#) helps parents understand their options when a child comes home with unexplained bumps, bruises or cuts.

[Bullying in School](#) is intended to help parents understand some of the laws and policies that may help them address bullying issues for a child who receives special education services.

[Behavior Assessment and Plan](#) describes why a Behavior Intervention Plan may be created and the Functional Behavioral Assessment process.

[Seclusion and Restraint](#) outlines the basics of seclusion and restraint in schools, what constitutes seclusion and restraint, what types of restraints are allowed, what are the limitations, and some options for a parent to advocate regarding seclusion and restraint and their child.

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[Request for Internal School Investigation](#) is a sample letter parents can use as a starting point to write their own letter to request a school investigation after an incident of restraint and seclusion or a generally inappropriate response to behavior. ([Click here](#) for the non-restraint version of the letter).

[Requesting a Reasonable Accommodation from a School](#) is intended to address those school activities, programs or services that may not be covered by an IEP but may still be covered under the ADA and Section 504 of the Rehab Act. This document provides information on what may be covered and tips on requesting the accommodation. This may include accessibility, service animals, etc.

[School Sports & Kids with Disabilities](#) provides information on what a school must do to ensure opportunities for participation in sports and how a parent may advocate for a child to be involved in sports.

[After High School](#) provides information to a young adult about their rights regarding a transition plan, some basic employment information and additional resources that may help them transition from school to work.

NC Department of Public Instruction Resources

The Exceptional Children Division of the NC Public Instruction has resources that parents of children who receive special education services may find helpful in advocating for their child. Disability Rights NC's Parents Together is intended to be used in conjunction with the information found in the following two documents:

- [Policies Governing Services for Children with Disabilities](#) sets out the policies a school system is supposed to follow in providing special education services, including information about the procedures, timelines, and enforcement mechanisms.
- [Procedural Safeguards: Handbook on Parent's Rights](#) is the full explanation of legal rights (procedural safeguards) that is required to be available to parents under the IDEA and accompanying federal regulations. This document explains consent, notice, evaluations, access to records, state complaint procedures, due process, etc.

Information can also be found on the [NC DPI webpage](#) regarding:

- Mediation
- Facilitated IEP Team Meetings; and

- Written Complaints

The [EC Directory](#) provides phone numbers for the Parent Training specialists who can help a parent with information about their rights and the DPI complaint process.

Other Programs in NC

Exceptional Children's Assistance Center (ECAC) (www.ecac-parentcenter.org) (1-800-962-6817)

ECAC is the Parent Training and Information Center for North Carolina, which is funded by the US Department of Education, Office of Special Education Programs. ECAC's role is to help parents navigate the special education system, provide training and information, and give parents the tools to help them advocate for their child. The Center has a toll free parent information line answered by other parents, may provide individual assistance with educational issues, parent-to-parent support, and information packets and other materials. If you have a question about a special education issue, ECAC's parent info line is there to try to answer it.

Legal Aid of North Carolina-Advocates for Children's Services
(<http://www.legalaidnc.org/acsoffline.aspx>)

Advocates for Children's Services (ACS) is a statewide Legal Aid of North Carolina project.

Children's Law Clinic-Duke School of Law
(www.law.duke.edu/childedlaw)

The Children's Law Clinic at Duke University School of Law is one of the few law school clinic programs with expertise in special education and school discipline law. The Clinic provides services to low-income clients who live in Alamance, Caswell, Chatham, Durham, Granville, Franklin, Orange, Person, Vance, Wake and Warren counties.

Council for Children's Rights (www.cfcrights.org)

The Council for Children's Rights provides attorneys, advocates and staff to protect the rights and interests of children, particularly those who have complex and overlapping issues, in the Charlotte-Mecklenburg area. Such issues could include health/mental health needs, special education assistance, involvement with juvenile court, etc.

Helpful Special Education Websites

www.wrightslaw.com is dedicated to providing accurate, reliable information about special education law, education law, and advocacy for children with disabilities. The information is intended for parents, educators, advocates and attorneys.

Self-Advocacy Resources Updated

Disability Rights NC created the following resource pages to provide information to people with disabilities, their families and advocates about their rights and legal entitlements. The pages include links to fact sheets and easy-to-use tools designed to increase the ability of individuals with disabilities and their families to engage in self-advocacy.

Self-Advocacy Resources

- [Accessibility](#)
- [Deaf and Hard of Hearing](#)
- [Education -- Postsecondary](#)
- [Education](#)
- [Employment](#)
- [General Resources and Helpful Internet Links](#)
- [Guardianship](#)
- [Health Information Privacy \(HIPAA\)](#)
- [Housing](#)
- [Law Enforcement](#)
- [Medicaid Appeals](#)
- [Medicaid and Healthcare](#)
- [Prisons and Jails](#)
- [SSA Benefits and Overpayments](#)
- [Service and Support Animals](#)

- [Special Needs Trusts](#)
- [Transportation](#)
- [Voting](#)