

GUIDE to INFORMATION and EDUCATION TRAINING SESSIONS

JANUARY – JUNE, 2009

Key:

TBD – to be determined

PCT – Person Centered Thinking

ELP – Essential Lifestyle Planning

Housing Panels

**Pictures of Community Living
(formerly Family Forum)**

Life Line for the Journey

Pathways to Adult Life

Life After 21 Parts I and II

Families Planning Together

INFORMATION and TRAINING GUIDE

DESCRIPTIONS

Person Centered Thinking

Person Centered Thinking refers to the foundational skills and tools that underlie all person centered assessment, planning and delivery of supports. This workshop teaches structured methods of listening and finding balance between what makes a person content and what helps them stay healthy and safe. It provides effective facilitation methods for gathering, organizing, powerfully presenting, and continually acting on on-going learning.

Who should attend?

Open to all individuals with disabilities and their families. Highly recommended for families with school age children, families planning for Transition to Adult-life, and individuals living in Developmental Centers. Also open to Division of Developmental Disabilities (DDD) staff, Agency representatives, and personnel working at Developmental Centers.

Length of training: 2 days, 9:30 AM – 3:30 PM each day.

Essential Lifestyle Planning: Process Facilitation and Plan Writing

Prerequisite: Completion of Person Centered Thinking

Essential Lifestyle Planning is an approach to person-centered planning intended to change the way we plan, design, and deliver supports. This workshop is designed for those interested in facilitating the Essential Lifestyle Planning process. Participants will learn how to gather information to produce powerful and effective support plans.

Who should attend?

Open to all individuals with disabilities and their families. Highly recommended for families with school age children, families planning for Transition to Adult-life, and individuals living in Developmental Centers. Also, open to The Division of Developmental Disabilities (DDD) staff, Agency representatives, including personnel working at Developmental Center.

Length of training: 3 days, 9:30 AM – 3:30 PM each day

Life Line for the Journey:

This is an interactive information session is designed to help people learn about different systems that may touch the life of your family member, what each has to offer, and what some of the similarities and differences are among them. You are invited to discover what your next steps might be to help your child and your family.

Who should attend?

Families of children birth to age 14

Pathways to Adult Life

This information and education session will focus primarily on the years of transition from high school to adult life. All young people ask the same questions: What will I do? Where will I live? Will I work, or go, on to more education. The answers to questions are addressed in this workshop. This session will assist individuals with disabilities and their families with making informed choice during their transition from education to adult services.

Who should attend?

Families of children between the ages of 14 and 20

Life After 21 – Transition Workshop Part I:

This session provides skills and tools to plan supports and services based on individual needs. Resource information regarding Day Program/Day Service options is distributed to participants.

Life After 21 – Transition Workshop Part II:

This information and education session provides information of the Division of Developmental Disabilities (DDD) Traditional Day Program Supports and DDD Self-Directed options (formerly Real Life Choices for Transition) and “The Provider Market Place” is an opportunity for families to become acquainted with Agencies providing supports and services for their neighborhoods.

Who should attend?

Families and students with disabilities who are leaving educational entitlements and moving towards adult service eligibility. Students between the ages of 19 and older.

Families Planning Together:

This is an opportunity for families to use the tools, the training and opportunities to learn to gather information that can be entered into an Essential Lifestyle Plan and opportunities for families to network and share information. It is offered during the Spring.

Prerequisite:

Life After 21

Picture of Community Living

The Developmental Disabilities Family Education Project helps families to: envision possibilities for a family member in community living learn about and participate in the transition process and, provide to a family member throughout the transition to community living. Family Forums are held four times per year by the Developmental Disabilities Education Project to provide families with a picture of how community living is working for people who have transitioned from developmental centers. At meetings like the Family Forum, families, provider agencies, and individuals share stories of successes and lessons learned in making the transition.

Who should attend?

Anyone person of a family member who is considering transitioning from a developmental center into the community or is curious about community living is invited to attend.

