



February 1, 2022

Re: People Inc. Training Session

Dear Parent/Guardian and Care Coordinators,

People Inc. is excited to announce new options for training. People Inc. has expanded the People Inc. Training Program to families and advocates who are living with a person with a developmental disability. These training sessions are to support families through the important transitions in they and their children's lives. These funds are also available to those not enrolled in the Home and Community Based Services Waiver (HCBS). In order to continue in this Training, please note they will need to enroll in a Family Support Program through People Inc. For those receiving self-direction services, the plan must incorporate the nominal cost.

Most of the trainings listed are concurrently available through the Family Education and Training (FET) program but now we have expanded the eligibility for people to attend these trainings. Currently some of these trainings are unique to this Family Support Services grant that provides us with the opportunity to support those families whose children are reaching young adulthood, as well as providing some training directly to the people seeking services. An added advantage to participate in this training program is that in 1:1 training we can provide not only training over a longer duration when required but also break down the training to smaller segments, if needed.

Wondering how to enroll? Your Care Coordinator will need to submit a brief application to Admissions at People Inc. with demographic information. The admissions staff will assist you to enroll in this program.

Wondering how to register? Fill out the form attached at the end of this packet (page 11) and mail it in to: FET Coordinator, 280 Spindrift Drive, Williamsville NY 14221, or by email (preferred) to: FET@people-inc.org.

If you need more information, contact your Care Coordinator or FET by email at FET@people-inc.org or call: WNY 716.880.3751/Greater Rochester region 585.441.9300.

Sincerely,

Linda Rinaldo
Director of Admissions

2022 SCHEDULE – All classes offered virtually

Building a Career Path with your Child: Discovery of Career Services

Presented by Megan Logan, Senior Employment Supervisor

Recommended for caregivers for family members age 14 or older.

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, January 13	4:00-6:00 p.m.
Thursday, March 10	4:00-6:00 p.m.
Thursday, May 12	4:00-6:00 p.m.
Thursday, July 14	4:00-6:00 p.m.
Thursday, September 8	4:00-6:00 p.m.
Thursday, November 10	4:00-6:00 p.m.

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

Caregiver Stress and Burnout: Helping Caregivers Take Care of Themselves

Presented by Amber Sarubbi, Behavior Intervention Specialist-Assessment

Recommended for caregivers for family members of all ages.

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

Dates offered:

Wednesday, February 23	5:00-7:00 p.m.
Thursday, May 5	9:00-11:00 a.m.
Tuesday, August 9	5:00-7:00 p.m.
Wednesday, November 9	5:00-7:00 p.m.

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

In person available only in Rochester area

Encouraging Independence in my Child

Presented by Kristen Staats, Senior Community Supervisor and mother of a son learning to be independent

Recommended for caregivers for family members of all ages but especially teenagers and young adults

This training will help families embrace an able mindset by identifying ways to foster growth and confidence. Preparing your child/teen for their own future as an adult who can reside as independently as possible

is something that can be fostered at any age. By defining long term goals, identifying current skillsets, providing the structure, related tasks and methods to track progress you can creatively build a plan to provide these supports either by yourself, or utilizing family members and trusted peers. The goal is to meet each person where they are and help them utilize their own strengths to build up their ability for a future of “I can do this!”

Dates offered:

Thursday, March 24	6:00-8:00 p.m.
Thursday, June 23	6:00-8:00 p.m.
Thursday, September 22	6:00-8:00 p.m.
Thursday, December 8	6:00-8:00 p.m.

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

Environmental Modification and Adaptive Technology: The Process through the HCBSW

Presented by Casey J. Moore, Project Manager

Recommended for caregivers for family members of all ages.

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:

Thursday, March 10	5:00-7:00 p.m.
Tuesday, June 21	1:00-3:00 p.m.
Thursday, September 22	5:00-7:00 p.m.
Thursday, November 10	2:00-4:00 p.m.

Financial Benefits for Persons with DD in NYS

Presented by Terri Szuflita, Director of Member Benefits and Shannon Ryndak, Rep Payee Benefits Manager

Recommended for caregivers for family members of all ages but especially approaching age 17 or over.

