

Family Workshop



Fall 2018 September - December Series

The St. Louis Arc Family Workshop Series is designed to provide in-depth information on topics related to supporting family members with intellectual and developmental disabilities.

Workshops are **free, open to everyone**, and take place at the St. Louis Arc Centene Family Center located at 1177 North Warson Road, St. Louis, MO 63132 unless otherwise noted. **Childcare and respite care are not provided unless specifically noted in the workshop description.**

ADVANCE REGISTRATION IS REQUIRED AND WORKSHOPS WITH TOO FEW RSVP'S WILL BE CANCELLED. To register, please email Brianne Smith at bsmith@slarc.org or call 314-817-2216. Any workshop cancellations will be posted to the St. Louis Arc's Facebook page.

Children - Central West End

Wednesday
November 28
4:30 - 6:00 p.m.

Positive Parenting Interventions and Supports

Join us for this positive approach to meeting the challenges of everyday life. Learn new ways to set up the many environments of your child's life for success! We invite you to consider changes that will increase your child's success and decrease your own frustration. We'll discuss effective ways of setting limits and creating manageable household rules that will lead to building positive interactions and loving relationships within your family. This workshop will include time for specific questions and brainstorming within the audience.

Presenters:

Claudia Orf, *Speech and Language Therapist, Credentialed Behavior Staff, Belle Children's Services of the St. Louis Arc*
Jennifer Stevens, *M. ED, Applied Behavior Analysis Implementor, Credentialed Behavior Staff, Belle Children's Services of the St. Louis Arc*

This workshop will be held at:

Childgarden Early Childhood Center in the Central West End
4150 Laclede Avenue, St. Louis, MO 63108.

Childcare is available for this workshop only. An RSVP for childcare is required by November 21.

Children and Young Adults

Tuesday
October 16
6:30 - 8:30 p.m.

Nutrition and Weight Management: Staying Healthy in a World of Food

This workshop will present information which will assist in managing healthy food choices, portion sizes, and over-eating in children and young adults. Learn specific strategies for managing intake and how to move forward to a healthier body weight.

Presenter: Barb Linneman, *MS, RD, LD, Owner of Pediatric Education Dietitian Services, Inc., Specializing in Nutrition for Children with Special Needs, Certified in Pediatric Weight Management*

Benefits Blueprint

Benefits workshops are shown with a Beginner (B) or Intermediate (I) tag to help families decide which one is right for them. Beginner workshops are introductory sessions that cover a broad base of material. Intermediate workshops are for families that have basic knowledge on a topic and need more detailed information and guidance.

