

Inclusion Strategies That Work!

Research-Based Methods for the Classroom

At a Glance

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Examining the Research Base and Legal Considerations in Special Education

Chapter Two

Understanding the Often Complicated Special Education Terminology

Chapter Three

Establishing Successful Inclusive Classrooms

Chapter Four

Next, Writing and Applying the IEP (Individualised Education Program)

Chapter Five

Introducing Social Issues into the Curriculum

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Reaching and Co-teaching Your Students

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Disability Resource

The disability charts list possible causes of certain common disabilities/syndromes, characteristics of people who have these syndromes, educational strategies to use with these students, and resources to help you. As with all groups, please note that disabilities are heterogeneous and that *each of these charts describes a syndrome, not a specific child*. In addition, some characteristics and strategies may be shared and overlap with others. Remember that clinicians make diagnoses. The purpose of the information in the charts is to broaden knowledge and does not make anyone informed enough to diagnose. Diagnoses and labels are serious things! Information for the charts in Resource A was obtained from field experts, individual disability organisations listed, professional journals, and diagnostic criteria. Contact these references for additional personal and professional perspectives and more resources about specific disabilities.

DISABILITY TABLES

EATING DISORDERS

Anorexia Nervosa

Severely restricting food intake even if a person's body weight is way below normal

Causes:

Low self-confidence

Possible genetic and environmental influences

Hormone imbalances or incorrect neurotransmitter levels

Possible Characteristics:

Usually appears in early to mid adolescence

Restriction of food intake, to the extreme that a person fears any weight gain and has

a constant obsession with thinness

May even use excessive exercise, diuretics and laxatives to prevent any weight gain

Muscle loss and weaknesses

Amenorrhea in women (cessation of normal menstrual cycle)

Unrealistic body image

Can fatally affect other body systems

Bulimia Nervosa

Disorder in which person purges food consumed, in order to not gain any weight

Causes:

May be unable to deal with emotional situations and use food as a vehicle for control

Genetic and environmental influences

Possible Characteristics:

A person with bulimia can eat large quantities of food within a short time frame and then purge

May use exercise, laxatives, diuretics or extreme diets to vigorously control weight

Purging usually done secretly

Calluses on hands and fingers