

Fall Family Workshop Series

State and Federal Benefits Workshop

Wednesday, September 29, 6:30 pm – 8:00 pm

Do you have questions about what benefits your family member is eligible for as a legal adult? 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.

Presenter: Bhavik R. Patel, Attorney & CEO, Sandberg Phoenix & von Gontard, P.C.

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Social Security: Avoiding the Pitfalls Workshop

Wednesday, October 6, 6:30 pm – 8:00 pm

Social Security is a huge system that is hard to navigate! This session will talk about handling the application process, which will include how to present your information to the eligibility worker. The speakers will explain how certain situations can be handled to assure success when Social Security makes inquiries about the recipient's assets, work, etc. We will also touch on the difference between a parent applying for their minor child vs. applying for their child over 18, the appeal process, how to handle an overpayment notice, and how a child accrues the necessary work history to get SSDI on their own record between the ages of 21 and 32.

Presenters:

Martha Brown, Certified Elder Law Attorney, Mitchell, Brown & Associates, LLC

T. Nikki Mitchell, Certified Elder Law Attorney, Mitchell, Brown & Associates, LLC

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Home and Community Based (HCBS) Waivers and Medicaid: What you need to know to access services

Wednesday, October 13, 6:30 pm – 8:00 pm

In this workshop we will cover the four main Home and Community Based (HCBS) or Medicaid waivers. We will also discuss who is eligible for them, how to apply for them and what they fund. You will learn the steps needed to receive a Support Coordinator through the Department of Mental Health (DMH) and what the wait list means to you.

Presenters:

Ann Mangelsdorf, Assistant Director Family Support and Advocacy, St. Louis Arc
Kristen Rusbarsky, Consumer and Benefits Coordinator, St. Louis Arc

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Planning Ahead: Estate Planning Workshop

Tuesday, October 19, 6:30 pm – 8:00 pm

Learn how to plan financially for your family and avoid unintentionally disqualifying your loved one from receiving public benefits. Topics will include estate tax planning, creditor protection, wills, avoiding probate, and planning for the distribution of property and assets. This workshop is for anyone who is caring for a family member with intellectual and developmental disabilities of any age.

Presenter: Bhavik R. Patel, Attorney & CEO, Sandberg Phoenix

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Navigating Boundaries and Building Villages

Wednesday, October 20, 6:30 pm – 8:00 pm

We will provide a brave space to ask questions about how to teach and support an individual in their sexual lives. Topics that will be covered are boundaries, consent, pleasure, and abuse prevention. Parents and their children (ages 16 and up) are both welcome to attend this workshop.

Presenters:

Jessica Naslund, Clinical Social Work/Therapist, LCSW, CSE, AASECT Certified Sexuality Educator Supervisor, adjunct professor in the UMSL SUCCEED program
Madeline Webster, Transition Navigator, St. Louis Arc

[Click here](#) to register for this webinar.

If you missed our first workshop on Tuesday, September 21 “***Virtual Transition FAQ with Madeline***” you can watch the recording of the workshop through our Facebook Live recordings by [clicking here](#).

Residential Options Workshop

Wednesday, November 10, 6:30 pm – 8:00 pm

In this 1.5 hour workshop, we will cover both residential options currently available for St. Louis County residents with intellectual and developmental disabilities.

Residential Options through the Productive Living Board

The Productive Living Board provides funding for independent living support for individuals who will need 12 hours or less of staff support per week. This part of the workshop will discuss how to access funding as well as how to creatively use technology and other resources.

Presenter: Beth Moeller, Director of CONNECT, St. Louis Arc

Residential Options through the Department of Mental Health

This part of the workshop will address residential options for individuals who will need more than 12 hours per week of staff support (Department of Mental Health funding). Working with your support coordinator to assess needs and secure funding for residential care will also be discussed.

Presenter: Mary Anne Tolliver, Director of Aging Services, St. Louis Arc

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Estate Planning Basics for Families of Young Children Workshop

Tuesday, November 16, 6:30 pm – 8:00 pm

Attorney Paul Gantner, a father of three young children, will discuss the importance of drafting an estate plan even when a child is young. Life's events are often out of our control and things don't always happen as planned. Without sufficient planning, important decisions will be left to the judicial system. Having a plan is important for any individual but for families of young children, drafting an estate plan is absolutely essential.

Areas covered include:

What will happen if I don't have an estate plan? Financially providing for your children. Choosing a guardian in the event something happens to me (us). Disability planning and powers of attorney. Special considerations for divorced parents and blended families. Special Needs considerations.

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

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Introduction to Charting the LifeCourse Workshop

Thursday, November 18, 6:30 pm – 8:00 pm

Introduction to Charting the LifeCourse - Charting the LifeCourse (CtLC) is a set of eight principles developed to support people with IDD and their families to have their best lives. In this workshop, we will learn about the CtLC principles and work together to create a planning and problem solving tool during the session.

Participants will also receive updates about LifeCourse Connect Missouri – a new resource for people to utilize an online platform, videos and navigation services to plan and take action on life goals.

This workshop is for everyone but especially self-advocates, families, and support staff.

Presenters:

Sharon Spurlock, Director of Family Support, St. Louis Arc

Debra Fiasco, Administrator, Parent Education and Diversity Awareness, Special School District

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Special Needs Trust Workshop

Wednesday, December 8, 6:30 pm – 8:30 pm

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.

Presenters:

Michael E. Chiodini, Financial Advisor, Investment Advisor Representative of LPL Financial, Chiodini Financial Group, LLC

Bhavik R. Patel, Attorney & CEO, Sandberg Phoenix & von Gontard, P.C.

Casie Stephens, Trust Specialist III, Midwest Special Needs Trust

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Supported Decision Making: Hands on Toolkit to Build Capacity Workshop

Thursday, December 9, 6:30 pm – 8:00 pm

When an individual with a disability becomes 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 and build a circle of support for their loved one.

Using tools from Missouri Guardianship and Charting The LifeCourse, Debbie and Sharon will coach your family to assess decision making in each of the six life domains (health, employment, safety, etc.) and to create a plan to utilize a variety of resources to build self-determination skills. This workshop is ideal for primary caregivers and their family member with a disability to attend together with siblings and other key people who support planning and problem solving in their lives. Small groups will use Zoom breakout rooms to begin creating their own supported decision making plans using templates provided by the Missouri Supported Decision Making Consortium.

Presenters:

Sharon Spurlock, Director of Family Support, St. Louis Arc

Debra Fiasco, Administrator, Parent Education and Diversity Awareness, Special School District

[Click here](#) to register for this workshop.

Adult Day Options Workshop

Tuesday, December 14, 6:30 pm – 8:00 pm

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 Day Services, St. Louis Arc

Janice Schenewerk, Director of Day Services and Medical, The Center for Head Injury Services

Ashley Stockman, Director of Life Enrichment & Adult Day Services (LEADS), The J

Shayle Wigger, C.T.R.S., IN Program Coordinator, The J

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