



Using AI to Support Your Child's Education

Artificial intelligence (AI) tools can help families prepare for Individualized Education Program (IEP) meetings, write emails to schools, understand special education terms and adapt learning materials for their child. AI can be a helpful tool, but it is important to know which tools to use and how to use them safely.

Types of AI Tools

Generative AI tools, such as ChatGPT, Gemini and Claude can answer many types of questions, including questions about information you type or upload, such as an IEP or email. These tools are trained on large amounts of information from across the internet. When you use them, the information you enter may be saved and used to help improve the AI over time.

Closed AI systems, such as Gemini Notebook and Citizen Health, are designed to use the information you provide only within that system and not to train or improve the AI. However, it is still important to check each tool's privacy policy, security practices, who can access the data, and how long the information is stored.

Ways AI Can Support Families

Supporting IEPs or 504s

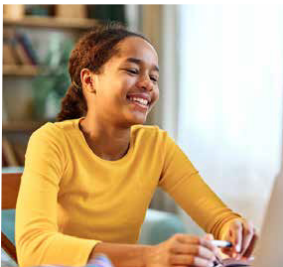
- Explain special education language in understandable terms.
- Understand how assistive technology can be written into an IEP (from considerations, present levels, goals, accommodations, supplementary aids and services).
- Prepare for meetings by drafting questions, practicing what you want to say, or organizing your concerns.

Adapting School Materials

- Create a simplified study guide, vocabulary list, or fill-in-the-blank notes.
- Ask AI to break down difficult passages into shorter, simplified sentences.
- Add visual supports.
- Create descriptions, outlines, or comprehension questions to help your child understand.

Using AI: How to Create Good Prompts

Using AI starts with a good prompt. A prompt is the question or instruction you give an AI tool. The 4 C's can help you create a clear prompt and get a more useful response.



1. **Context/Content:** Tell AI what you need help with.
2. **Characteristics:** Share important details about your child or situation.
3. **Customization:** Tell AI how you want the information explained or adapted.
4. **Confirm:** Review the response and check that the information is accurate and right for your child.

Example prompt:

"My child uses AAC, and I want to understand how assistive technology can be included in their IEP (context/content). My child learns best with visual supports and needs frequent breaks (characteristics). Give me three questions I could ask the IEP team about my child's communication goals and what accommodations could support them (customization)."

Always verify the information with your school team, special education advocate or your state's laws before using it in an IEP meeting (confirm).

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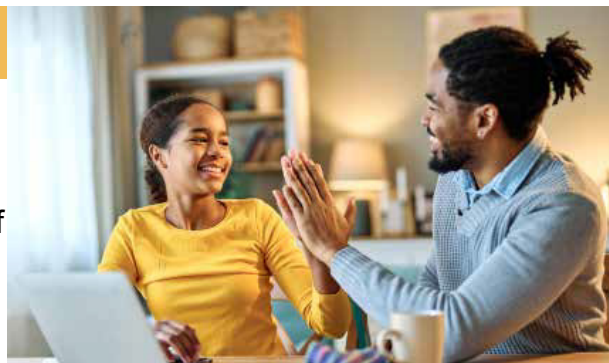


What AI Cannot Do

- AI cannot make decisions about your child's IEP.
- Only the IEP team, including you, teachers, special educators, and school staff, can make these decisions together.
- AI does not know your child or their exact needs.
- AI can make mistakes. It is your job to always confirm the information is accurate.
- AI cannot replace special education expertise.
- If you need legal advice about your child's rights or a professional evaluation, talk to a special education advocate, attorney, or qualified professional.

Be Careful: Privacy and Safety

As you use AI to prepare for your child's IEP, it is important to think about what information should stay private. With generative AI (ChatGPT, Gemini), do not share your child's real name, school name, diagnoses, or IEP details. Use the "stranger test": if you wouldn't tell a stranger, don't type it into an open generative AI tool. Always read the privacy policy on open and closed AI tools to understand how each tool protects your data.



Remember: Your family's privacy belongs to you. Take time to think about what you are comfortable sharing before you type.

Resources for Families



The Arc@School AI Advisor: A free AI chat tool that answers questions about special education, intellectual and developmental disabilities (IDD) and related topics. It draws its answers from The Arc and its partners' expert-reviewed resources, and its responses are regularly evaluated by experts for accuracy and usefulness. This is a free service and no account is required to use it. Visit: thearcatschool.org/ai-advisor

Citizen Health: Citizen Health is a closed AI system that is built specifically for families with children who have medical or developmental needs. You can upload medical records, IEP documents, school information, and health records in one place. Visit: www.citizen.health

Undivided IEP Assistant: An AI tool that helps families review an IEP, understand key sections and prepare questions for meetings. Visit: www.undivided.io

IEP Desk: An AI-powered platform that helps families understand their child's IEP, prepare for meetings, track goals and deadlines, and create letters to the school. This tool is available in English and Spanish. Visit: iepdesk.com

PAVE IEP Resources: Washington state information and tools to help families understand IEPs, special education and school supports. Visit: wapave.org/iep/

Cognitopia: A software platform that helps people build independence and take a more active role in their IEP. It includes person-centered ePortfolios, tools for tracking goals and sharing progress, and step-by-step activities that use text, pictures and videos. Visit: cognitopia.com



Disclaimer: These tools are shared as resources for families and are not endorsed by Informing Families. Some tools may charge a fee or offer both free and paid features. Costs and features may change over time.

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