

What is the Internet? The Internet is a network of millions of computers and computer networks around the world through which organizations and individuals communicate and find information. We can use the Internet to:



- ◆ Find and distribute information
- ◆ Communicate and share experiences with other families, service providers, and researchers
- ◆ Look for obscure information
- ◆ Communicate with distant individuals and organizations at a low cost

We've developed *Your Guide to the Internet* to help you get started using the Internet.



- **Section I** will describe two different ways to access the Internet - by purchasing your own equipment or by accessing a computer at a public place, like a library or a Family Resource Center.
- **Section II** will help guide you through the main uses of the Internet: how to search for information and communicate with others.
- **Section III** is a listing of resources that will be helpful to you - a glossary of terms, frequently asked questions, and some useful web listings that will connect you to some of the major web sites on children with disabilities and special health care needs.

Enjoy your journey!

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Your Guide to the Internet

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Family Voices of California Telehealth Project

Family Voices of California is a grassroots, statewide parent-run network of families of children with special health care needs. We recognize that the parent-to-parent services of Family Resource Centers (FRCs) can be greatly enhanced by helping more families benefit from the vast information and support resources available on the Internet. By increasing the capacity of FRCs to provide parent-to-parent information, education and support to families via on-line resources, families are more likely to understand their child's health needs, to be more confident of their ability to care for their child, and more knowledgeable about how to access health services. We believe this translates into improved health outcomes for children with disabilities and special health care needs.

Through the Family Voices of California Telehealth Project, we are working towards this outcome by:

Linking FRCs to improve communication, coordination and to share resources

-  Insuring that at least one computer with Internet access at each site is available free of charge to families, and that parent peers (staff and/or volunteers) are trained and available to help parents find the resources they need
-  Providing outreach and training to parents, caretakers, or other family members to enable them to access online information and resources
-  Insuring that staff and volunteers at each site can use online resources to provide help to parents even if they cannot come to the center.

To accomplish this, we have developed this training guide to help increase the available information and resources available to families. Family Resource Center parent staff and/or parent volunteers are trained to provide outreach, training and support to other parents using this guide to access the Internet.

There are hundreds of Internet sites and services that can help families of children with special needs obtain health and disability information, learn about resources and support each other. We hope this Internet Guide is useful to you as you begin your Internet journey.

Your local Family Voices of California partner is:

Section I: Getting Online

A. Equipment and On-line Services

Ready

Gather Your Hardware

You will need some equipment to get started. Here's a list of the basics:

- You can use either a Personal Computer (PC) or Power Macintosh computer. A computer with a fast processor is needed to move quickly on the Web - the larger the MHz (megahertz), the better.
- Your computer should have at least 32 MG of memory (RAM).
- You will need a modem – at least 56.6 baud, or a cable line or DSL.
- You will also need access to a telephone outlet. A dedicated telephone line is best, but the modem can share a line with a telephone. (In this case, the telephone and the Internet cannot operate at the same time.)

Set

Choose Your Internet Service Provider (Called an ISP, this is the organization that provides connections to the Internet. There is usually a fee for this service.)

There are many locally operated ISPs listed in the telephone book. Some of the popular nation-wide ISPs are:

America On-Line (AOL) 1-800-827-6364

AT&T WorldNet 1-800-967-5363

EarthLink 1-800-395-8425

Be sure and ask if there is a local or toll-free telephone number where you live. If not, keep looking for an ISP that offers one. You will want this local access number to avoid long distance charges when you use the Internet.

There are ways to access free e-mail. Some examples are Hotmail, AltaVista and Yahoo.

GO!

Choose your browser software (A browser is software that allows you to view the contents of the web.)

The typical browser software used is:

Netscape Communicator

Microsoft Internet Explorer

Sometimes one of these browsers is already loaded on your computer when you purchase it. If it isn't, your ISP can help you download it free from the Internet. Get familiar with your browser by clicking on its buttons and on the blue, underlined words (hypertext links) you find on web pages. Some pictures work as links, too, taking you to new pages on the Web.

Section I: Getting Online

B. Accessing a Computer at a Public Place

Places you can go to use the Internet (a partial list)

Most communities have several locations that allow the general public to access the Internet. Here are the most common places.

Public Access Location	Family Resource Centers
Name	
Address	
Phone Number	
Public Access Location	Public Libraries
Name	
Address	
Phone Number	
Public Access Location	Community Colleges & Universities
Name	
Address	
Phone Number	
Public Access Location	Local Schools
Name	
Address	
Phone Number	
Public Access Location	Other
Name	
Address	
Phone Number	

Section II: Main Uses of the Internet

A. Browsing & Searching

People use the Internet to view and distribute information. It is an easy-to-use system for organizing, presenting and finding information. Parents of children with special health care needs can find worldwide information about their child's diagnosis, services and supports, and discover the world of health care policy and regulations that affect children with special health care needs. The Internet allows you to gain almost free access to information from thousands of organizations, companies and individuals from all over the world at a moment's notice. You can find out almost anything through the Internet.

