

Family Education & Training Resource Series



PeopleInc

Where your world opens up.

Dear Parent/Guardian and Care Coordinator,

Welcome to People Inc!

The Family Education & Training Series (FET) 2024 is now available for families of children with intellectual/developmental disabilities.

These training courses are now available primarily through virtual communication, but some instructors may be available for in-person one-on one-sessions. That may change at any time and we will communicate with you accordingly.

As defined by the Office for People with Developmental Disabilities (OPWDD), Family Education & Training may be provided to families of people up to 18 years old who are enrolled in the Home and Community-Based Waiver Program.

The purpose of FET is to:

- Assist the family unit with understanding and nurturing their child with a developmental disability.
- Enhance the decision-making capacity of the family unit,
- Provide orientation regarding the nature and impact of developmental disabilities upon the person and their family,
- Inform them about service alternatives.

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 two sessions per year. If this is the only Waiver service received, it is imperative that you attend at least one session per year 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?

- Complete the attached form at the end of this packet (page 11) and mail it in to: FET Coordinator, 280 Spindrift Drive, Williamsville NY 14221 OR
- Email (preferred) to: FET@people-inc.org
You can also call 716.880.3867 to register by phone

If you need more information regarding FET, please contact your Care Coordinator or the People Inc. FET program by email at FET@people-inc.org or by phone 716.880.3867.

****PLEASE NOTE: For those families who are interested in these trainings but have kids who have aged out of FET (over 18) or who are not enrolled in FET, alternate eligibility and funding may be available through a Family Support Services Program through People Inc. Please call 716.880.3702 for more information.**

2024 SCHEDULE

Check out upcoming training dates and times in the below chart. Descriptions of the sessions can be found on the following pages.

Program		Time
JANUARY		
Thurs, Jan 11	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Tues, Jan 16	Financial Benefits for Persons with DD in NYS	4pm-6pm
FEBRUARY		
Thurs, Feb 8	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
Thurs, Feb 22	Self-Directed Services	5:30pm-7:30pm
MARCH		
Thurs, Mar 7	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Thurs, Mar 7	Environmental Modifications and Adaptive Technology: the process through the HCBSW	2pm-4pm
Thurs, Mar 7	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
Wed, Mar 20	Overview of Special Education Process	5pm-7pm
Thurs, Mar 21	Financial Benefits for Persons with DD in NYS	4pm-6pm
APRIL		
Mon, April 22	The Transition Process: What is the Plan for My Child after High School	5pm-7pm
Thurs, April 25	Self-Directed Services	5:30pm-7:30pm
MAY		
Thurs, May 9	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Thurs, May 9	Environmental Modifications and Adaptive Technology: the process through the HCBSW	1pm-3pm
Tues, May 21	Financial Benefits for Persons with DD in NYS	4pm-6pm
Wed, May 22	Educational Advocacy	5pm-7pm
JUNE		
Thurs, June 6	Housing Options	4pm-6pm
Thurs, June 6	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
JULY		
Thurs, July 11	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Wed, July 31	IEP Development and Parent Advocacy at the IEP Meeting	5pm-7pm
AUGUST		
Thurs, Aug 1	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
Thurs, Aug 8	Environmental Modifications and Adaptive Technology: the process through the HCBSW	5pm-7pm
Wed, Aug 21	Overview of Special Education Process	5pm-7pm

Program		Time
SEPTEMBER		
Thurs, Sept 12	Housing Options	4pm-6pm
Wed, Sept 18	The Transition Process: What is the Plan for My Child after High School	5pm-7pm
Thurs, Sept 19	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Thurs, Sept 19	Financial Benefits for Persons with DD in NYS	4pm-6pm
Thurs, Sept 26	Self-Directed Services	5:30pm-7:30pm
OCTOBER		
Thurs, Oct 3	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
NOVEMBER		
Thurs, Nov 14	Building a Career Path with your Child: Discovery of Career Services	4pm-6pm
Wed, Nov 14	Environmental Modifications and Adaptive Technology: the process through the HCBSW	2pm-4pm
Tues, Nov 19	Financial Benefits for Persons with DD in NYS	4pm-6pm
Wed, Nov 27	Educational Advocacy	5pm-7pm
DECEMBER		
Thurs, Dec 5	Self-Care for the Caregiver, 2nd Edition	4pm-6pm
Thurs, Dec 5	Self-Directed Services	5:30pm-7:30pm
Tues, Dec 10	The Transition Process: What is the Plan for My Child after High School	5pm-7pm
DATES OFFERED	Instructor will contact participant to discuss FET dates, times and location	
	Advocacy – Learning to Speak Up	
	Practical Person-Centered Planning for the Family	
DATES OFFERED	Sessions are available by appointment only	
	Deaf Culture and Language	
	Dealing with Grief	
	Operation EDITH	
	An Overview of Care Coordination/Care Management	
	Overview of Dietary Choices	
	Transitional Planning for the Youth (Deaf/Hard of Hearing)	
DATES OFFERED	Sessions are available virtually only	
	Caregiver Stress and Burnout	
	Understanding Positive Reinforcement	

2024 TRAINING SESSIONS

All classes offered virtually unless noted

Advocacy – Learning how to speak up!

