NEW YORK STATE OFFICE FOR THE AGING
2010 -11 WINTER REGIONAL TRAINING

PASTA TRAINING: Parenting the Second Time Around

A Full Day Train the Trainer Seminar for Individuals
Providing Support Services to Grandparents and Others who are Raising Grandchildren

Manhattan (two sessions), Bronx, Rochester and Albany

This seminar is designed for AAA staff and others who work in Kinship Care who are interested in being trained as a group leader/facilitator to conduct PASTA workshops for grandparents and other relative caregivers of children. The workshops are fun and interactive, with hands-on activities that participants will learn and practice as part of the training.

Parenting the Second Time Around

The Cornell Cooperative Extension curriculum, Parenting The Second Time Around, is an evidence-based award winning workshop series that provides relative caregivers with the understanding, skills and support needed to be a “parent the second time around”.

Background: Grandparents play a big role in American society by setting the values and standards by which families live. In addition, today many grandparents take on the role of primary caregivers for their grandchildren. AAA’s may design services for grandparents or older individuals who are relative caregivers. The Administration on Aging/NYSOFA allow a portion (up to 10%) of AAA allocated Title III-E funds (National Family Caregiver Support Program) to provide support services to grandparents and older individuals who are relative caregivers of a child. In these instances, the grandparent or relative caregiver must be an older individual (55+), who lives with the child, is the primary caregiver of the child, and has a legal relationship to the child or is raising the child informally. The child must be no more than 18 years old. Services may also be provided to grandparents and other relative caregivers (55+) who are primary caregivers of an adult between the ages of 18 to 59 years with a disability.

Targeted Audience: AAA Program Staff and subcontractors, and other Kinship Care professionals who are providing support services to grandparents and other older adults who are relative caregivers of persons age 18 and younger. This is a Train the Trainer seminar that will prepare teams of two facilitators to conduct the PASTA training for grandparents/relative caregivers.
The curriculum is in a manual format which includes substantial materials that trained group leaders/facilitators use to conduct workshops on:

- **It Wasn't Supposed to Be Like This**: identifying and reflecting ambivalent feelings about changing roles, and identifying helpful community resources.
- **Getting to Know You**: child development, individual differences, and journals.
- **Rebuilding a Family**: adult/child interactions, grief and loss, relating to your adult child, and solution-focused problem solving.
- **Discipline is Not a Dirty Word, But It May Look Different Today**: characteristics of effective discipline, establishing a discipline style, and addressing high risk behaviors.
- **Legal Concerns of Relatives Raising Children**: legal issues including custody, visitation, and child support.
- **Standing up for Grandparents/Grandchildren’s Rights**: advocacy, negotiating systems, and connecting with community programs.
- **Grandparents and Teens Living Together**: key points in adolescent development and realistic expectations for behavior.
- **Living with Teens Can Be Challenging**: indicators of high risk behavior and strategies and resources to help.

**Instructors**

Two authors of the curriculum, Denyse Variano, RN, MPH and Jennifer Birckmayer, MS, will conduct the NYSOFA Training Sessions. Denyse and Jennifer are Cornell University Cooperative Extension educators who specialize in work with children and families, and have been involved in the creation, implementation and evaluation of relative caregiver programs for the past decade.

**Testimonials from Group Leaders**

“Relative caregivers have so many needs; this resource does a wonderful job of choosing the most important to highlight.”

“After the local program, two grandparent caregivers emerged as leaders to initiate an ongoing support group that will meet monthly.”

“This is an excellent program and can be easily used to train those who work with kinship care families across the nation.”

“We are so pleased that there are new workshops on raising teens. This is a growing issue for our families.”
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PASTA TRAINING REGISTRATION FORM

___  December 10, 2010  Hosted by AARP New York
         9:00 to 4:30            at AARP, 780 Third Ave., New York NY 10017

___  December 14, 2010  Hosted by AARP New York
         9:00 to 4:30            at AARP, 780 Third Ave., New York, NY 10017

___  January 20, 2011  Hosted by Presbyterian Senior Services
         9:00 to 4:30            at Grandparents Apartments
                                        951 Prospect Ave, Bronx NY 10461

TBD  February, 2011    Hosted by Catholic Charities Caregivers Support
         9:00 to 4:30            Services, Kinship Caregiving Program
                                        at Pastoral Center, Roman Catholic Diocese of Albany
                                        40 North Main Ave. Albany, NY 12203

TBD  February, 2011    Hosted by Kinship Care Resource Network,
         9:00 to 4:30            Catholic Family Center
                                        at Monroe Community Hospital
                                        435 East Henrietta Rd, Rochester, NY 14620

E-mail (preferred):  velma.miller@ofa.state.ny.us  or fax:518-473-5177

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NYSOFA, Division of Community Services  November 2010
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