

Supported Life Institute & SCDD-Sacramento Office

Supported Life 2015:

“Ready or Not ~ Change is Coming”

Empowering All People with Developmental Disabilities to be Fully Included in the Community

SUMMARY OF CONFERENCE SESSIONS

Use <u>Topic Icons</u> to Help Choose from 35 Session Choices:	
 <p>Communication / AAC</p>	 <p>Personal Power & Rights</p>
 <p>Employment</p>	 <p>Politics & Legislation</p>
 <p>Family Supports/ Transition</p>	 <p>Relationships</p>
 <p>Health & Wellness</p>	 <p>Schools</p>
 <p>Living / Community</p>	<p>See Brochure for Conference Reg. Info! Or call us 916-567-1974 x501</p>

October 8 - 9, 2015

CROWNE PLAZA HOTEL SACRAMENTO NORTHEAST



1A Life Stories from the Foothills! *Beverley Legault, Self-Advocate, Murphys* These two presenters will each share their life stories, similar but different. Bev is a mature woman, living in Calaveras County, who is a business owner, wife, "mom" of her many animals, committee member, neighbor, teacher, Aunt, volunteer...and more! Dale is a younger man, living in Tuolumne County, who is an Author, son, Coach, Teacher's Aide, housemate, advocate, and Founder of a music scholarship in honor of his late Dad. Come and hear their inspirational life stories and learn from them how YOU can live the life you want, too! "If you have a dream, you can do it," says Bev!



1B Internet Safety and the Legal Repercussions of Online Activity. *Mariam El-Menshawi, McGeorge School of Law - Victims of Crime Resource Center, Sacramento* With technology becoming more prevalent in our day-to-day activities, it is important to know how to stay protected from online predators. This presentation will discuss ways to stay safe and be smart on the internet. Attendees will learn about how to safely conduct online activity, how to protect private information, and how to detect warning signs of online scammers, hackers, identity thieves, and stalkers. In addition, attendees will be provided with resources for victims of cyber crime and identity theft. Join the Victims of Crime Resource Center Director and Principal Attorney in learning how to recognize and stop online predators.



1C Using Special Needs Trusts as an Advocacy Tool. *Stephen Dale, The Dale Law Firm, Pacheco* This presentation will discuss developing a Special Needs Trust that will not only provide for long term care for a person with a disability, but also focus on maximizing quality of life. This disability rights advocate and estate planning attorney outlines what to do to prepare for writing a Special Needs Trust. Learn a simple 4-step process that will ensure you have a document that will address all the issues and decisions that must be made in providing for your loved one with a disability.



1D Learn how to LEAD YOUR IPP Meeting. *Chen Curtiss, United Cerebral Palsy of the North Bay, Fairfield* Learn the process of Taking Charge of Your IPP (Individualized Program Plan) by preparing your own presentation to bring to your IPP meeting. Cindy Ruder of SCDD-North Bay Office joins this self-advocate and professional panel to cover how to set your own goals and present them to your planning team. You will learn how to do a computer presentation (slideshow) to present at your meeting. This will include your strengths and your work-related and non-work-related goals.



1E SB 468: Self-Determination - Overview and Discussion. *Gabriel Rogin, Bay Area Office, State Council on Dev Disabilities, Oakland* Self-Determination will soon be a reality in California. It is not just a new program but a civil rights issue. The new law, SB 468, has the potential to dramatically alter service delivery for people with developmental disabilities and their families - and significantly impact their quality of life. This session provides an overview of the law, including real-world examples. It will be geared towards people with developmental disabilities, their families and service providers. It will focus on the basics; assuming that most people have only a vague understanding of the new law, its requirements and potential impact.



1F Core Vocabulary with Augmentative & Alternative Communication. *Belva Holman, Saltillo, Millersburg, Ohio* This session will talk about the importance of learning and using Core Words in our daily communication, emphasizing the importance of providing language with core words to AAC communicators on their devices. This longtime special educator, AAC communication product developer, and AAC product representative helps us distinguish Core Words and Fringe Words in daily communication, and how to incorporate Core Words in speech as well as on AAC Communication Devices.



2A Learning Styles Approach to Training, Job Coaching, & Behavior Change. *Mindy Oppenheim, the SEED, San Francisco* If you are a job seeker or a new or experienced job coach, teacher, trainer or instructor, this experiential workshop will challenge the way you think about intelligence, learning, job matching & training. In this interactive session, participants learn their own styles in 4 key areas; intelligence, communication preference, learning environment, & motivation. These 4 areas together provide a model for job matching & instructional design & training leading to better job matches & better retention.



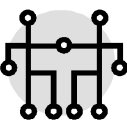
2B Domestic Violence & Sexual Assault - Victims' Rights & Awareness. *Mariam El-Menshawi, McGeorge School of Law - Victims of Crime Resource Center, Sacramento* Education and knowledge are powerful tools to help protect yourself - and help others protect themselves - from domestic violence and sexual assault. This presentation will discuss ways to spot warning signs of domestic violence, sexual assault, and victimization. It will also cover victims' rights, safety measures, and resources for victims of crime. Join the Victims of Crime Resource Center Director and Principal Attorney in learning how to recognize and take action about this too-often-hidden issue.



