

December 1, 2018

Dear Parent/Guardian,

Re: *Family Education & Training Series*

The *Family Education & Training Series (FET) 2019* is for families of children with developmental disabilities. These programs are provided through funding of the Home and Community Based Waiver schedule.

As defined by the Office for People with Developmental Disabilities (OPWDD), *Family Education & Training* may be provided to families of individuals up to 18 years old who are enrolled in the Home and Community Based Waiver Program. The purpose of FET 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. Additionally, FET will assist the family unit in understanding and nurturing their child with a developmental disability.

For families who are enrolled in the Home and Community Based Waiver and who have FET listed as a service, FET is funded through OPWDD and will provide up to 2 sessions per year. Each family is expected to attend at least one session per calendar year to remain enrolled in the Home and Community Based Waiver. If this is the only Waiver service received, it is imperative that you attend at least one session per year in order to maintain Medicaid funding. These classes must be chosen from the enclosed list. People Inc. cannot give credit for classes taken through other agencies.

Wondering how to register? Fill out the form attached at the end of the packet and mail it in FET, 3332 Walden Ave. Suite 100, Depew, NY 14043 or by email at FET@people-inc.org. If you need more information, contact your Care Coordinator or FET by phone at (716) 880-3867 or by email at FET@people-inc.org

Sincerely,

Lori Prelewicz

Overview of the Special Education Process

Presented by Elizabeth Assad-Penner
Educational Advocate

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

Dates offered:

Tuesday, April 23rd 5:00-7:00pm

This FET is also available by appointment for 1:1 session

FET Location: 3332 Walden Ave Suite 100, Depew, NY 14043

The Transition Process: What is the Plan for my Child After High School?

Presented by Elizabeth Assad-Penner
Educational Advocate

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

Dates offered:

Tuesday, February 19th 5:00-7:00pm
Tuesday, July 9th 5:00-7:00pm

This FET is also available by appointment for 1:1 session

FET Location: 3332 Walden Ave Suite 100, Depew, NY 14043

IEP Development and Parent Advocacy at the IEP Meeting

Presented by Elizabeth Assad-Penner
Educational Advocate

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

Dates offered:

Tuesday, August 13 th	5:00-7:00pm
Tuesday, December 10 th	5:00-7:00pm

This FET is also available by appointment for 1:1 session

FET Location: 3332 Walden Ave Suite 100, Depew, NY 14043

Environmental Modification and Adaptive Technology: The Process through the HCBSW

Presented by Randy Johnson
Project Manager

The Home and Community Based Waiver provides Environmental Modifications and Adaptive Technologies for individuals with developmental disabilities. This presentation will provide you with an overview of the process and provide a forum for questions to be addressed.

Dates offered:

Wednesday, July 31 st	10:00am-12:00pm
Wednesday, October 30 th	10:00am-12:00pm

FET Location: 3332 Walden Ave Suite 100, Depew, NY 14043

Financial/Benefits

Presented by Chris Parisi
CC Supervisor

An 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, an overview of Medicaid and Medicare programs will also be discussed. Questions will be solicited and addressed.

Dates offered:

Thursday, March 28 th	4:30-6:30pm
Thursday, May 30 th	4:30-6:30pm
Thursday, July 25 th	4:30-6:30pm
Thursday, September 26 th	4:30-6:30pm
Thursday, November 21 st	4:30-6:30pm

FET Location: 3332 Walden Ave Suite 100, Depew, NY 14043

Guardianship, Wills, and Trusts

Presented by Tracy Harrienger
General Counsel

This presentation is an overview of legal guardianship and the process, including the responsibilities a legal guardian has. A portion of the training will focus on Supplemental Needs Trust and details provided on how your loved one may benefit from the service. Questions will be solicited and addressed.

Dates offered:

Tuesday, January 8 th	3:00-5:00pm
Tuesday, February 12 th	3:00-5:00pm
Tuesday, April 9 th	3:00-5:00pm
Tuesday, May 14 th	3:00-5:00pm
Tuesday, June 11 th	3:00-5:00pm
Tuesday, July 9 th	3:00-5:00pm
Tuesday, August 13 th	3:00-5:00pm
Tuesday, September 10 th	3:00-5:00pm
Tuesday, October 8 th	3:00-5:00pm
Tuesday, November 12 th	3:00-5:00pm
Tuesday, December 10 th	3:00-5:00pm

FET Location: 1219 North Forest Road, Williamsville, NY 14221

Self-Directed Services

Presented by, Harpreet Saran-Rokicki
Program Director

This class will provide an introduction of Self-Directed Services. You will be given an overview of budgeting, learn a new model for service delivery, and discover a world in which you can self-direct your life or support those you love to a greater level of independence.

