

Self-Direction Menu of Options

Community Classes & Publicly Available Training/Coaching:

(Monroe and Surrounding Counties)

Classes available to the general public in any subject area that relates to a person's valued outcomes (Art, Dance, Exercise, Cooking, Computer Training, Etc.)

Rochester Brainery:

Rochester Brainery allows people to connect with their community through fun, affordable and accessible classes. Each month you'll find a variety of classes on an unrestricted variety of topics. Learn from local authors, mixologists, actors, dancers, artists, graphic designers, beer-brewers, and more. Anything goes as long as there is something to be learned! The best part is? All of our classes are \$30 or less! We also focus on single-session classes, so you don't have to make a long-term time commitment.

<http://rochesterbrainery.myshopify.com/>

Spotted Rabbit Studio:

Here at Spotted Rabbit Studio we are artists. We believe that creative pursuits bring meaning and purpose into our lives and establish strong community connections. Through collaborative production we utilize every artist's unique talents to handcraft quality pieces for home and garden.

<http://spottedrabbitstudio.com/>

Penfield Recreation:

*Penfield Recreation has been proudly serving the Penfield community since 1956. **Our mission:** To enhance the quality of life for the residents of Penfield by providing a variety of beneficial recreation and wellness programs, facilities and services.*

<http://penfieldrec.org/>

Adapted Recreation:

ARS develops opportunities within the community for all to access. We serve Monroe and surrounding counties collaborating with other not for profits as well as local businesses. Our goal is to provide services and programs that help support individuals with special needs and their families.

<http://www.adaptedrecreation.org/>

Building Families First, Inc:

Building Families First, Inc. is a Christ-centered agency providing educational and interactive programs to the Rochester and surrounding communities. We provide Personal Centered activities, African Drums, Cooking Class including Gluten free Foods classes, Music Class, Personal Fitness, Community integration activities and Digital Arts.

<http://www.buildingfamiliesfirst.info>

Writers & Books:

Writers & Books is a literary center based in Rochester, N.Y. that fosters and promotes reading and writing as lifelong activities. We attract individuals of all ages and backgrounds within and beyond the greater Rochester area. Our programs are numerous and varied, reaching more than 25,000 people per year.

<https://wab.org/>

Peiter's Life Center:

The Mission of the Pieters Family Life Center is to provide an environment that will strengthen community and nurture relationships through recreational, educational, social, spiritual, health and wellness opportunities that are inclusive to all people. We are guided by the belief that all people are entitled to the opportunity to mature, to learn, and to grow in an environment that will support their passions, interests, dreams, and goals.

<http://www.pietersfamilylifecenter.org/>

Phelps Community Center:

The Phelps Community Center is truly the heart of Phelps! We offer a large variety of programs, events, and activities for those of all ages.

<http://phelpsnyc.com/community-center/>

Hochstein:

At Hochstein, our mission is simple: to provide excellent music and dance instruction to anyone who is interested - regardless of age, level of skill, background, or ability to pay.

<http://hochstein.org/>

The Animation Workshop at Animatus Studio:

Are you interested in drawing? Do you want to see your characters come to life? Have you ever wondered what goes into shooting an animated movie? You just might be right for our Animation Workshops.

<http://animatusstudio.com/workshops/>

Skyzone:

Sky Zone is the world's first indoor trampoline park. We're the inventors of "fun fitness" and the makers of trampolines as far as the eye can see. We give you one of the greatest workouts ever combined with awesome, healthy fun. We've been voted the number one "out of the box" workout and the "best party ever." Experience WOW – the weightlessness of bouncing, flipping and landing in a pit filled with 10,000 foam cubes.

<http://www.skyzone.com/>

Spectrum Creative Arts:

We provide premium quality creative arts services in the areas of music therapy, music instruction, art therapy, and art instruction for children and adults in Rochester, New York and surrounding areas. Here at Spectrum, we believe that EVERYONE is an artist, and we seek to empower our clients to create, explore, and enjoy the arts.

<http://www.spectrumcreativearts.org/>

Genesee Center for the Arts & Education:

The Genesee Center for the Arts & Education is a community of makers, from the established artist to dabbler. Connect with us by joining as a member or enrolling in a class today.

<https://www.rochesterarts.org/>

Wegmans Cooking Classes:

Offering Cooking classes ranging from classical kitchen basics to great grilling.

<http://www.wegmans.com/>

Webster Aquatic Center:

The Webster Aquatic Center (WAC) is owned and managed by the Webster Central School District. Since its grand opening in April 2002, the WAC has become a focal point for aquatic recreation, instruction, and competition in the greater Webster area.

<http://www.websteraquaticcenter.org/>

The Music Store Inc:

The Music School at The Music Store has been offering the best in private music instruction for over 25 years. One-on-One lessons that can be customized to fit the needs of the individual student blended with the traditions of music learning.

<http://themusicstoreinc.com/>

Weight Watchers:

Our new program helps you eat healthier, get active at your own pace, and discover new ways to define success. Our most personalized approach ever fits your life and is backed by real-time support. It focuses on you, not just a number on the scale.

<https://www.weightwatchers.com/us/>

Greece Community Education:

Whether you want to get fit, master computer software, improve your job skills, pursue a new hobby, enroll your child in an afterschool program, or prepare for the TASC (High School Equivalency) test, we have a program for you. Classes fill quickly, so register today!

