

FCBHA Lifesharing Training Schedule for 2017

Theme: Community Inclusion

All trainings at are the same time: 5:30pm – 7:30pm (on 3rd Tuesday on months listed below)

April 18th

Advocacy for An Everyday Life

- Discuss the importance of promoting equal treatment for people with I/DD
- State ways for caregivers to practice advocacy for people with I/DD in all interactions
- Recall ways that caregivers can help an individual to make choices and enjoy an “Everyday Life”

May 16th

Self-Determination

- Describe the principles of self determination
- Cite the values supported by self-determination
- List healthy and safe ways to help people with I/DD be self-determined

June 20th

Lifesharing: Community Participation

- Describe community participation
- List barriers to community participation
- Identify methods to assist with increasing community participation

July – NO TRAINING SCHEDULED

Aug 15th

Relationship Building

- Recall the importance of teaching people with I/DD about relationships
- Identify the reasons relationships are important to one’s health and well-being
- List strategies for teaching people with I/DD about relationships

September 19th

Boundaries

- Define the team boundaries
- Distinguish between external and internal boundaries
- Recognize healthy techniques for supporting people with I/DD without invading their boundaries
- Recall aspects of supportive communication

October 24th

Aging: Retirement and System Challenges

- Recall the stages of aging
- Recognize tips for planning for retirement
- Identify factors that affect when to retire
- Identify special system challenges
- Identify possible solutions to these challenges