An overview of SSI and Social Security Disability Benefits and how and when to apply for them. Discussion of income and resources, what it means to be a Representative Payee and overpayments. Also an overview of SNTs and ABLE accounts. We will also discuss Medicaid and Medicare programs. (see one on one sessions for more person centered discussions).

Dates offered:

Thursday, January 20	4:00-6:00 p.m.
Tuesday, March 15	4:00-6:00 p.m.
Thursday, May 19	4:00-6:00 p.m.
Tuesday, July 19	4:00-6:00 p.m.
Thursday, September 15	4:00-6:00 p.m.
Tuesday, November 15	4:00-6:00 p.m.

Guardianship, Wills, and Trusts

Presented by Tracy Harrienger, General Counsel or Tracey Kosmoski, Para-Legal, People Inc.
Recommended for caregivers for family members of all ages.

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. Training available both virtually and in person.

Dates offered:

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

Other dates available by appointment for 1:1 session

Housing Options

Presented by Amy Ferraro, Senior Community Supervisor
Recommended for caregivers of family members that are 17 or older

This training will discuss different housing options for people to live. We will discuss a wide array of options available once the person is ready to leave the parent's home. There will be examples of all the different possibilities and this training will explore in depth each option.

Dates offered:

Tuesday, February 8	4:00-6:00 p.m.
Tuesday, April 12	4:00-6:00 p.m.
Thursday, June 9	4:00-6:00 p.m.
Thursday, September 15	4:00-6:00 p.m.

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

IEP Development and Parent Advocacy at the IEP Meeting

Presented by Elizabeth Assad-Penner, Educational Advocate
Recommended for caregivers for family members that are school age.

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

Dates offered:

Monday, February 28	5:00-7:00 p.m.
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Monday, April 4 5:00-7:00 p.m.

Monday, October 24 5:00-7:00 p.m.

This FET is available by appointment for 1:1 session; training can be either in person or virtual

I want to Get a Paying Job but I Don't Know What to Expect

Presented by Megan Logan, Senior Employment Supervisor

Recommended for family members age 14 or older.

This course is designed for the person receiving services. The focus will be on motivational speeches. Throughout this course there will be clips of inspiring motivational speeches Meant to uplift inspire and reframe your thought patterns. This course can be interactive or allowed for follow along. Sometimes a little motivational speech can reframe your week and set you up for success. Discourse will close with discussion about implementing self-care as it relates to motivation.

Dates offered:

Tuesday, May 17 4:00-6:00 p.m.

Tuesday, July 18 4:00-6:00 p.m.

Tuesday, October 19 4:00-6:00 p.m.

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

Making a Safety Plan

Presented by Carol Miller, Residential Director

Recommended for caregivers for family members of all ages.

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:

Tuesday, March 22 3:00-5:00 p.m.

Thursday, June 23 3:00-5:00 p.m.

Friday, October 21 3:00-5:00 p.m.

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

Making Decisions Together: Looking at Supported Decision Making

Presented by Richard Banner, Director of Advocacy and Person Centered Practice

Recommended for caregivers for family members as they are aging out of school

In this training we will discuss what Supported Decision Making is. We will examine together how this person-centered approach can be used as a tool to enhance or even be an alternative to guardianship. Sample forms and examples of Supported Decision Making in practice will be provided.

Dates offered:

Tuesday, July 19 6:00-8:00p

Monday, December 5 6:00-8:00p

Motivational Speeches for Life and Success: Embrace You

Presented by Megan Logan, Senior Employment Supervisor
Recommended for caregivers and family members age 14 or older.

This course is designed for the person receiving services. The focus will be on motivational speeches. Throughout this course there will be clips of inspiring motivational speeches Meant to uplift inspire and reframe your thought patterns. This course can be interactive or allowed for follow along. Sometimes a little motivational speech can reframe your week and set you up for success. Discourse will close with discussion about implementing self-care as it relates to motivation.