Browsing

Documents on the web contain highlighted "links", that when clicked, take you to other places in the same web site, or to different web sites. For example, you can read a document, select a highlighted term, and immediately jump to another document stored in a computer on the other side of the world. This is called "browsing".

Searching

Searching is when you go to the web site of a Search Engine and type in a word or phrase (called a key word). Search Engines are web sites that allow you to search for information. Some examples are:

Alta Vista	www.altavista.com
Yahoo	www.yahoo.com
Ask Jeeves	www.askjeeves.com
Google	www.google.com

The Search Engine will search the Internet and find the places (web sites) that have matching keywords. Search Engines do this in different ways. You might want to try a few different Search Engines to see which one you like best. The Search Engine will teach you how to enter entries to refine your search. Searching is a good way to gather a variety of information about a particular topic.

Turn the page for examples of computer screens in using Netscape and Microsoft Internet Explorer.

Section II: Main Uses of the Internet

A. Browsing & Searching

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A. Browsing & Searching

HELP CARD: Browsing

1. Get on-line (FRC staff will show you how to get to this step). For example, you may double-click on the AOL icon or the Earthlink button.
2. Open the browser by double-clicking on the Netscape or Explorer icon.
3. Type in the address of the web site you are looking for. If you are using Netscape, the line will say "Location". In Explorer it says "Address". These are located near the top of the screen.

For practice, type in:

www.familyvoices.org

This will take you to the home page of Family Voices, a national grassroots network of families and friends speaking on behalf of children with special health care needs.

4. Experiment browsing around this web site. Try clicking on some of words on the bar near the top of the screen, like "About Family Voices" or "Resources/Links". Then click on some of the underlined words (called links). (The arrow on the screen will turn into a pointing hand when you hit a web link.)

You can move back and forward among screens by clicking on the back and forward arrow on the toolbar near the top of the screen.

Congratulations! You are browsing!



5. When finished, exit the browser by clicking and holding down the File menu at the very top of the screen. Point to Quit or Exit, and release your mouse button. The program will close. Consult your FRC staff about getting off-line.

Section II: Main Uses of the Internet

A. Browsing & Searching

HELP CARD: Searching

1. Get on-line (FRC staff will show you how to get to this step.) For example, you may double-click on the AOL icon or the Earthlink button.
2. Open the browser by double-clicking on the Netscape or Explorer icon.
3. Click on the Search button on the toolbar near the top of the screen. This will take you to a place where you can select a “Search Engine” (a web site which searches the Internet to find places which cover topics of interest to you). You might click on one of the following:

Yahoo!
Alta Vista
Ask Jeeves
Google

4. Once you have reached one of the Search Engine web sites, look for the line that allows you to enter a topic.

For practice, type in: diabetes

Click on the Search button near the topic line.

5. The search engine will bring up a long list of places (links to web sites) that relate to diabetes. Just click on one of the underlined words or phrases on the link that interests you. The Search Engine will take you to that web site.

You can move back to the screen with the long list of places by clicking on the “back” arrow on the toolbar near the top of the screen.

Get familiar with searching by going back and forth among
Happy searching!



these web sites.

7. When finished, exit the browser by clicking and holding down the File menu at the very top of the screen. Point to Quit or Exit, and release your mouse button. The program will close. Consult your FRC staff about getting off-line.

Section II: Main Uses of the Internet

A. Browsing & Searching

HELP CARD: Downloading Information

1. While at any web site, you can identify information you would like to keep. Point to it with your mouse.
2. On a Windows-based PC, click the button on the right side of the mouse. You will see options, one of which is to save a copy of the information. Point to this choice.
3. On a Mac, click and hold down your mouse button. You will see options, one of which will be to save a copy of the document. Point to this choice.
4. You will then be asked where on your hard drive you would like the folder to be saved. Using the filing system of your computer, locate the folder where you would like the file to be saved, or simply choose the desktop. The copy will then be saved to that location.
5. You can then print the information by going to folder where you saved the document, clicking on it to open the document, and then clicking the printer button on the top of your computer screen.



Section II: Main Uses of the Internet

B. Communicating with Others

There are many opportunities for communication on the Internet. Generally, they fall into three categories:

- E-mail
- Message Boards
- Listservs
- Chat rooms

E-mail

Electronic mail, or e-mail, is a powerful and widely used function of the Internet. It allows individuals with on-line accounts to send and receive private messages, as well as send attached files to others with on-line accounts. It is a great way to communicate with friends and associates.