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

In this training, we will discuss ways to help your family member channel their voice into constructively advocating as we move through different stages in life. We will talk about goal setting, asking for support in school or work, and begin the journey of advocating for services.

The instructor will contact the participant to discuss FET dates, times, and location.

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

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.

This training is also available by appointment for 1:1 session.

Caregiver Stress and Burnout: Helping Caregivers Take Care of Themselves

Presented by Shannon Bianco, Director of Behavioral Health Specialty Services/or Assigned Behavioral Specialist

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 along with the instructor to identify triggers of stress and create a personal plan for coping with stress to prevent burnout.

This training is also available by appointment for 1:1 session. Offered virtually only.

Educational Advocacy

Presented by Elizabeth Assad-Penner, Director of the Family Advocacy Training and Support Program

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.

This training is also available by appointment for 1:1 session. Training can be either in person or virtual.

Environmental Modification and Adaptive Technology: The Process through the HCBSW

Presented by Casey J. Moore, 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.

This training is also available by appointment for 1:1 session. Training can be either in person or virtual.

Financial Benefits for Persons with Developmental Disabilities in NYS

Presented by Terri Szuflika, Director of Member Benefits & Eligibility and Shannon Ryndak, Member Benefit & Eligibility Coordinator

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.

Other training dates available by appointment for 1:1 session.

Housing Options

Presented by Amy Ferraro, Senior Community Supervisor

This training will provide information on different housing options. We will discuss a wide array of options available once the person is ready to leave their parent's home and will explore each option in depth.

This training is also available by appointment for 1:1 session.

IEP Development and Parent Advocacy at the IEP Meeting

Presented by Elizabeth Assad-Penner, Director of the Family Advocacy Training and Support Program

The IEP meeting can be an overwhelming experience. Learn about the components of the IEP so you can be a meaningful participant at your child's CSE or CPSE meeting.

This training is also available by appointment for 1:1 session. Training can be either in person or virtual.

Overview of the Special Education Process

Presented by Elizabeth Assad-Penner, Director of the Family Advocacy Training and Support Program

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.

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

Practical Person-Centered Planning for the Family

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

In this training we will discuss practical tools and resources that you can use with family members to examine strengths and challenges to help create a person-centered future while also developing a circle of support.

The instructor will contact the participant to discuss FET dates, times, and location.

Self-Care for the Caregiver, 2nd Edition

Presented by Megan Logan, Senior Employment Supervisor

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.

This training is also available by appointment for 1:1 session.

Self-Directed Services

Presented by Jessica Milano, Program Director and/or Kristen Pocobello, Support Broker

This class will provide an introduction to 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.

This training is available by appointment for 1:1 session.

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

Presented by Elizabeth Assad-Penner, Director of the Family Advocacy Training and Support Program

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. Discussion regarding planning for the transitions and service/programming options that may be available.

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

Trauma Sensitive Schools: How can schools implement a Trauma Sensitive Approach with your child?

Presented by Elizabeth Assad-Penner, Director of the Family Advocacy Training and Support Program

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.

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

Understanding Positive Reinforcement

Shannon Bianco, Director of Behavioral Health Specialty Services/or Assigned Behavioral Specialist

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 reinforcement/reward that works and when to provide it to your child so it is most effective.

This FET is also available by appointment for 1:1 session. Offered virtually only.

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 family/caregiver needs, as well as the ability of the instructors to provide the training based on their own schedules.

Deaf Culture & Language

Presented by David Wantuck, Community Relations Coordinator, Deaf Access Services

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

Presented by Ashley Keagle, Director of Life Transitions and Mercy Doula Program

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.

Operation EDITH

Presented by Thomas Ess, VP/Emergency Management Safety and Security

"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

Presented by Maria McMorrow, Care Coordination Supervisor

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

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

NEW Transitional Planning for Youth (Deaf/Hard of Hearing)

Presented by David Wantuck, Community Relations Coordinator, Deaf Access Services

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.



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Family Education & Training Registration Form

Please return this form to:
FET@people-inc.org (preferred)

OR:
FET Coordinator
Spindrift Drive, Williamsville, NY 14221

Remember you must attend at least one session per year.

Please sign me up for the following trainings:

Training Session:	Date of Session:

Your Name: _____

Address: _____

Telephone Number: _____ Email Address: _____

Care Coordinator: _____

Child's Name: _____



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Learn More



Western New York

1219 North Forest Rd
Williamsville, NY 14221
Phone 716.817.7400
Fax 716.634.3889

Rochester

1860 Buffalo Road
Rochester, NY 14624
Phone 585.441.9300
Fax 585.441.9399