Dates offered:

Tuesday, April 5	4:00-6:00 p.m.
Tuesday, August 2	4:00-6:00 p.m.
Tuesday, November 1	4:00-6:00 p.m.

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

Overview of the Special Education Process

Presented by Elizabeth Assad-Penner, Educational Advocate
Recommended for caregivers for family members of school age students.

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.

Date offered:

Monday, January 24	5:00-7:00 p.m.
Monday, March 7	5:00-7:00 p.m.

This FET is available by appointment for 1:1 session; training can be either in person or virtual

Practical Person-Centered Training with your Teen and Young Adult

Presented by Richard Banner, Director of Advocacy and Person Centered Practice
Recommended for caregivers for family members who are teenagers and young adults

In this training we will discuss practical tools that you can use with young adult to examine strengths and challenges that they currently have and then begin building on those strengths to help them create a person-centered future for themselves while also developing a circle of support.

Dates offered:

Thursday, April 21	6:30-8:30 p.m.
Thursday, July 21	6:30-8:30 p.m.
Tuesday, October 4	6:00-8:00 p.m.
Saturday, November 5	10:00 a.m.-12:00 p.m.

Self-Care for the Caregiver, 2nd Edition

Presented by Megan Logan, Senior Employment Supervisor
Recommended for caregivers for family members of all ages.

Caregiving can be physically, emotionally and spiritually exhausting. Whether you are in the profession of caregiving or taking care of a loved one, it is important to remember to practice self-care. For family members, caregiving can carry other stressors such as: financial strain, family conflict, and social withdrawal. Over time, caregiver stress can lead to burnout. Burnout can be manifested as irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation. This training is offered to parents and caregivers to develop healthy coping skills and an active self-care plan.

Dates offered:

Thursday, February 3	4:00-6:00 p.m.
Thursday, April 7	4:00-6:00 p.m.
Thursday, June 9	4:00-6:00 p.m.
Thursday, August 4	4:00-6:00 p.m.
Thursday, October 6	4:00-6:00 p.m.
Thursday, December 1	4:00-6:00 p.m.

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

Self-Advocacy – Helping your Child Find their Voice

Presented by Richard Banner, Director of Advocacy and Person Centered Practice
Recommended for caregivers for family members of all ages.

In this training we will discuss ways to channel your child's voice into constructively advocating their choices as they enter adulthood. We will talk about goal setting, asking for support in school, and begin the journey of advocating for their services as they continue to age.

Dates offered:

Thursday, March 31	6:00-8:00 p.m.
Thursday, June 16	4:00-6:00 p.m.
Saturday, September 17	10:00 a.m.-12:00 p.m.
Tuesday, November 29	6:30-8:30 p.m.

Self-Directed Services

Presented by Harpreet Saran-Rokicki, Program Director
Recommended for caregivers for family members of all ages.

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:

Thursday, January 27	5:30-7:30 p.m.
Thursday, April 28	5:30-7:30 p.m.

Thursday, September 29

5:30-7:30 p.m.

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

Presented by Elizabeth Assad-Penner, Educational Advocate

Recommended for caregivers for family members of teens and young adults

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:	Classes offered virtually	
	Monday, February 28	5:00-7:00 p.m.
	Monday, May 9	5:00-7:00 p.m.
	Monday, July 25	5:00-7:00 p.m.
	Monday, December 12	5:00-7:00 p.m.

This FET is available by appointment for 1:1 session; training can be either in person or virtual

Traveling for Medical Appointments

Presented by Carol Miller, Residential Director

Recommended for caregivers for family members of all ages.

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

Dates offered:	Friday, April 29	3:00-5:00 p.m.
	Thursday, August 18	3:00-5:00 p.m.
	Tuesday, December 6	3:00-5:00 p.m.

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

Understanding Positive Reinforcement

Presented by Amber Sarubbi, Behavior Intervention Specialist-Assessment

Recommended for caregivers for family members of all ages.

This training discusses how to use positive parenting approaches to increase desired behaviors and decrease challenging behaviors. You'll learn how to support your child through the use of different types of reinforcement including enthusiasm, labeled praise, encouragement and systems for providing tangible rewards. We will discuss how to choose a reinforce/reward that works and when to provide it to your child so it is most effective.