Internet Service Providers (ISPs) will include e-mail software in the package they give you when you sign up.

You send an e-mail by typing in the e-mail address of the receiver, the subject of your message, and the message itself. Then, with a click, you send a message on its way. You receive e-mail by looking in the electronic mailbox area of your e-mail software.

Some organizations have areas on their websites for e-mail exchanges. In some cases, an organization will have an e-mail address to click on so that the visitor can immediately request information from the organization. Some individuals or families have their own web sites and invite visitors to correspond with them via e-mail.

Turn the page to see an example of a private e-mail message.



Adapted from *Families On-Line*, Linda Rowley, Family Voices and from Nancy Laskaris, Exceptional Family Resource Center

Section II: Main Uses of the Internet

B. Communicating with Others

E-mail

Section II: Main Uses of the Internet

B. Communicating with Others

Message Boards

Some organizations have areas on their web sites for e-mail exchanges. This is referred to as “posting messages” or “bulletin boards”.

There are several sites on the Internet that focus on connecting parents with similar interests and issues. In these sites, it is possible to post a message asking others to share ideas, experiences or information via e-mail.

Here are a few websites where you can post a message to another parent:

Family Village www.familyvillage.wisc.edu (Click on Post Office)

Our Kids www.our-kids.org (Click on an archive of Our Kids List)

Turn the page to see an example of a site where you can post messages to other parents.

Section II: Main Uses of the Internet

B. Communicating with Others

Message Boards



Section II: Main Uses of the Internet

B. Communicating with Others

Listservs

Listservs are lists of e-mail addresses of people interested in a particular subject. It automatically sends messages to everyone on a given list. It is like a mailing list for an organization. There are thousands of listservs on a variety of topics. Some listservs are newsletter or action alerts keeping you updated on current information on a topic. Many listservs are two-way discussion groups for a particular disability, with parents asking questions and offering information. Parents with a specific issue post a question to a mailing list and receive replies from parents and professionals around the world. Examples of topics include finding a better wheelchair, getting managed care to pay for an out-of-network specialist, discussing inclusion strategies, etc. Families in isolated places or whose children have rare disorders can participate in an on-line support group without leaving home.

Listservs are usually free, and you have to subscribe to them. Some listservs exchange 100 messages a day! Once you are part of a listserv, you may occasionally get a message with an attachment. The attachment is a file of information, usually too large to put in the e-mail message. Don't open (double-click) on an attachment if you do not know the person it is from. Computer viruses can be sent to people through on-line attachments.

Here are a couple of examples of listservs:

Family Voices of California - FVCAFamAdv@egroups.com
Justice for All www.jfanow.org

Turn the page to see an example of the sign-up page for the Family Voices of California listserv.

Section II: Main Uses of the Internet

B. Communicating with Others

Listservs

Section II: Main Uses of the Internet

B. Communicating with Others

Chat Rooms

Chat rooms are places on the Internet where individuals can go and participate in real-time conversations. A user needs to choose a “user name” to enter the room. Each individual types in his or her questions and comments as in a real conversation. Ideas, thoughts and experiences are shared. Everyone’s experiences are unique, and they may or may not apply to you or your child. Many people use chat rooms to receive and offer support. Chat rooms usually have an on-line registration process. Some places for parents to chat are:

Parents Place www.parentsplace.com

Parent Soup www.parentsoup.com

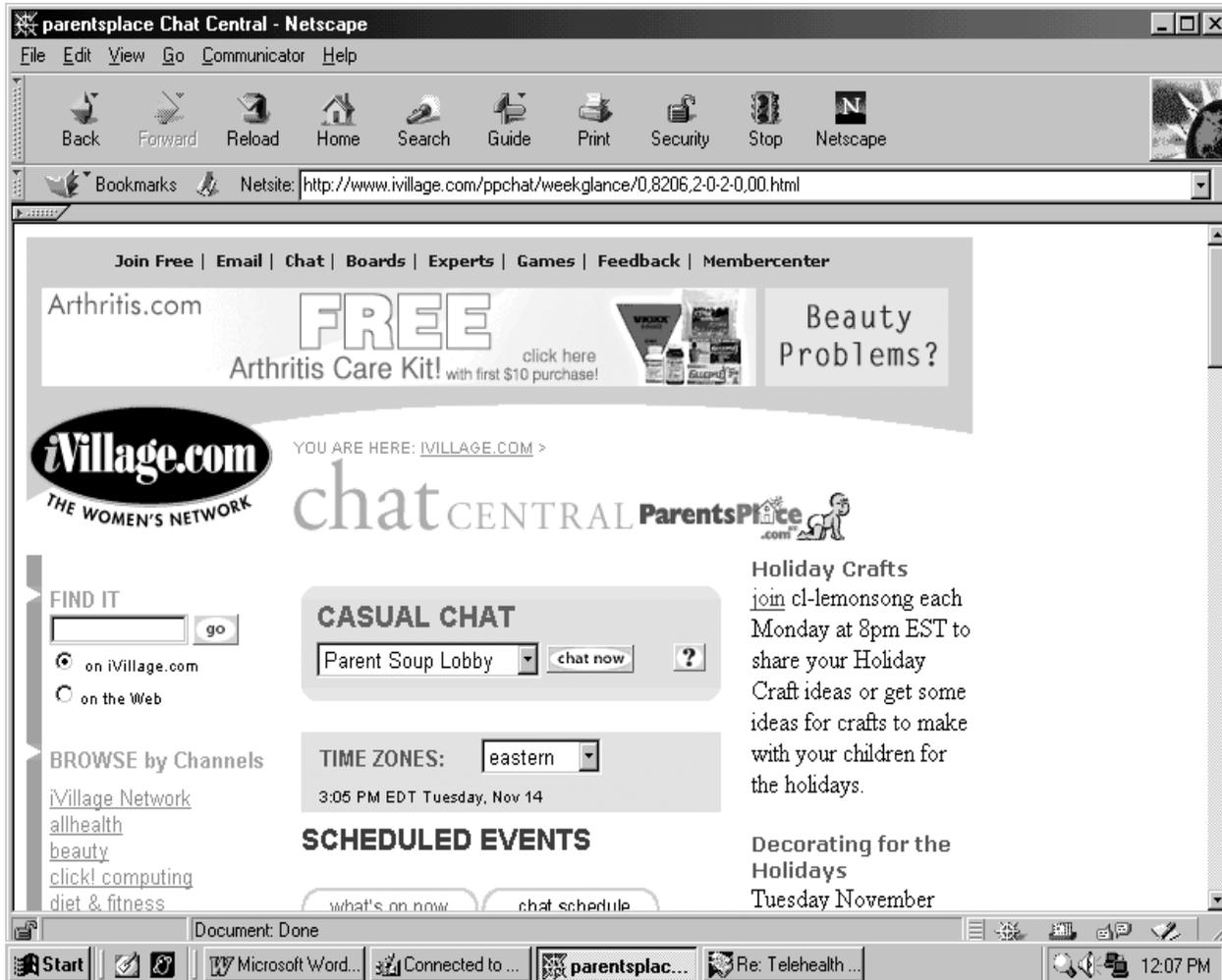
You can also conduct a web search using the search words “disability chat” to find a variety of chat rooms.

Turn to the next page for an example a screen directing you to a chat room.

Section II: Main Uses of the Internet

B. Communicating with Others

Chat Room



Section II: Main Uses of the Internet

B. Communicating with Others

HELP CARD: Sending E-mail

Sending a private e-mail message:

1. To send private e-mail, you will need:
 - Access to an e-mail account (which FRC staff will make available to you)
 - The e-mail address of someone to whom you would like to send a message
2. E-mail systems differ from one another, but they all share these features:
 - A place to type the e-mail address of the person to whom you are sending e-mail
 - A place to type the subject or title for your e-mail. It should relate to your content
 - A place to type your message
 - A button to click to send an attachment, which is a file (for example, a letter you have created on the computer) which you may send along with your e-mail message, if you want
 - A button to click to send your message
 - A button to forward e-mail you have received to someone else
 - A button to click to bring you to a place where you can reply to someone who has sent you an e-mail message
3. Ask your FRC staff person to help you get on-line and open their e-mail software.
4. Type in:
 - the e-mail address of a friend
 - a subject or title
 - a message
5. Click on the Send button to send the message. It's done!
6. You may ask the FRC staff to show you what messages look like when they are received from someone else.
7. When finished, exit the e-mail program by clicking and holding down the File menu at the very top of the screen. Point to Quit or Exit, and release your mouse button. The program will close. Consult your FRC staff about getting off-line.

Section II: Main Uses of the Internet

B. Communicating with Others

HELP CARD: Message Board

Posting a message in a public place (message board):

1. Get on-line. (FRC staff will help you do this.)
2. Open the browser by double-clicking on the Netscape or Explorer icon.
3. In the address line at the top of the screen, type in:
www.familyvillage.wisc.edu
and press Enter (or Return on a Macintosh)

Click on the Post Office icon. (This will take you to Parent-to-Parent boards.)
4. Click on one of the categories of interest to you and follow the step-by-step directions.
5. When finished, exit the browser by clicking and holding down the File menu at the very top of the screen. Point to Quit or Exit, and release your mouse button. The browser will close. Consult your FRC staff about getting off-line.



Section III: Resources

A. Glossary of Internet Terms

Address: The unique identifier for a specific location on the Internet. Common types of addresses on the Internet are e-mail addresses and WWW addresses.