Length of forum: 9:30 a.m. to 1:00 p.m.

NEW BEGINNINGS FAMILY MEETINGS:

New Beginnings is an introduction to the transition process and opportunities in community living.

Who should attend?

Anyone person of a family member who is considering transitioning from a developmental center into the community or is curious about community living is invited to attend.

Length of meeting: 1:00 p.m. to 3:00 p.m.

Who should attend?

Recommended for families of people living in Developmental Centers or those who are part of the Real Life Choices Systems including personnel working at Developmental Center.

Length of panel discussion: 10:30 a.m. to 12:30 p.m.

The Self-Directed Classroom

The Self-Directed Classroom are a series of six training session Modules intended to provide education, guidance and information to individuals and families of people with disabilities on how to self-direct. The training modules will provide instruction and give materials on the introduction of Real Life Choices (self-directed supports) how to hire, manage, and discharge direct support professional workers. The workshops will offer detailed, interactive information on how to develop, manage, create, track individual budgets, promote self-advocacy skill building and

Who should attend?

Families and people with disabilities who are preparing to exit the educational entitlement system and explore eligibility.

Length of training: 10:00 a.m. to 12:30 p.m.

**TRAINING AND EDUCATION SESSIONS FOR
JANUARY – JUNE, 2009**

| DATE | COUNTY | TIME | TRAINING TITLE | LOCATION | PROVIDER | CONTACT INFORMATION REGISTRAR |
|---------------------------|---------------|--------------------------|---|---|---|--|
| January 6 | Middlesex | 9:30 a.m. – 3:30 p.m. | PATH & MAPS ADVANCE | 335 George Street Liberty Plaza New Brunswick, NJ 08903 | Neighbours, Inc. Registration required | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| January 9 | Mercer | 9:30 a.m. – 3:30 p.m. | ELP Day Three | DDD Lower Central Region 32 East Hanover St. Trenton, NJ 08625 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| January 12, 13 | Gloucester | 9:30 a.m. – 3:30 p.m. | PCT | Gloucester County Office of Special Education Sewell, NJ | The Boggs Center | 732-235-9327 Beth Ong elizabeth.ong@umdnj.edu |
| January 15 | Cumberland | 9:30 a.m. – 3:30 p.m. | ELP Day Three | Vineland DC 1676 Landis Avenue Vineland, NJ 08361 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| January 27, 28 & March 10 | Mercer | 9:30 a.m.- 3:30 p.m. | ELP | DDD Central Office 5 Commerce Road Hamilton, NJ | The Boggs Center | 732-235-9327 Beth Ong elizabeth.ong@umdnj.edu |
| February 9 | Mercer | 10:00 a.m. 12:30 p.m. | Self-Directed Classroom Module 1 | Neighbours, Inc. 3490 US Rt. 1 North Bldg 16 Princeton, NJ 08540 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 10 | Mercer | 10:00 a.m. 12:30 p.m. | Self-Directed Classroom Module 1 | Neighbours, Inc. 3490 US Rt. 1 North Bldg 16 Princeton, NJ 08540 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
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| February 9 & 10 | Essex | 9:30 a.m.- 3:30 p.m. | PCT | Millburn Public Library 200 Glen Avenue Millburn, NJ 07041 | The Boggs Center | 732-235-9327 Beth Ong elizabeh.ong@umdnj.edu |
| February 11 | Mercer | 10:00 a.m. 12:30 p.m. | Self-Directed Classroom Module 3 | Neighbours, Inc. 3490 US Rt. 1 North Bldg 16 Princeton, NJ 08540 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 13 | Mercer | 9:30 a.m. 3:30 p.m. | ELP DAY THREE | DDD Lower Central Region 32 E. Hanover Street Trenton, NJ | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 13 | Mercer | 10:00 a.m. 12:30 p.m. | Self-Directed Classroom Module 5 | Neighbours, Inc. 3490 US Rt. 1 North Bldg 16 Princeton, NJ 08540 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 17 | Mercer | 10:00 am. 12:30 p.m. | Self-Directed Classroom Module 4 | Neighbours, Inc. 3490 US Rt. 1 North Bldg 16 Princeton, NJ 08540 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 19 & 27 | Somerset | 10:00 a.m.- 4:00 p.m. | PCT | Franklin TWP Library 485 DeMott Lane Somerset, NJ 08873 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| February 24 & 25 | Atlantic | 9:30 a.m. 3:30 p.m. | PCT | Arc of Atlantic 6550 Delilah Road Egg Harbor Twp, NJ 08234 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| March TBD | Essex | 6:00 p.m. 8:30 p.m. | Life After 21 | TBD | Family Support Center of New Jersey | 732-528-8080 Laura Kay laura.kay@fscnj.org |
| March 23 | Burlington | 6:00 p.m. 8:30 p.m. | Life After 21 | Burlington County Human Services Bldg 795 Woodlane Road | Family Support Center of New Jersey | 732-528-8080 Laura Kay Laura.kay@fscnj.org |