Dates offered:	Tuesday, January 25	5:00-7:00 p.m.
	Thursday, April 7	9:00-11:00 a.m.
	Wednesday, July 13	5:00-7:00 p.m.
	Thursday, October 20	5:00-7:00 p.m.

This FET is also available by appointment for 1:1 session
In person available only in Rochester area

The following sessions are available by appointment only:

Email your interest in one of these classes listed below to FET@people-inc.org, and we will reach out to the instructor to follow up with you to schedule. They are available virtually but some may be scheduled in person. Please note, that the individual trainings will be arranged based on needs of the family/caregiver needs, as well as the ability of the instructors to provide the training based on their own schedules.

Deaf Culture & Language This class is offered by appointment only
Presented by David Wantuck, Community Relations Coordinator, Deaf Access Service
Recommended for caregivers for family members of all ages.

Learn more about Deaf culture, Deafness, and American Sign Language (ASL). In addition to beginning to understand the Deaf experience, you will also see how the use of ASL, a visual language, can benefit people from all different backgrounds including hearing, non-verbal, and young children.

Dealing with Grief This class is offered by appointment only
Presented by Ashley Keagle, Director of Life Transitions and Mercy Doula Program
Recommended for caregivers for family members of all ages.

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.

Dealing with your Family Member's Financial Situation
Presented by Terri Szuflita, Director of Member Benefits and Shannon Ryndak, Rep Payee Benefits Manager
Recommended for caregivers for family members of all ages but especially approaching age 17 or over.

These trainers are available to assist families with their questions on Social Security, asset management (to maintain social security and Medicaid) and what it means to be a Representative Payee. They can also provide financial counseling to families when their loved one is moving out of their family's home and into the community or group home.

Educational Advocacy This class is offered by appointment only; offered both in person and virtually
Presented by Elizabeth Assad-Penner, Educational Advocate
Recommended for caregivers for family members of school age children

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.

My Child and Prader-Willi Syndrome This class is offered by appointment and virtually only
Presented by Gabrielle Landis, Behavioral Intervention Specialist
Recommended for caregivers for family members of all ages with prader-willi syndrome.

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.

Operation EDITH This class is offered by appointment only
Presented by Thomas Ess, VP/Emergency Management Safety and Security
Recommended for caregivers for family members of all ages.

“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.

An Overview of Care Coordination/Care Management This class is offered by appointment only
Presented by Maria McMorrow, Care Coordination Supervisor
Recommended for caregivers for family members of all ages.

The Care Coordinator (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.

Overview of Dietary Choices This class is offered by appointment only
Presented by Melissa Pukalo, Dietetic Technician
Recommended for caregivers for family members of all ages.

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 and tips to trying new things, that you may like to try with your own child.

Transitional Planning for Youth This class is offered by appointment only
Presented by David Wantuck, Community Relations Coordinator, Deaf Access Service
Recommended for caregivers for family members of transitioning students who are deaf or hard of hearing.

With the ADA as guidance, along with local and State laws, we will explore resources available to youth in a transitional phase of their lives whether it be from school to work, or high school to post-secondary education. We will also look at individual rights under the ADA and touch on self-advocacy skills for the Deaf and hard of hearing with regards to communication access.

Trauma Sensitive Schools: How can schools implement a Trauma Sensitive Approach with your child? This class is offered by appointment; offered both in person or virtual
Presented by Elizabeth Assad-Penner, Educational Advocates
Recommended for caregivers for family members of school age children

Has your child experienced an ACE (adverse childhood experience) or other traumatic event? Is the school struggling to work effectively with your child? This training will explore tools, strategies, and curriculums that school staff can use to help your child in the school setting.



Training through FSS Parent Aid Registration Form

Please return this form to: FET Coordinator
 280 Spindrift Drive
 Williamsville, NY 14221

or: FET@people-inc.org (preferred)

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 Number & Email Address	Care Coordinator	Child's Name