Dates offered:

Wednesday, January 30th	4:00-6:00pm
Wednesday, April 24 th	4:00-6:00pm
Wednesday, June 12 th	4:00-6:00pm
Wednesday, September 25 th	4:00-6:00pm

1:1 training available upon request

FET Location: 3332 Walden Ave. Suite 100 Depew, NY 14043

Dealing with Grief

Presented by Emily Sheehan
Behavior Intervention Specialist and Licensed Mental Health Counselor

This class will help families, parents and children understand the stages and process of dealing with grief. We will discuss concepts and examples of grief and how it can affect one's feelings, thoughts and behaviors.

Dates offered:

Thursday, April 18 th	5:00-7:00pm
Thursday, August 22 nd	5:00-7:00pm
Thursday, December 12 th	5:00-7:00pm

This FET is also available by appointment for 1:1 session

FET Location: 3332 Walden Ave. Suite 100 Depew, NY 14043

Building Self-Esteem in My Child

Presented by Emily Sheehan
Behavior Intervention Specialist and Licensed Mental Health Counselor

The way we feel about ourselves has a huge impact on how we think and act. Building someone's confidence and self-esteem can provide them with positive reinforcement that may last a lifetime! In this class concepts of self-esteem and confidence will be further explored. Additional topics and handouts will be provided covering concepts of irrational and misleading thoughts, conversation and social skills, giving and receiving respect and gaining attention in positive ways. Participants will leave with an increased knowledge on these topics as well as a "workbook" of information to take home to their child so they can begin building and improving their own self-esteem!

Dates offered:

Thursday, February 21 st	5:00-7:00pm
Thursday, June 20 th	5:00-7:00pm
Thursday, October 24 th	5:00-7:00pm

This FET is also available by appointment for 1:1 session

FET Location: 3332 Walden Ave. Suite 100 Depew, NY 14043

Work-Life Balance: It Is Possible

Presented by Kristen Obarka
Community Apartment Manager/Senior Community Supervisor

When you work, are a parent, and may even be a caregiver, life can be complicated. Trying to balance your life in a world that demands you to be connected 24/7 can be stressful. This workshop is meant to give you some tools and strategies to help you balance your responsibilities and still have some time for yourself. We will look at self-management, time management, stress management, change management, technology management, and leisure management as the 6 components that most directly affect work-life balance.

Dates offered:

First Monday of Every Month – 6:00pm to 8:00pm

FET Location: 105 Highland Ave. Tonawanda, NY 14150

“I Don’t Know What I Want To Be When I Grow Up”: Building a Career Path with Your Child

Presented by Megan Logan
Senior Employment Supervisor

This training will educate families on how to have ongoing conversations about career aspirations, building skills, identifying talents/desires and learning about what services are available post high school. There will be an overview of the following job related services: Community Pre Vocational, Supported Employment, ACCES-VR, Pathways to Employment and ETP.

Dates offered:

Thursday, February 7	4:00pm- 6:00pm
Thursday, May 2	4:00pm- 6:00pm
Thursday, August 1	4:00pm- 6:00pm
Thursday, November 7	4:00pm- 6:00pm

FET Location: 3332 Walden Ave, Suite 100, Depew, NY 14043

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The following sessions are available by appointment only:

Educational Advocacy

Presented by Elizabeth Assad-Penner
Educational Advocates

The Educational Advocate will define the role & process of the Committee for Special Education (CSE), implementation of Individual Education Plans (IEP), assessments, and the parent’s role as an advocate. Special concerns may also be addressed.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

Portfolios, Resumes, & Interviews: How to Prepare for Life After High School

Presented by Kristen Obarka
Community Apartment Manager/Senior Community Supervisor