Wednesday October 10 6:30 - 8:30 p.m.	State and Federal Benefits (B)	Wednesday October 17 6:30 - 8:30 p.m.	Special Needs Trust (I)	Thursday October 25 6:30 - 8:30 p.m.	Save with Missouri ABLE Accounts (I)
<p>Do you have questions about what benefits your family member is eligible for when they turn 18? Medicaid, Medicare, Social Security, SSI – find out who is eligible, what the differences are between the programs, and how to access the appropriate contacts in order to apply for services. Information about working while receiving benefits will also be covered.</p> <p>Presenter: Bhavik R. Patel, <i>Attorney, Sandberg Phoenix & Von Gontard P.C.</i></p>		<p>Find out how to plan for the financial security of an individual with intellectual and developmental disabilities, while preserving benefits such as Medicaid and Social Security Income.</p> <p>Presenters: Michael E. Chiodini, <i>Financial Advisor, Investment Advisor Representative of SII, Chiodini Financial Group, LLC</i> Bhavik R. Patel, <i>Attorney, Sandberg Phoenix & Von Gontard P.C.</i> Casie Stephens, <i>Trust Specialist III, Midwest Special Needs Trust</i></p>		<p>Missourians with disabilities are now able to sign up for tax-advantaged savings accounts without having to risk losing federal benefits. This tool can help people save, without penalties to their Medicaid benefits. With these accounts, individuals in the disability community will be able to save money for things like education, medical expenses, housing, and more. This workshop will answer all of your questions about Missouri ABLE (Achieving a Better Life Experience) accounts.</p> <p>Presenter: Andrew Dzedzic, <i>ABLE Policy Coordinator, Missouri State Treasurer Eric Schmitt's Office</i></p>	
Thursday November 29 6:30 - 8:30 p.m.	Planning for Retirement (B)				
<p>Has your focus on your family member with a disability kept you from planning for your own good retirement? Planning for retirement requires many decisions that impact quality of life for you and your loved ones. Learn how to manage your own retirement and understand the implications that retirement choices have on the entire family. This workshop is focused on planning for the retiree and is appropriate for parents, grandparents, and siblings.</p> <p>Presenter: Paul Michael Gantner, <i>Attorney, Amen, Gantner & Capriano, Your Estate Matters, L.L.C.</i></p>					
Wednesday December 5 6:30 - 8:30 p.m.	Planning Ahead: Estate Planning (I)	Thursday December 6 6:30 - 8:30 p.m.	Combined Workshop: How to Choose a Special Needs Trustee Duties of Guardians and Conservators (I)		
<p>Learn how to plan financially for your family, and avoid unintentionally disqualifying your loved one from receiving public benefits.</p> <p>Topics will include estate tax planning, creditor protection, wills, avoiding probate, and planning for the distribution of property and assets, including charitable giving. This workshop is for anyone who is caring for a family member with intellectual and developmental disabilities of any age.</p> <p>Presenter: Bhavik R. Patel, <i>Attorney, Sandberg Phoenix & Von Gontard P.C.</i></p>		<p>How to Choose a Special Needs Trustee</p> <p>What qualifications, duties, and responsibilities does a person need to have in order to oversee a Special Needs Trust? This workshop will cover the basic qualifications and what is needed to step into this important role.</p> <p>Duties of Guardians and Conservators</p> <p>If you find that your family member needs a guardian, who is the best choice to fill that role? Guardianship can be one of the most important decisions you make for your family. Once someone has a guardian, they are no longer legally able to make medical or financial decisions for themselves. This becomes the responsibility of the person who is appointed to become their guardian. Find out what qualities and qualifications are the best match for fulfilling the role of a guardian for your family member.</p> <p>Presenter: Debra K. Schuster, <i>Attorney/Elder and Adult Mediator, Paule, Camazine & Blumenthal, P.C.</i></p>			

Teens - Adults

**Wednesday
September 26
6:30 - 8:30 p.m.**

Adult Day Options

When your family member with intellectual and developmental disabilities completes high school, what is available if they are not going to participate in a sheltered workshop, employment, or college?

Learn about adult day service options, funding sources, and how to determine the best fit for your family member. This workshop is geared toward individuals caring for an older teen or an adult with intellectual and developmental disabilities.

Presenters:

Megan Favazza, *Director of Community Engagement, St. Louis Arc*
Janice Schenewerk, *Director of Day Services and Quality Assurance, The Center for Head Injury Services*
Ashley Stockman, *IN Program, Director of Adult Day Center, Jewish Community Center*

**Thursday
September 27
6:30 - 8:30 p.m.**

Positive Behavior Supports

Learn new ways to understand why your loved one with a disability is having problem behaviors, and develop simple strategies to help them handle the world around them. Learn how to utilize positive behavior supports that focus on understanding behavior as a form of communication and discovering individualized motivators. These strategies can be effective and sustainable for everyone in the family. This workshop is intended for those caring for teens or adults with intellectual and developmental disabilities.

Presenter: Lindsey Moore, *RBT, Behavior Support Specialist/Training Coordinator, St. Louis Arc*

**Tuesday
October 2
6:30 - 8:30 p.m.**

Accessible Housing

Making your own home accessible can be expensive and challenging. This workshop will provide information about what adaptations might be helpful, finding and interviewing contractors, and locating financial resources available to help with lifts, wheelchair ramps, and other home modifications.