Archive: A collection of files. At a site that maintains archives, there is usually an individual who updates the files and checks them for viruses.

Application: Term used to describe a specific software program such as a word processing or data base program. Internet applications include web browsers, e-mail programs, and search programs.

Bookmark: The collection of WWW addresses selected by the user. Clicking on the bookmark takes the user directly to the web site without having to type in the address.

Browser: Software that allows you to view the contents of the web. The two most commonly used are Netscape and Microsoft Internet Explorer

Chat: Two or more individuals sending messages back and forth simultaneously (in real time). A “conversation” on the Internet.

Download: To transfer a file or an application from the Internet onto the hard drive of your computer

E-mail: Electronic mail, or e-mail, is one of the most popular uses of the Internet. It allows computer users to exchange messages with other computer users.

Favorites: See “Bookmarks”

File: A file is a set of information that is created and stored on the computer’s internal memory, floppy disk, or on a network. Files can be text documents, graphics, photographs, audio or full-range video. Each file has a unique name so it can be called up to the screen on demand.

File transfer: The copying of a file from one computer to another over a computer network.

Freeware: Software that is offered free of charge by its author

Hardware: The equipment you need to access the Internet, such as a computer and modem

Home page: The title page for an individual or organization that appears when the WWW address is selected

HTML: Stands for Hypertext Mark-up Language, the authoring language of the World Wide Web. All web pages are created by this language.

Internet Service Provider: An organization that provides connections (accounts) to the Internet. There is usually a fee paid for this service. If it is a home computer, the fee is paid to a local provider or commercial on-line service. If it is a work computer, the employer generally pays the fee.

Link: The place on a web page that connects you to another document. A link may be an image, text or sounds. Links look distinctive; usually they are different color or are underlined. They are also called "hotspots".

Listserve: A program that sends messages automatically to everyone on a given list. It is like a mailing list for an organization.

Log-on: Making contact with another computer or network; going "on-line"

Modem: The device that allows your computer to make telephone calls to another computer. It is needed for a dial-up connection to the Internet.

Network: Any set of computers that communicate with other computers. The Internet is a network of networks.

Newsgroup: A group of individuals who read and respond to articles and letters on a particular topic. There are thousands of newsgroups worldwide.

Portal: A web site that offers a wide array of resources and services such as e-mail and forums

Search Engines: Web sites that you allow you to search for information. Examples are Yahoo!, Alta Vista, Ask Jeeves, and Google

Server: A computer that stores files. Other computers, called clients, can connect to the server to access these files.

Shareware: Software you can download free to review. To continue using it, send the requested fee to the author (the honor system applies here).

Software: The system that allows the computer to function, and the programs that do the work for the computer-user, such as word processing or spreadsheets

URL: (This is pronounced U-R-L, not Earl) Stands for “Uniform Resource Locator”. Addresses on the World Wide Web.

Web page: Any scrollable page of a specific web site. The first page, or title page is generally called the Home Page.

Web site: A collection of hypermedia pages that belong to a specific organization, business or government agency. Can be accessed by its WWW address.

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Seiter, C. *The Internet for Macs for Dummies*. Foster City, CA: IDG Books, 1994.
Cady, G.H. & MacGregor, P. *Mastering the Internet*. Alameda, CA: Sybex Inc. 1996.
www.pcwebopaedia.com

Adapted from Nancy Laskaris, Exceptional Family Resource Center, 1996

Section III. Resources

B. Frequently Asked Questions

What is the Internet?

The Internet is a network of networks. Sets of computers talk to each other over fiber optics, telephone lines, satellite links, etc. It grew out of the U.S. Department of Defense project, ARPAnet, an experimental network to support military research.

Who owns the Internet?

No one. Everyone who connects his or her computer, and every group that connects their network become part of the Internet. There is no central administrator of the Internet; no one is “in charge”. There are, however, formal organizations that coordinate various functions such as domain names and addresses.

Is the Internet really free?

Not really. The Internet is made up of many, many connections of networks and computers. Each one of these connections costs someone something. At the most local level, you need to pay an Internet Service Provider (ISP) or a commercial on-line service for your connection to the Internet on your home computer. If you have “free” access at work, generally the institution or agency is paying for a network connection.

Is America Online (AOL) the same as the Internet?

No. America Online is a commercial network that provides many of the same services of the Internet. However, it is a corporation that is centrally managed and produces profit. It has many valuable services such as news, stock market reports and quotes, forums on many subjects, chat rooms, e-mail and more. It also provides a “gateway” to the Internet. However, not all services on the Internet are available through AOL or the other commercial services such as Prodigy or CompuServe.

Why would I want to use the Internet?