2C The ABA Act: One of Many Tools. *Stephen Dale, The Dale Law Firm, Pacheco* There are many situations where an ABA Account (tax-advantaged savings accounts for consumers and families) can assist families in saving for long terms needs. This estate planning attorney and disability rights advocate reviews the ABA Act with a focus on when this tool is appropriate and when other tools may be more appropriate. This piece of legislation has gone through many changes over the past year and the final version is very different than when it was originally introduced.



2D The Power of Your Vote is Yours! *Tho Vinh Banh, Disability Rights California, Sacramento* Session content covers information about; voting rights of people with disabilities, the importance of voting, supports available during the voting process, best practices for people providing assistance with voting, information about the rights of people who may be conserved, recent changes in the law affecting people with disabilities both conserved and not and strategies of where to go in order to get help if people are encountering barriers during the voting process.



2E Healthy Relationships. *Clay Hoffman, Safe Life Coalition, Sacramento* Relationships, friend, family, co-workers, romantic, we all have (or want) them in our lives. Sometimes relationships are hard to develop and sometimes they change. These accomplished self-advocate presenters discuss the ins and outs of relationships. Explore with them different types of healthy relationships, ways to develop relationships, and tips that help when relationships change.



2F Innovative Programs at the Center for Accessible Technology. *Dmitri Belser, CforAT, Berkeley* The Center for Accessible Technology (CforAT) is an assistive technology resource which provides a wide range of programs and services, directed at individuals, families, government entities, and companies. We offer programs for seniors, specific technology loan projects for people who use speech generating devices, advocacy at the California Public Utilities Commission, and consulting on website accessibility and product testing by people with disabilities. Come learn about what CforAT does, ask questions and find out how we can support the work you are doing!



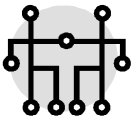
3A 6-Step Approach to Development (& Marketing) Success. *Mindy Oppenheim, the SEED, San Francisco* Are you getting real appointments with lots of employers? Are you presenting in front of employers but they're not hiring? Are you spending lots of time cold calling but it's not leading to any jobs? This workshop provides a marketing and networking model for developing jobs for your current caseload (or anything you're selling) that will save time and increase placements and job retention (see 2A Learning Styles workshop). The 6 "P" Model is a structure for organizing your job development activities as well as a tool for assessing your current job development outcomes.



3B Stay Healthy & Stress Less! ~ with the DDS SafetyNet. *Claris Chang, DDS SafetyNet, San Francisco* The DDS (Calif. Department of Developmental Services) SafetyNet is a website full of tools that self-advocates can use to have a healthier, safer, and overall better life. Speakers will show how individuals and supporters can use the stress management tips on the DDS SafetyNet to stress less! The session will include a conversation with the audience about what makes them feel stressed, and interactive deep breathing exercises to help relieve stress.



3C Supporting Creative Transitions Despite Tough Times. *Mary Ellen Sousa-Hiner, Creative Support Alternatives, San Andreas* We all know the many challenges facing organizations today: lack of adequate funding, unfunded mandates, new regulations, etc. Despite these tough times, we remain committed to doing our best to provide excellent person-driven, person-centered support services across all of life's transitions. The concept of "Transition" is so much more than what happens during young adulthood (18-22), as we experience Transitions throughout life. This lively session shares some of what we've learned with/from the folks we serve, engages audience participation, and explores what professionals can do to support people through the natural transitions of life!



3D "Meet and Greet": Social, Conversational, & Decision Skills Training. *Clay Hoffman, Safe Life Coalition, Sacramento* Want to meet and make friends? This session by two exemplary self-advocate leaders offer practice in the social, conversational and decision skills needed to meet and get to know someone better. Presenters give tips on evaluating whether to continue or end a relationship, and, they say: "Who knows? You might even end up with a new friend..."



3E Parenting with Supports - Supporting People with Disabilities Who Are Parents. *Holly Pagel, Connections For Life, Vacaville* Consumers who are parents join with support professionals to address the support needs that a person with developmental disabilities who has a child may need. This comprehensive presentation discusses accessing generic and other resources for parenting supports, their experience of possible situations that come up, outcomes solutions, and success stories. Medical and behavioral issues are addressed, as is the need for accessing respite and child care, plus educational support. Learn how these supports have helped these individuals become better parents.



3F Using Technology to stay Healthy and Live Independently. *Jesse Compo, Sacramento* People can overcome many of the limitations of their developmental disabilities by learning new ways to accomplish the tasks that challenge them! This presenter show the medical devices and communication technology he uses in his daily life to stay healthy and live independently. He says: "See live demonstrations of some of my medical devices including my percussion vest treatment, my nebulizer for my breathing treatments, my suction device and suction toothbrush for oral care, G-tube and other devices." Plus time for questions and interaction with members of the audience.