Presenter: Lindsey Bean-Kampwerth, *Director of Assistive Technology, Paraquad*

**Thursday
October 4
6:30 - 8:30 p.m.**

Supported Decision Making: An Alternative to Guardianship

When an individual with a disability turns 18, they are legally an adult. This workshop is designed to help families understand the options they have to assist their loved one in making good decisions without removing their rights through guardianship. Learn how to assess the decision making skills your family members have and the supports they already use to assist them when making decisions. Legally binding tools that can be created with the person and their family, without seeking guardianship, will be shared and discussed.

Presenters:
Sharon Spurlock, *Director of Family Support, St. Louis Arc*
Debra Fiasco, *Administrator, Parent Education and Diversity Awareness, Special School District*

**Tuesday
October 9
6:30 - 8:30 p.m.**

Aging and Developmental Disabilities

Aging impacts all of us in multiple ways. Mary Anne Tolliver, Director of Senior Services, will share her experiences supporting people with intellectual and developmental disabilities as they age and will offer tips and resources to maintain quality of life.

Elyse Murrell will address the implications of dementia and aging for people with intellectual and developmental disabilities, particularly Down Syndrome.

Presenters:
Mary Anne Tolliver, *Director of Senior Services, St. Louis Arc*
Elyse Murrell, *MSW, Education and Outreach Manager Alzheimer's Association, Greater Missouri Chapter*

Teens - Adults

Wednesday
October 24
6:30 - 8:30 p.m.

Home Alone Skills and Internet Safety for Teens, Adults, and Families

Home Alone Skills

How do you know if your family member with intellectual and developmental disabilities is safe to be alone at home? How can you increase their skills so that they are able to spend more time being safely alone in their home? This workshop will work through an assessment tool designed to help you determine if your family member can be on their own, for how long, and what areas to focus on to help your family member increase their independent living skills.

Internet Safety

This section will cover how to effectively use the internet, including programs such as Facebook and Twitter, while considering safety, bullying, and how postings may affect someone's safety and reputation.

Presenters:

Tracy Thomas, *Coordinator of Residential Services, St. Louis Arc*

Kory Wagner, *Information Systems Manager, St. Louis Arc*

Thursday
November 15
6:30 - 8:30 p.m.

Guardianship and Alternatives for Adults

At age 18 your child becomes a legal adult and has the legal ability to sign a contract, make decisions about their education, and decide who can be present in their IEP meeting.

This workshop will help prepare you to assess your family member's decision-making skills, their circle of influence, and answer questions about pursuing legal representation on their behalf.

Presenter: Misty Watson, *Attorney, Danna McKitrick, P.C.*

Tuesday
December 4
6:30 - 8:30 p.m.

Preparing for Employment

This workshop will provide information about preparing for employment, funding options available, and services in the community to help support individuals with developmental disabilities in the workforce.

Presenter: Brian Hubler, *Director of Supported Employment and Transition Services, St. Louis Arc*

Tuesday
December 11
6:30 - 8:30 p.m.

What Tools are Right for Your Family?

ABLE Accounts, Guardianship, Powers of Attorney, Special Needs Trusts, oh my! Which tools do you need to utilize to help your family member thrive and be as independent as possible? This workshop will look at the least restrictive ways to preserve benefits and independence for your family member with disabilities.

Presenter: Paul Michael Gantner, *Attorney, Amen, Gantner & Capriano, Your Estate Matters, L.L.C.*

Wednesday
December 19
6:30 - 8:30 p.m.

Are You Ready for College?

College is a realistic option for people with intellectual and developmental disabilities. Get information about how to prepare for and choose a college, discuss the many changing role of families, and learn strategies for families and students on how to navigate those changes.

Presenter: Andrew Johnson Kliethermes, *M. ED, Coordinator of Transition, The SUCCEED Program, University of Missouri - St. Louis*



To view all of our upcoming Support Groups and Meetups, please visit our Calendar of Program Events:

www.slarc.org/programs/calendar-of-program-events/