



# Getting What Your Child Needs To Do Well In School



## Arizona Center for Disability Law Self-Advocacy Guide

[www.azdisabilitylaw.org](http://www.azdisabilitylaw.org)

**There are four things that you need to know so you can get the services that your child needs. You should know:**

- 1.** What an **Individual Education Program (IEP)** is.
- 2.** What **information** has to be in your child's IEP.
- 3.** **Who must be at the meeting** to create your child's IEP.
- 4.** **How to prepare** for the IEP meeting.

**1. What is an Individual Education Program (IEP)?**

**An IEP is a written record of your child's educational program. An IEP is written when a student receives special education services. Your child's IEP should say:**

- What your child's needs are.
- What services will be provided by the school to meet your child's needs.
- The goals that you can expect your child to meet as a result of those services being provided by the school.

**2. What information has to be in your child's IEP?**

**The IEP must include information about:**

- How your child is doing in school now.
- The goals that your child can meet over the next year.
  - ✓ The special education services that your child will get or your child's school will get in order to help your child, such as:
  - ✓ The specialized instruction designed to help your child to learn and succeed in the classroom and in the community
  - ✓ Extended school year services
  - ✓ Note takers
  - ✓ Special education training for your child's regular teacher.

- The related services that your child will receive, such as:
  - ✓ Medical services
  - ✓ Speech therapy
  - ✓ Transportation.
  
- How much time your child will spend with children who do not have disabilities in the regular class or other school activities.
  
- Changes that need to be made by the school when giving your child an achievement test.
  
- When the services listed in the IEP will begin, how often they will be provided, where they will be provided, and how long they will last.
  
- The services that will help your child prepare for adult life. These services are generally called **transition service**

- ✓ At age 16, the IEP must list the transition services or activities that will be given to your child, such as help in developing career goals or learning daily living skills.



- Your child's rights when he reaches age 18. When your child turns 17, the IEP must include a statement that says that your child has been told of any rights that will transfer to him/her when he/she reaches age 18.

### 3. Who needs to be at your child's IEP meeting?

#### These people must be at your child's IEP meeting:

- **You.** You know your child well and can help other members of the IEP team understand how your child learns, what he or she likes to do, and other things that only you can know.



- **A regular education teacher.** At least one regular education teacher must take part if your child receives regular education services or may receive them in the future.
- **Your child’s special education teacher or related services provider.**
- **A person who can explain your child’s evaluation results.** If the IEP team uses an evaluation to decide what services your child needs, a person who can explain your child’s evaluation results to the IEP team must be at the meeting. That person should also be able to tell the team what the results say about the services that your child needs to succeed in school.
- **A person from the school system.** This person must be able to make sure your child can get the services the IEP says your child needs. This person may be the:
  - ✓ Special Education Director
  - ✓ School Principal
  - ✓ School Psychologist
- **Anybody else that you want to invite.**
- **Other people may also be at your child’s meeting. These people could include:**
  - ✓ A physical therapist or an advocate who knows your child well.
  - ✓ People who will help your child move from school to adult life, like someone from a local community college.
  - ✓ Your child. It is especially important that your child attend when he/she begins to think about the move from school to adult life.

#### 4. **How should you get ready for your child’s IEP Meeting?**

**To get ready for your child’s IEP meeting, you need to know:**

- What your child’s last IEP says.
- What your child’s last 3-year evaluation says and what any new evaluations say.

- What your child's progress reports from the last few quarters of school say. You should get these reports regularly. If you are not getting reports or if they do not tell you how your child is doing, tell the IEP team.
- What you want the IEP team to look at this year to help your child.
- What problems have occurred in past years that have kept your child from doing well at school, and some possible ways to solve the problems.
- Where to go if you need help. These agencies and organizations can help you if you have questions about your child's IEP:

Arizona Center for Disability Law	Raising Special Kids
5025 E. Washington Suite 202	5025 E. Washington Suite 204
Phoenix, Arizona 85034-2005	Phoenix, AZ 85034-2005
(602) 274-6287 or 800-927-2260	(602) 242-4366 or 800-237-3007
<a href="http://www.azdisabilitylaw.org">http:// www.azdisabilitylaw.org</a>	

Arizona Center for Disability Law	Pilot Parents of Southern Arizona
100 N. Stone Avenue, Suite 305	2600 N. Wyatt Drive
Tucson, Arizona 85701	Tucson, Arizona 85712
(520) 327-9547 or 800-922-1447	(520) 324-3155
<a href="http://www.azdisabilitylaw.org">http:// www.azdisabilitylaw.org</a>	<a href="mailto:ppsa@azstarnet.com">ppsa@azstarnet.com</a>

Arizona Department of Education  
 Parent Information Network  
 1535 W. Jefferson  
 Phoenix, AZ 85007  
 (602) 364-4015 or 1-800-352-4558  
[www.ade.state.az.us/ess/pinspals/](http://www.ade.state.az.us/ess/pinspals/)

**If you have questions about this guide or other questions about your legal rights as a parent of a child with a disability, please write the Arizona Center for Disability Law at:**

5025 E. Washington Street  
 Suite 202  
 Phoenix, AZ 85034  
 PH 602-274-6287 (voice or TTY)  
 800-927-2260 (toll free)  
 FAX 602-274-6779

100 North Stone Avenue  
 Suite 305  
 Tucson, AZ 85701  
 PH 520-327-9547 (voice or TTY)  
 800-922-1447 (toll free)  
 FAX 520-884-0992

**[center@azdisabilitylaw.org](mailto:center@azdisabilitylaw.org)**

If you would like to know more about classes you can take at the Arizona Center for Disability Law or if you want to read more about how to help yourself and your family, visit our web site at:

**[www.azdisabilitylaw.org](http://www.azdisabilitylaw.org)**

Funding for this document was provided by the Arizona Governor's Council on Developmental Disabilities.

Federal and state law can change at any time. If there is any question about the continued validity of any information in the handbook, contact the Arizona Center for Disability Law or an attorney in your community.

The purpose of this guide is to provide general information to individuals regarding their rights and protections under the law. It is not intended as a substitute for legal advice. You may wish to contact the Arizona Center for Disability Law or consult with a lawyer in your community if you require further information.

- This guide is available in alternative formats upon request.