The Internet provides timely information on organizational activities, projects and products that may be of interest to you. It also provides news articles, journal articles, legislative updates, and library resources on thousands of topics. There are places to go where you can correspond and “chat” with individuals who have similar interests and life experiences. On-line workshops and conferences are beginning to appear more frequently. New possibilities emerge daily.

What do I need to get connected?

First of all, you need a computer, a modem and access to a telephone line. If you access the Internet in a school, university, or office building, you may have a direct connection through a network. In that case, a modem is not necessary.

Secondly, you need an on-line account, which usually provides specific software necessary to navigate the Internet. Here you have two choices. You can purchase a commercial service such as America Online or Earthlink. For a monthly charge, you will get an e-mail address, access to all AOL or Earthlink features, and access to the Internet. Your second choice is to purchase an account with a local Internet Service Provider. This option, too, will provide you with all the necessary software, an Internet e-mail address, and access to all functions of the Internet.

What is the Information Superhighway?

The Information Superhighway began merely as a concept but soon after it became a household word, it also became a reality. Actually the World Wide Web (WWW) *is* the Information Superhighway.

The World Wide Web is a part of the Internet that uses a special language (HTML) to transfer any kind of information – text, graphics, sound, video – very rapidly with a click of the mouse. This process works the same way for all types of computers so a webpage looks the same on Macintosh, IBM-compatible, or UNIX computers. Organizations, businesses, educational institutions, government agencies, and agencies can post information on their own web sites making it a source of valuable and not-so-valuable information. The World Wide Web (WWW) is the fastest growing part of the Internet.

How do I find information on specific topics?

A variety of search engines (special software that searches documents for keywords) are available on the World Wide Web. These can be easily found by clicking on Net Search while in Netscape. The most common search engines are Yahoo!, Magellan, Lycos, Excite, InfoSeek and Alta Vista. You merely type in a keyword, click on SEARCH, and zero to thousands of entries will list for you. Click on any of them to go to the document.

What is a Web address?

Web sites, as well as every web page, each have addresses that are called URLs. Although addresses vary in length and complexity, the following is a good example:

<http://www.familyvoices.org>

The first part “http://” tells you that it is a hypertext document. The second part tells you the name of the computer where the documents reside. The suffixes tell you the type of organization. The most common are as follows:

edu	educational institution
org	non-profit organization
com	for profit organization
gov	governmental agency
mil	military

Many URL’s are longer than the above example. Additional words following the suffix usually take you to a specific page on the web site.

How does e-mail work?

Think of your Internet Service Provider as your neighborhood post office where you've rented a post office box. If you access the Internet through America Online, then your mail goes there. You just need to stop in every day and check your mail. Likewise, when you send e-mail to someone else, it will go to the place that his or her Internet account is located.

What is an e-mail address?

To correspond with a specific individual, you both need to have e-mail addresses. An e-mail address usually has the individual's name, an "@" symbol, and the place (computer) where the account is located. An example of an e-mail address is santa@northpole.com. Education accounts are sometimes more complex and look like this: sclaus@sdcoe.k12.ca.us. In this case, the state and country have been added. It is not that important to *understand* how an address is put together. It is only important that you type it absolutely correctly when sending e-mail.

How do I know if the information provided on a web site is credible?

You may find a lot of information about a particular topic on the Internet. The problem may be that you aren't sure how accurate the information is. Here are a few ways to help evaluate whether the information comes from a credible and reliable source:

- A national organization or a branch of that organization authors the web site
- Author, publisher identification, and contact information is clear
- Other credible sites frequently link to this site
- Facts and research information sites are verifiable
- There are few grammatical or spelling errors
- Editorial content is clearly separated from any advertising
- The information is provided as a public service (there is no fee)
- The organization's motivation for providing the information is clear
- There is a release date on all materials and the web site is kept up-to-date
- Links to other web sites are current (Error messages like "file not found" or a blank screen do not appear after clicking on links.)

(from Their World 1999/2000, National Center for Learning Disabilities)

How do I ensure my privacy on the Internet? As in any other circumstance, you should use your best judgement about sharing private information. The Internet is a public place, and computer users need to exercise caution when exchanging information. Be sure that any confidential or private information you share is with a person or organization you know and trust.

Section III. Resources

C. Web Links

PARENT-TO-PARENT INFORMATION AND SUPPORT SITES

Family Education Network

<http://www.familyeducation.com>

Federation for Children with Special Needs

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

Matrix Parent Network and Resource Center

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

Moms Online

<http://www.momsonline.com>

MORE Family Resource Center Homepage

<http://www.morefrc.com/>

National Center for Fathering

www.fathers.com

National Fathers Network

www.fathersnetwork.org

National Information Center for Children with Disabilities (NICHCY) Database of resources

<http://www.nichcy.org>

National Parent Network on Disabilities The mission of NPND is to provide a presence and national voice for all families of children, youth and adults with disabilities.