<http://greece.augusoft.net/>

West Irondequoit Community Education:

The Community Education program provides the opportunity for students of all ages to participate in a variety of classes and activities using school facilities and community resources. Opportunities exist for participants to teach as well as to enhance and improve skills or to acquire new ones.

<http://www.westirondequoit.org/community-education.htm>

Newark Central School District Community Education:

Offering Community Classes ranging from Yoga/Pilates and Meditation to Photography and Cooking.

<http://www.newarkcsd.org/Page/538>

Brighton Recreation, Parks and Community Service:

The Recreation Department offers activities and classes for all age groups. Residents are encouraged to become active in our programs. Classes and programs are scheduled seasonally, and our Recreation Program Brochure is mailed out to all residents three times per year.

<http://www.townofbrighton.org/220/Recreation-and-Parks>

JCC of Greater Rochester

<http://jccrochester.org/>

Health Club/Organizational Memberships/Community Participation:

Health club memberships; Community membership dues -- Funding for a gym, health club or other community organization membership may be included in the self-directed plan for reasons of health and fitness or community integration in accordance with the participant's valued outcomes.

Seneca Park Zoo:

Through the exhibition of animals in naturalistic settings, the Seneca Park Zoo will provide engaging and educational experiences to give our community the motivation and skills to act as stewards of the environment.

<http://senecaparkzoo.org/>

Rochester Museum and Science Center:

A Museum/Science center with three floors of hands-on, interactive exhibits in science, technology, natural science and regional cultural heritage. World-class collections of 1.2 million objects embody the community's many stories. The Bathysphere Underwater Biological Laboratory (BUBL), a service of Monroe BOCES #1, is located in the Museum, as is the headquarters of the Water Education Collaborative.

<http://www.rmsc.org/>

LA Fitness:

When you enter an LA Fitness, you know what to expect. The state of the art facility and equipment are familiar and comfortable, but what we are most proud of are the people who are there to serve you. The people who warmly greet you, expertly train you, enthusiastically teach you. It is the entire team, our best resource, who is dedicated to making your fitness experience an exceptional one.

<https://www.lafitness.com/>

YMCA:

The YMCA of Greater Rochester is a charitable association of members that seeks to place Christian principles into practice through its programs for the community to build a healthy spirit, mind, and body for all.

<http://rochesterymca.org/>

Planet Fitness:

We at Planet Fitness are here to provide a unique environment in which anyone – and we mean anyone – can be comfortable. A diverse, Judgement Free Zone® where a lasting, active lifestyle can be built. Our product is a tool, a means to an end; not a brand name or a mold-maker, but a tool that can be used by anyone. In the end, it's all about you. As we evolve and educate ourselves, we will seek to perfect this safe, energetic environment, where everyone feels accepted and respected. - See more at: <http://www.planetfitness.com/mission-statement#sthash.YuiKbk1n.dpuf>

<http://www.planetfitness.com/>

Irondequoit Fitness:

Irondequoit Fitness is the only locally owned fitness center in Irondequoit. The Owner Joe Christiano is a certified personal trainer & previously trained clients full time at Boundaries Gym. Joe is a Natural Pro Bodybuilder that has won titles including the Natural USA title. Joe also promotes drug free bodybuilding shows under the National Gym Association. More info can be found at

<http://www.irondequoitfitness.com/>

Camp:

Funding may be requested for the cost of summer camp in a self-directed plan for a camp that is able to provide the needed safeguarding supports and supports to achieve the person's valued outcomes. All Camps must be within New York State.

Camp Joy:

For almost 100 years, Rochester Rotary's summer camping program for young people with disabilities, called Sunshine Camp, has been spreading sunshine to thousands of campers in the Rochester community.

<http://campjoyny.org/>

Camp Whitman:

Camp Whitman is a traditional children's summer camp owned and operated by the Presbytery of Geneva, in partnership with the Presbytery of Genesee Valley. Each week during the summer we welcome both area youth for our traditional camp programs as well as youth and adults with developmental disabilities for our specialized Pine Camp program.

<http://campwhitman.org/>

4-H:

4-H has a long history of helping youth "learn by doing". When youth are thoughtfully guided through the do-reflect-apply process, there is tremendous potential for positive youth development and growth. 4-H focuses on teaching new topics and life skills development. Trained 4-H volunteers facilitate the learning that occurs in nonformal settings like 4-H club meetings and activities. The 4-H result is a fun fulfilling learning experience

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>

Household-Related Items and Services:

- *Item cannot be funded through any other funded program and may include Appliances that assist a person to live more independently (i.e., a microwave oven for someone who cannot safely use a stove oven)*
- *Appliance must benefit the individual and be related to a valued outcome as well as be related to health and safety.*
- *Household support (cleaning, minor maintenance, snow removal, lawn mowing, Home Security System) only for individuals not living in the family home.*

Clinician (Direct Provision of Therapies/Therapeutic Activities Not Otherwise Funded in the State Plan:)

- * *Funding for **massage therapy** may be included in a self-directed plan when the service has been prescribed by the individual's medical doctor to ameliorate a specific medical diagnosis/condition for which massage therapy has recognized efficacy. Funding is not available to support vague goals such as "promote well-being," "reduce stress," or "promote relaxation." There must be a corresponding valued outcome in the individual's plan.*

Michelle Fousse-Fontaine-Licensed Massage Therapist
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