



Where your world opens up.

Dear Parent/Guardian,

Re: *Family Education & Training Series*

The *Family Education & Training Series (FET) 2020* 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. 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, 1860 Buffalo Road Rochester NY 14624 or by email at [FET@people-inc.org](mailto:FET@people-inc.org).

If there is a FET topic which you would like to see covered, please let us know! We are always interested in new ideas and topics.

Sincerely,

*Brittany Richards*

---

Rochester Office 1860 Buffalo Road Rochester NY 14624 Phone 585.441.9300 Fax 585.441.9399

Rhonda Frederick President and CEO

people-inc.org

Lynne R. Frank Chairperson, Board of Directors



Where your world opens up.

## Family Education and Training Referral (FET)

Thank you for your interest in People, Inc.'s Family Education and Training (FET). In order to continue the referral process, please forward the information outlined below (*in addition to the Application Form & Registration Form*) to us at 1860 Buffalo Road Rochester NY 14622 or email to [FET@people-inc.org](mailto:FET@people-inc.org):

- Copy of DDRO Service Authorization for FET
- PDF individual tabs inquiry from CHOICES
- Life Plan/Addendum requesting FET, effective (cannot be prior to authorization)
- Signed Notice of Privacy Practices/Acknowledgement of Receipt of Notice and Consent to Use and Disclose Protected Health Information (enclosed)
- Signed General Rights and Responsibilities and Notice of Right to Object (enclosed)
- LCED (with DDRO signature, if there is a waiver service)
- *OPWDD Eligibility letter*
- Notice of Decision

Upon receipt of the above information, the DDP1 will be submitted to CHOICES for enrollment into FET. You will be notified once approval for the service has been received. Should you have any questions or concerns, please call 585.441.9300 or email [FET@people-inc.org](mailto:FET@people-inc.org).

Sincerely,

Brittany Richards

Children's Services & Admissions Supervisor

---

Rochester Office 1860 Buffalo Road Rochester NY 14624 Phone 585.441.9300 Fax 585.441.9399

Rhonda Frederick President and CEO

[people-inc.org](http://people-inc.org)

Lynne R. Frank Chairperson, Board of Directors



# People Inc

## A Guided Process to Toileting Training

Presented by Mary Leach  
Behavior Intervention Specialist-Assessment

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:

Wednesday May 20, 2020 5:00-7:00pm  
Wednesday August 19, 2020 5:00-7:00pm  
Wednesday October 14, 2020 5:00-7:00pm

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

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

## Understanding My Diagnosis: Autism Spectrum Disorder

Presented by Mary Leach  
Behavior Intervention Specialist-Assessment

This training discusses what Autism Spectrum Disorder is. We will review the behaviors that may be observed by families in relation to an ASD diagnosis. We discuss what they may look like and what strategies may help the family to decrease the behaviors. We also discuss the need for data collection, functional analysis and in some cases behavior plans to be implemented in the home. This training is tailored to families who may have just received an ASD diagnosis and would like to learn more about what to expect.

### Dates Offered:

Wednesday June 3, 2020 5:00-7:00pm  
Tuesday September 15, 2020 5:00-7:00pm  
Tuesday November 3, 2020 5:00-7:00pm

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

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

---

Rochester Office 1860 Buffalo Road Rochester NY 14624 Phone 585.441.9300 Fax 585.441.9399

Rhonda Frederick President and CEO

people-inc.org

Lynne R. Frank Chairperson, Board of Directors



# People Inc

Where your world opens up.

## Understanding Positive Reinforcement

Presented by Amber Sarubbi  
Behavior Intervention Specialist-Assessment

This training discusses how to focus on what your child is doing right rather than concentrating on what your child is doing wrong. We discuss strategies to help increase the likelihood that the behaviors you want to continue to see will be repeated. Positive strategies to help support your child through enthusiasm, labeled praise and encouragement and rewards systems are discussed.

### Dates Offered:

<i>Tuesday January 14, 2020</i>	5:00-7:00pm
<i>Tuesday March 10, 2020</i>	5:00-7:00pm
<i>Tuesday May 12 2020</i>	5:00-7:00pm
<i>Tuesday July 21, 2020</i>	5:00-7:00pm
<i>Tuesday September 15<sup>th</sup>, 2020</i>	5:00-7:00pm
<i>Tuesday November 17<sup>th</sup> 2020</i>	5:00-7:00pm

This FET is also available by appointment for 1:1 session (which can be done in your home)

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**



PeopleInc

Where your world opens up.

## Stress and Burnout: Helping Families Make Time for Themselves

Presented by Amber Sarubbi  
Behavior Intervention Specialist-Assessment

Caring for an individual with a disability is stressful. This training is intended to educate caregivers on the effects of stress, how this can lead to burnout, and the risks of ignoring stress and burnout. We will work together to identify triggers of stress in their lives, and create a personal plan for coping with stress to prevent burnout.

### Dates Offered:

<i>Tuesday February 11, 2020</i>	5:00-7:00pm
<i>Tuesday April 14, 2020</i>	5:00-7:00pm
<i>Tuesday June 9<sup>th</sup>, 2020</i>	5:00-7:00pm
<i>Tuesday August 11th, 2020</i>	5:00-7:00pm
<i>Tuesday October 13th, 2020</i>	5:00-7:00pm
<i>Tuesday December 8th 2020</i>	5:00-7:00pm

This FET is also available by appointment for 1:1 session (which can be done in your home)

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

---

**Rochester Office** 1860 Buffalo Road Rochester NY 14624 **Phone** 585.441.9300 **Fax** 585.441.9399

**Rhonda Frederick** President and CEO

people-inc.org

**Lynne R. Frank** Chairperson, Board of Directors



Where your world opens up.

## Sign Language Basics: Communicating with your child

Presented by Jeannine Adydan  
Senior Community Supervisor

Learn the basic American Sign Language skills to communicate with children. Can be individualized to meet the needs of the attendees; bring your questions!

**Dates offered:**

*Thursday June 25<sup>th</sup> 2020, 5pm-7pm*  
*Thursday October 8<sup>th</sup> 2020, 5pm-7pm*

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

## Making a Safety Plan

Presented by Carol Miller  
Residential Director

This includes a training on preparing an emergency contact list, an emergency bag (medication supply, sensory items, clothes and diapers) and obtaining items such as smoke detectors, CO2 detectors and medical alert bracelets.

**Dates offered:**

*This class is offered by appointment only.*

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

---

**Rochester Office** 1860 Buffalo Road Rochester NY 14624 **Phone** 585.441.9300 **Fax** 585.441.9399

**Rhonda Frederick** President and CEO

people-inc.org

**Lynne R. Frank** Chairperson, Board of Directors



# People Inc

Where your world opens up.

## Traveling for medical appointments

Presented by Carol Miller  
Residential Director

Learn about getting a second opinion, what to bring, lodging options, reimbursement programs, insurance preauthorization's, and navigating the MAS process.

**Dates offered:**

*This class is offered by appointment only.*

**FET Location: 1860 Buffalo Road Rochester NY 14624-Training Room**

## Family Education & Training Registration Form

Please return this form to: FET Coordinator      OR      [FET@people-inc.org](mailto:FET@people-inc.org)  
1860 Buffalo Road  
Rochester NY 14624

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

.....  
**Rochester Office** 1860 Buffalo Road Rochester NY 14624 **Phone** 585.441.9300 **Fax** 585.441.9399  
.....

**Rhonda Frederick** President and CEO

people-inc.org

**Lynne R. Frank** Chairperson, Board of Directors