<http://www.npnd.org>

PACER Center A parent training and information center which offers links to a variety of disability-related web sites.

<http://www.pacer.org>

Parent Soup

<http://www.parentsoup.com>

Parents Helping Parents

<http://www.php.com/>

Positive Parenting

<http://positiveparenting.com>

Technical Assistance for Parent Centers

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

GENERAL DISABILITY SITES

Association for Persons with Severe Handicaps

<http://www.tash.org>

Beach Center

<http://www.lsi.ukans.edu/beach/>

Council for Exceptional Children (CEC)

<http://www.cec.sped.org/>

Disability Resources

<http://www.disabilityresources.org>

Early Childhood TA System (NEC*TAS)

<http://www.nectas.unc.edu/>

Exceptional Parent Magazine Exceptional Parent Magazine is an ongoing resource for families with children with any disability.

<http://www.eparent.com>

Family Village A global community that integrates information, resources, and communication opportunities on the Internet for persons with disabilities, their families and those that provide services and support.

<http://www.familyvillage.wisc.edu>

Internet Resources for Special Children (IRSC)

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

Sibling Support Project Information and listservs where brothers and sisters have an opportunity to share information and discuss issues of common interest

<http://www.seattlechildrens.org/sibsupp/>

Zero to Three

<http://www.zerotothree.org>

LEGAL LEGISLATIVE ADVOCACY SITES

Axis (Disability advocacy)

<http://www.normemma.com/credwait.htm>

Bazelon Center for Mental Health Law

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

Children's Defense Fund

<http://www.childrensdefense.org>

EDLAW Home Page

<http://www.edlaw.net/>

Families USA

<http://www.familiesusa.org>

Family Voices A national grassroots network of families and friends speaking on behalf of children with special health care needs.

<http://familyvoices.org>

Institute for Child Health Policy

<http://www.ichp.edu/>

PAI (Protection and Advocacy, Inc.) An organization that works in partnership with people with disabilities to protect, advocate for and advance their human, legal and civil rights.

<http://www.pai-ca.org>

Reed Martin Special Education Law

<http://www.reedmartin.com/>

Special Ed Advocate (Peter/Pam Wright web site)

<http://www.wrightslaw.com>

MEDICAL

Alphabetic List of Specific Diseases/Disorders

<http://www.mic.ki.se/Diseases/alphalist.html>

American Academy of Pediatrics

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

American Medical Association

<http://www.ama-assn.org>

Center for Disease Control

<http://www.cdc.gov>

CSMC Neonatology

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

Healthfinder

<http://www.healthfinder.gov>

Infotrieve Online

<http://www.infotrieve.com>

Kids' Health

<http://www.kidshealth.org>

MD Choice

<http://www.mdchoice.com>

Medicine Online

<http://www.medicineonline.com>

MedMatrix Resource for web links to genetic diseases

<http://medmatrix.org>

Multimedia Reference Library A link to medical databases and bookstore.

<http://www.med-library.com/medlibrary>

Natl Institute Neuro Disorders/List of Disorders

<http://www.ninds.nih.gov>

National Institutes of Health -- Health Info

<http://www.nih.gov/health/>

Medline (National Library of Medicine) National databases at the National Library of Medicine

<http://www.nlm.nih.gov/databases/freemedl.html>

Medline Plus Health information for consumers. A service of the National Library of Medicine.

<http://www.nlm.nih.gov/medlineplus>

National Maternal and Child Health Clearinghouse The Clearinghouse is funded by the Health Resources and Services Administration (HRSA), Maternal and Child Bureau (MCHB), a branch of the U.S. Department of Health and Human Services (HHS).

<http://www.nmchc.org>

National Organization for Rare Diseases (NORD) National Organization for Rare Disorders, Inc. maintains a confidential patient networking program, the goal of which is to stimulate the exchange of information and mutual support among individuals and families who are affected by the same rare disorder.

<http://www.rarediseases.org>

Pedbase

<http://www.icondata.com/health/pedbase/index.htm>

DRUG INFORMATION

Drug Infonet

<http://www.druginfonet.com/>

RxList - The Internet Drug Index

<http://www.rxlist.com/>

MENTAL HEALTH

Internet Mental Health

<http://www.mentalhealth.com/>

Mental Health Net

<http://www.cmhc.com/>

National Alliance for the Mentally Ill Efforts of NAMI focus on supports to persons with serious brain disorders and to their families, advocacy, research and education.

