

## Family Education and Training Series 2009

Offered by People Inc.

The following series are for families of children with developmental disabilities. These programs are provided through the funding of the Home and Community Based Waiver schedule.

As defined by the Office of Mental Retardation and Developmental Disabilities (OMRDD), Family Education and Training is provided to families of individuals enrolled in the Home and Community Based waiver who are under 18 years of age. The purpose of family education and training is to enhance the decision making capacity of the family unit, provide orientation regarding the nature and impact of developmental disabilities upon the individual and their family, and inform them about service alternatives. Family Education and Training's purpose is to support the family unit in understanding and coping with the developmental disability.

For families enrolled in the Home and Community Based Waiver and have Family Education and Training listed as a service, this is funded through OMRDD, which will provide up to 2 sessions per year. Each family is expected to attend at least one session per year to remain enrolled in the Home and Community Based Waiver. If this is the only waiver service you receive it is imperative that you attend at least one session per year so you do not lose your funding from Medicaid.

Please let your service coordinator know if there is a topic of interest that is currently not being covered and we would be happy to look into providing.

Attached is a sign up sheet for the 2009 sessions. For your convenience, please complete and return to:

Family Education and Training  
People Inc. Northtown Business Center  
3131 Sheridan Drive  
Amherst, NY 14226

Or call 880-3700 to make arrangements.

If you have any additional questions, concerns, or ideas, please feel free to contact:

Erica A. Newsom, program administrator at 880-3831  
or your Service Coordinator.



### **Educational Advocacy**

Presented by Harpreet Saran-Rokicki, Educational Advocate

Educational Advocate will define the role and process of the Committee for Special Education (CSES), implementation of Individual Education Plans (IEPS), Assessments, and the parent's role as an advocate. Special concerns may also be addressed.

**Available by appointment only.**

### **Preparing for IEP meetings: How to advocate for your child**

Presented by Harpreet Saran-Rokicki, Educational Advocate

The IEP meeting can be an overwhelming experience. Learn how to plan for the meeting and advocate for your child.

**Available by appointment only.**

### **The Art of Writing Letters: How to write effective letters to a school district regarding concerns involving your child's education**

Presented by Harpreet Saran-Rokicki, Educational Advocate

Learn how to write effective letters to a school district to express concern about your child's education or to request a change in the IEP. Sample letter formats will be provided.

**Available by appointment only.**

### **The "No Child Left Behind Act" 2001**

Presented by Harpreet Saran-Rokicki, Educational Advocate

Learn about your rights (as a parent of a school-age child) and responsibilities under the No Child Left Behind Act of 2001 and how this law affects your child's education.

**Available by appointment only.  
Please call 880-3700 to register!**

## The Transition Process: What is the plan for my child after high school?

Presented by Harpreet Saran-Rokicki, Educational Advocate

This training is essential for parents with children of disabilities ages 14-21. Learn about what should be included in your child's IEP regarding transition services.

### **Dates offered:**

Monday, June 15 <sup>th</sup>	6:00 - 8:00 pm
Monday, August 10 <sup>th</sup>	6:00 - 8:00 pm
Monday, October 19 <sup>th</sup>	6:00 - 8:00 pm
Monday, December 14 <sup>th</sup>	6:00 - 8:00 pm



### **Overview of the Special Education Process:**

Presented by Harpreet Saran-Rokicki, Educational Advocate

During this informative session, you will learn about laws of special education, special education process, parent consent, timelines, due process, disciplinary procedures, and extended school year services. Special concerns may also be addressed.

### **Dates offered:**

Monday, July 13 <sup>th</sup>	6:00 - 8:00 pm
Monday, September 14 <sup>th</sup>	6:00 - 8:00 pm
Monday, November 9 <sup>th</sup>	6:00 - 8:00 pm

## What are your legal Rights as a parent/guardian of a child in the Special Education System?

Presented by a local Attorney practicing Special Education Law and Hosted by People Inc. Educational Advocates Elizabeth Assad-Penner and Harpreet Saran-Rokicki.