This course will be helpful to those that have a high school student and want to start thinking about life after high school. This interactive course will focus on portfolios, resumes, and interviewing skills. During class you will learn about portfolios; why they are important and helpful, as well as what goes into one. Each part of the portfolio will be discussed and you will start to arrange the pieces of a potential portfolio for your student. Interviewing skills will be discussed and ways you can help prepare your student for interviews will be practiced through role play.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

Digital Immigrants vs. Digital Native: Build a Bridge to Communication

Presented by Kristen Obarka
Community Apartment Manager/Senior Community Supervisor

Does your child want to be on the computer or playing video games for hours on end? Do you call your child on their cellphone but they do not answer, however if you Snapchat or text they finally respond? Do you feel that because of technology your child's social interactions are significantly different from yours? Guess what? You are not alone.

It is not unusual to find parents that are struggling with communicating with their children. This struggle has grown in recent years with the increased use of technology. This increase in technology might be particularly challenging for parents as they are the Digital Immigrants. They were not born in to a digital world like their children (Digital Natives). Essentially the immigrants are in charge and sometimes the natives grow restless. However, there does not need to be struggle and conflict, when it comes to technology between the parents and kids. Instead, there can be rules and limits with communication and understanding. This workshop looks to give parents a way to bridge the immigrants/natives gap relating to technology by taking a look at this conflict from their child's perspective. This is achieved by opening up channels of communication but allowing for the immigrants to maintain the rules and boundaries needed in this world.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

An Overview of Care Coordination/Care Management

Presented by Lisa Volpe, CC
Kasey Gorman, Admissions Specialist
Maria McMorrow, Care Coordination Supervisor

The CC plays a very important role in accessing valuable services. This session will help you develop skills to form a working relationship with your CC with the goal of making your monthly meeting productive and meaningful. You will learn more about available services, the process for obtaining these services, and getting the most from the services your child will be receiving.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

My Child and Prader-Willi Syndrome

Presented by Gabrielle Landis
Behavioral Intervention Specialist

Prader-Willi Syndrome or (PWS) is a rare disorder present at birth that results in a number of physical, mental and behavioral problems. This class will discuss a brief overview of PWS, including behavioral methods to support the person diagnosed with Prader-Willi Syndrome. The trainer will work with your family to identify specific concerns regarding your child and develop individualized supports. Sessions will be held at a convenient time and location that will be arranged with the presenter.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

A Guided Process to Toileting Training

Presented by Ashley Washington
Behavior Intervention Specialist

In an effort to help parents with what can be seen as an overwhelming challenge, we have created a guided process to toileting training. We begin the process by observing the child and having the families complete a toileting questionnaire on the child's present level of toileting independence. Preparation of toilet training is a major key to success. Before toilet training begins, we will create together a charting system for the child's current toileting schedule and fluid intake. Families will then be provided with a personalized toileting guide that will walk them through the toileting process for their child.

Dates offered:

This class is offered by appointment only

FET Location: TBD

Overview of Dietary Choices

Presented by Melissa Pukalo
Dietetic Technician

The objective of this training is to create an informed approach to creatively feeding your child with a developmental disability. All parents, not just those of children with special needs, can be familiar with the stress and confusion associated with nourishing their child. Due to the strain this situation can create, parents are often tempted to give in to the demands of their child and poor eating habits are established. These issues may be further exacerbated when a child has difficulties with sensory processing, tactile defensiveness, allergies, intolerances, and other dietary restrictions. This training will prepare you with a baseline of knowledge to navigate all of your options, some creative approaches to trying new things, and recipes that you may like to try with your own child.

Dates offered:

This class is offered by appointment only
This FET is also available by appointment for 1:1 session

FET Location: 280 Spindrift Drive, Williamsville, NY 14221

Operation EDITH

Presented by Thomas Ess
AVP/Emergency Preparedness Coordinator

“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 have helped to reduce the number of lives lost to fire in recent years.

Dates offered:

This class is offered by appointment only.

FET Location: TBD

Family Education & Training Registration Form

Please return this form to: FET Coordinator or: FET@people-inc.org
3332 Walden Ave. Suite 100
Depew, NY 14043

Remember you must attend at least one session per year.

Please sign me up for the following training(s):

Training Session	Date of Session

Your Name	Address	Telephone/Email Address	Care Coordinator	Child's Name