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

BEHAVIOR SITES

Center for Effective Collaboration and Practice (Behavior)

<http://www.air-dc.org/cecp/>

DBP Main Frame (Development/Behavior Page of American Academy of Pediatrics)

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

EDUCATIONAL

California Special Education Observer

<http://www.jps.net/saclda/observer/>

CAPSES (California Association of Private Education/Services) [Listing of Non-Public Schools]

<http://www.capses.com>

CEC ERIC Clearinghouse on Disabilities and Gifted Education

<http://www.cec.sped.org/ericec.htm>

CHADD (Children and Adults with Attention Deficit Disorder)

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

Dyslexia: The Gift. Information and Resources

<http://www.dyslexia.com/>

Family & Advocates Partnership for Education (FAPE) A new project which aims to inform and educate families and advocates about the Individuals with Disabilities Education Act of 1997 and promising practices.

<http://www.fape.org>

Heath Resource Center

<http://www.acenet.edu/About/Programs/Access&Equity/HEATH/AboutHEATH.html>

Inclusion Press Home Page

<http://www.inclusion.com/>

International Dyslexia Association

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

Internet Special Education Resources (ISER)

<http://www.iser.com/>

LD Online

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

National Attention Deficit Disorder Association

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

National Center for Learning Disabilities

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

Non-Verbal Learning Disabilities

<http://www.nldline.com>

Policymaker Partnership for Implementing IDEA Summaries of various sections of the regulations for the Individuals with Disabilities Education Act (IDEA).

<http://www.ideapolicy.org>

Schwab Foundation for Learning (formerly PERC)

<http://www.schwablearning.org>

UAP Resource Directories on the Net (CA Developmental Disabilities Netlink)

<http://www.npi.ucla.edu/uap/cddn/>

DISABILITY SPECIFIC

Animated ASL Dictionary

<http://www.bconnex.net/~randys/index1.html>

The Arc The Arc is a national voluntary organization committed to the welfare of all children and adults with mental retardation and their families.

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

Autism Resources

<http://www.autism-resources.com>

Autism Society of America

<http://www.autism-society.org/>

BALDARS (Bay Area Learning Disabilities and ADHD Resource Site) Page

<http://www.dnai.com/~grelling/>

California Mental Health & Developmental Disabilities Center The mission of the MHDDC is to enhance the knowledge and skill of both developmental disability and mental health service providers and promote meaningful communication among consumers, families and service providers across California.

<http://www.npi.ucla.edu/mhdd>

Deaf World Web Comprehensive deaf-related resources

<http://www.deafworldweb.org>

Down Syndrome Home Page
<http://www.nas.com/downsyn/>

FEAT (Families for Early Autism Treatment)
<http://www.feat.org>

National Down Syndrome Society
<http://www.ndss.org/>

United Cerebral Palsy
<http://www.ucpa.org/html/>

GOVERNMENT SITES

Federal Legislative

The White House
<http://www.whitehouse.gov>

The House of Representatives
www.house.gov

The US Senate
www.senate.gov

Federal

The Department of Health and Human Services
www.os.dhhs.gov

HCFA - The Medicare and Medicaid Agency
<http://www.hcfa.gov/>

Office of Special Education Programs (OSEP)
<http://www.ed.gov/offices/OSERS/OSEP/osep.html>

Social Security Administration (SSI)
<http://www.ssa.gov/SSI>

US Dept of Education (IDEA site)
<http://www.ed.gov/offices/OSERS/IDEA/>

U.S. Department of Education/Office for Civil Rights
<http://www.ed.gov/offices/OCR/>

State

State of California
<http://www.ca.gov/s/search/>

CA Department of Developmental Services
<http://www.dds.cahwnet.gov/>

CA Dept of Education, Special Education Division
<http://www.cde.ca.gov/spbranch/sed/>

CA Department of Health Services
<http://www.dhs.cahwnet.gov/>

PRODUCTS

ABLEDATA A national database containing descriptive and source information on assistive devices for people with disabilities.
<http://www.abledata.com>

DREAMMS for Kids, Inc.
<http://www.dreamms.org/index.html>

SNP WorldWide
<http://www.specialneeds.com/>

SPANISH LANGUAGE RESOURCES

Información en Español at the Disability Info
<http://www.redestb.es/personal/deimelejcb/aspanies.htm>

Mi Pediatra
<http://www.mipediatra.com.mx/>

NOAH: New York Online Access to Health
<http://www.noah-health.org>

TRANSITION

CATS:California Assistive Technology Systems Statewide project which promotes access to assistive technologies, related services, and information that enable people with disabilities to be successful, independent and productive.

<http://www.interwork.sdsu.edu/catasc/cats.htm>

HEATH Resource Center

<http://www.acenet.edu/About/Programs/Access&Equity/HEATH/AboutHEATH.html>

National Transition Alliance

<http://www.dssc.org/nta/>

School to Work Resources Page

http://www.dssc.org/nta/html/ind_stw.htm