Attorney will present an information session about parents' rights in special education. Bring your special education questions and learn tips on how to effectively work with your school district.

**Dates offered:** TBD - Fall 2009



**Guardianship, Wills and Trusts**

Presented by Mr. Tracy Harrienger - General Counsel

Trainings will all be held at 1219 North Forest Road Williamsville, People Inc.

This presentation is an overview of legal guardianship and the process. Also discussed will be your responsibilities as a legal guardian. Information about wills and trusts and their impact on your children's future will be reviewed.

**Dates offered:**

- Tuesday, July 7<sup>th</sup> 3:00 - 5:00 pm
- Tuesday, August 4<sup>th</sup> 3:00 - 5:00 pm
- Tuesday, September 1<sup>st</sup> 3:00 - 5:00 pm
- Tuesday, October 6<sup>th</sup> 3:00 - 5:00 pm
- Tuesday, November 3<sup>rd</sup> 3:00 - 5:00 pm



**Financial/Benefits**

Presented by Chris Parisi, Consumer Benefits Specialist

Overview of SSI and Social Security - disability benefits, their similarities and differences. We will focus on when to apply for benefits, summary of the application process, as well as how work affects these benefits. In addition and overview of Medicaid and Medicare programs will also be discussed. Questions will be solicited and addressed.

**Dates offered:**

- Saturday, June 27<sup>th</sup> 10:00 - 12:00 pm
- Monday, September 28<sup>th</sup> 6:00 - 8:00 pm
- Saturday, November 21<sup>st</sup> 10:00 - 12:00 pm



## "OPERATION EDITH"

Presented by Ken Manista

EDITH stands for "Exit Drills In The Home." A majority of the nearly 4,000 fire related deaths that occur every year happen in the home during normal sleeping hours. A planned and practiced exit plan can reduce this number.

Residential smoke detectors and the planning and practice of exit drills in the home has helped to reduce the number of lives lost to fire in recent years. The number of fires has not been reduced, nor has the number of burn injuries. For these reasons it is important to always be prepared to respond to a dangerous fire.

### **Dates offered:**

Wednesday June 24 <sup>th</sup>	6:30 - 8:30 pm
Wednesday July 29 <sup>th</sup>	6:30 - 8:30 pm
Wednesday August 26 <sup>th</sup>	6:30 - 8:30 pm
Wednesday September 23 <sup>rd</sup>	6:30 - 8:30 pm
Wednesday October 28 <sup>th</sup>	6:30 - 8:30 pm
Wednesday November 18 <sup>th</sup>	6:30 - 8:30 pm
Wednesday December 16 <sup>th</sup>	6:30 - 8:30 pm

EDITH trainings will be held at 1219 North Forest Rd. Williamsville,  
People Inc. Office

## FET Transitioning

Presented by Concetta Ferguson, Program Development

Is your family member on a waiting list or considering moving out to a residential program? Do you have many questions about what is involved, what needs to be considered and how it all works? This session will address your questions in a structured way about transitioning to a residence and services that will be provided. General topic areas and information regarding supports for your family member in health areas, benefits, recreation, transportation and many more will be addressed and given to you in a handbook style to take home with you.

### **Dates Offered:**

Saturday, July 11<sup>th</sup> 9:00 - 11:00 am  
Saturday, September 19<sup>th</sup> 9:00 - 11:00 am  
Saturday, November 14<sup>th</sup> 9:00 - 11:00 am

**Health and Wellness: An overview of exercise, nutrition, emotional well-being, and medical needs for parents of children with disabilities.**

Presented by the Rehabilitation Department of the Elmwood Health Center



This program will educate families about health risk factors, appropriate medical screenings, and other important issues pertaining to your child's disability. We will also discuss stress management, how to make healthy food choices, and the benefits of regular exercise. At the end of the session you will be ready to apply this information to address issues specific to your child.

**Dates Offered:**

Wednesday, September 16<sup>th</sup>                      6:00- 8:00 pm  
Wednesday, October 21<sup>st</sup>                      6:00 - 8:00 pm

Trainings will be held at The Elmwood Health Center located at 2128 Elmwood Ave.