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| | | | | Mt. Holly, NJ 08080 | | |
| March 24 & 25 | Atlantic | 9:30 a.m. 3:30 p.m. | PCT | Arc of Atlantic 6550 Delilah Road Egg Harbor, NJ 08234 | Neighbours, Inc. | Anne Romano anneromano@neighbours-inc.com |
| April 2 | Hudson | 6:00 p.m. 8:30 p.m. | Life After 21 | Secaucus Public Library 1379 Patterson Plank Road Secaucus, NJ 07094 | Family Support Center of New Jersey | 732-528-8080 Laura Kay Laura.kay@fscnj.org |
| April 20 | Union | 6:00 p.m. 8:30 p.m. | Life After 21 | Clark Township Public Library 303 Westfield Avenue Clark, NJ 07066 | Family Support Center of New Jersey | 732-528-8080 Laura Kay laura.kay@fscnj.org |
| April 22 | Bergen | 6:00 p.m. 8:30 p.m. | Life After 21 | Wayne Public Library 461 Valley Road Wayne, NJ 07470 | Family Support Center of New Jersey | 732-528-8080 Laura Kay laura.kay@fscnj.org |
| March 5 & 6 | Middlesex | 9:30 a.m. – 3:30 p.m. | PCT | TBD | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| March 10 | Atlantic | 10:00 a.m. 12:30 p.m. | Self-Directed Classroom Module 1 | Arc of Atlantic 6550 Delilah Road Egg Harbor, NJ 08234 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| March TBD | Salem | 9:30 a.m. – 3:30 p.m. | PCT | Woodbine DC | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| March TBD | Passaic | 9:30 a.m. – 3:30 p.m. | PCT | North Jersey DC Minisink Road Totowa, NJ | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| March 30 | Atlantic | 6:00 p.m. 8:30 p.m. | Life After 21 | Atlantic County Library 40 Farragut Avenue Mays Landing, NJ 08330 | Family Support Center of New Jersey | 732-528-8080 Laura Kay laura.kay@fscnj.org |

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| April 8 & 9 | Monmouth | 9:30 a.m. 3:30 p.m. | PCT | Arc of Monmouth 1158 Wayside Road Tinton Falls, NJ 07410 | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
| April 23 & 24 TBD | Cumberland | 9:30 a.m. 3:30 p.m. | PCT | Vineland Dev.Ctr. 1676 Landis Ave Vineland, NJ | Neighbours, Inc. | 609-275-0606 Anne Romano anneromano@neighbours-inc.com |
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Revised: 1/22/09

The Guide to Information and Education Training Sessions is collaboration between Neighbours, Inc., the Division of Developmental Disabilities (DDD), the Family Support Network of New Jersey, Caregivers, Values Into Action, and The Elizabeth M. Boggs Center on Developmental Disabilities (NJ's University Center for Excellence – UMDNJ) Family Developmental Disabilities Education Project, School of Public Health, (UMDNJ).