**Let's Talk About Sex**

Presented by: Lizbeth J. Booth, PhD, A.C.S.W  
Associate Vice President of Individual & Family Services



Talking with your child about sexuality is never an easy conversation. This session will give you basic, concrete information and tools to start the conversation and to gather and provide important information.

**Dates offered:**

Wednesday, May 6<sup>th</sup>                      6:00 - 8:00 pm  
Wednesday, August 5<sup>th</sup>                      6:00 - 8:00 pm  
Wednesday, November 4<sup>th</sup>                      6:00 - 8:00 pm

**Getting the Most out of your Medicaid Service Coordinator**

Presented by: Lizbeth J. Booth, PhD, A.C.S.W  
Associate Vice President of Individual & Family Services

The MSC plays a very important role in accessing services. This session will help you develop skills to form a working relationship with your MSC with the goal of making your monthly meeting productive and meaningful. By using mapping tools and

monitoring techniques provided to you in this session, you will learn more about services available, the process for obtaining services and getting the most from all the services your child is receiving.

**Dates Offered:**

Wednesday, June 3<sup>rd</sup> 6:00 - 8:00 pm

Wednesday, October 7<sup>th</sup> 6:00 - 8:00 pm

Wednesday, December 2<sup>nd</sup> 6:00 - 8:00 pm

**THE FOLLOWING SESSIONS ARE BY APPOINTMENT ONLY - PLEASE CALL  
880-3700 TO SCHEDULE!**

**Self Advocacy**

Presented by: Self Advocates

As your children get older they may express a desire to have more control over their lives. Come learn about what self advocacy is and why it is important to individuals with disabilities. Self advocates will share stories about the positive impacts being involved with self advocacy has had on their lives. You will also learn ways that staff, family members and other concerned individuals can support self advocacy.

**Why does my child DO that?**

Presented by Mike Horn

As parents, we are always asking this question! Sometimes we see children act in certain ways that make us wonder, what has gotten into my kid? Parents of children with disabilities are no different-their kids face the same challenges as other children, and some that are posed by their disability. Whether it is difficulties with communicating or understanding what is being asked of them, impatience or confusion, frustration or sensory challenges, there are many causes for the challenging behaviors your child is showing you. The best help you can give them, and yourself, is making the effort to understand why. Why is the behavior happening? Then, as a family you can work on finding out how best to meet the child's needs, and your own.

## Do I really understand their Disability?

Presented by Sue Olexenko

One of the toughest questions facing parents of children with disabilities is...What does the disability really mean? The information available for understanding the causes, progression, and limitations of each disability is often vast, and constantly changing. Then in some cases, it is hard to find, and even harder to understand. The first step in addressing the challenges posed by these conditions is learning enough about the condition - to understand what the child is experiencing, be aware of what they need, and to be able to make informed choices about services. In this session, you will be introduced to current information on the disabilities your family is interested in learning about, including strategies for meeting the specific needs that such disabilities often present to children.

## Meeting your child's sensory needs as it relates to their behaviors!

Presented by Kevin Cronyn, BA/COTA

Is your child sensitive to touch? Will he/she only eat certain foods? Is your child over sensitive to smells, light or certain sounds? Does he/she cover up their heads or body as if to escape the environment? Does your child seek out certain gross motor activities such as jumping, spinning, or somersaulting? Come and find out, perhaps your son/daughter requires sensory input to help them calm, and make better sense of the world.

## Information on Residential Services for your Family Member

Presented by: Kimberly Kadziolka, Residential Department



1. It's never too early to start learning about residential programs. If a group home or supervised apartment may be in your future for your family member.
2. There are no stupid questions-of course you have questions about how things work, what you can expect and what we can do to help.



**Family Education and Training Series**

Offered by People Inc.

Return this form to: Family Education and Training  
People Inc. Northtown Business Center  
3131 Sheridan Drive  
Amherst, NY 14226

Sign me up for the following program(s):

Your Name/Address	Phone #	Service Coordinator/Agency	Child's Name	Session Name	Date

Are there any special concerns that you wish to have addressed at the session (s):