4A SSDI/SSI Work Incentive. *Mayra Fernandez, Crossroads Diversified Services, Inc., Sacramento* This session addresses the basic work incentives for SSI and SSDI recipients, as well as long-term Medi-Cal and Medicare eligibility for employees with disabilities. Presenters explain the protections available to those who want to work but are hesitant because of the myths about losing the benefits. Learn how to address the misconceptions surrounding working while on SSI (and SSDI) benefits.



4B Diabetes. *Margaret Shipp, Public Health Nurse (retired), Oroville* These presenters note that Diabetes is the fastest growing health problem in the United States. They explain: what the word means; types of Diabetes; who is most at risk; and what you can do to avoid Diabetes or live well with it, as well as reviewing foods to eat and foods to avoid and the consequences of untreated/neglect of the condition.



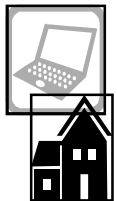
4C Conservatorships & Supported Decision-Making: The Ins & Outs. *Linda Demer, UCLA Professor, Los Angeles* The definition & purpose of conservatorships, duties of conservators, rights of conservatees, & mechanisms of conservatorship, plus why some families have chosen it & why others have decided Not to, are all addressed by this physician-scientist / family member of adults on the autism spectrum. She relates experiences both positive & negative of families, role of “trauma-informed structures,” what is a Limited Conservatorship, who has authority over conservatees, & what are some alternatives to conservatorship. This teacher of courses on the autism spectrum at UCLA who serves on the Conservatorship Subcommittee of national TASH’s Human Rights Committee, reviews the current status of the movement for “supported decision-making.”



4D Future Housing Planning and Implementing Change in Current Housing. *Patti Uplinger, Lanterman Housing Alliance, Sacramento* Where do you want live? Individual housing, living with others who have same interests, group living? Housing is expensive and complicated. This session will guide you through the process and assist with a road map to your living future. How to create new housing opportunities that are safe and secure will be discussed. (This summary will be revised to the needs of people and what they may want to discuss). Panel includes housing experts throughout the State. Plus: learn about the Lanterman Housing Alliance!



4E Promoting Reading Comprehension in Non-Verbal Students with Autism. *Melissa Spence, Los Angeles Unified School District, Reseda* This session explains various strategies teachers can employ to elicit reading comprehension from their non-verbal students on the autism spectrum, the students ranging in age from kindergarten through high school. Tools are needed, as recent studies show that educators experience greater difficulty in teaching non-verbal students within the classroom, noting that such students pose challenges in accessing curriculum in a traditional format; impact teachers’ perceptions of intellectual ability; and increase perceived demands upon teachers (i.e., instructional accommodations, behavioral challenges). Strategies employed include visual supports, differentiation, choices, and fine-motor activities.



4F Utilizing Your Community to Achieve Your Personal Goals. *Nathan Streeter, Davis.* This self-advocate presenter writes: “I would like to present on how I have utilized community resources and services in order to achieve my goals of being a filmmaker. Since 2012, I began to take public transportation everywhere and I love it. I have also used many services in my community, in particular I have learned how to produce short films and use cameras at my local television station. Some of my film excerpts will be shown at my presentation. I was born with spastic quadriplegic Cerebral Palsy, but I do not let it slow me down. Instead I use technology (including AAC / communication device), support, and my own perseverance to help overcome the obstacles that I encounter.”



5A Powerful Partnership: Collaborate with Dept. of Rehab. *Theresa Woo, District Admin. SF District, DOR, San Francisco* Learn about Department of Rehabilitation (DOR) services that increase access to employment. Discuss proposed impacts of the new Workforce Innovation Opportunity Act (WIOA), examples of Innovative Job Development, partnerships w/ the Business community, & Self-Employment as a placement option. Explore employment collaborations w/ Dept. of Rehab. & academic institutions. Learn about community outreach to employers that assist job seekers with disabilities.



5B We want to be safe - STOP abuse now! (1 of 2). *Mark Starford, Board Resource Center, Sacramento* Equity for people with significant disabilities cannot be achieved when they are 4 to 10 times more likely than others to be victims of crime. We know that persons with intellectual or developmental disabilities are especially at risk because of learned dependence on authority figures. Persons with disabilities need support to protect themselves & to work for prevention. Self-advocate leader Molly Kennedy also joins this panel that describes: first Steps towards prevention; Types of abuse; Law enforcement responsibilities; Ways people can protect themselves; how to support Peers with disabilities; Raising awareness; & creating a personal protection plan or an outreach advocacy plan.



5C “MySupport”: Making Self-Determination and Choice Possible for All. *Ari Ne'eman, MySupport, Silver Springs, Maryland* MySupport is a new online platform to assist people with disabilities to self-direct their own services. This new (2015) platform helps connect people with disabilities to direct-support workers that match their values, then gives both workers & people with disabilities tools to assist with scheduling & uploading timesheets to a Fiscal Intermediary or Supported Living Agency. This session shows how people with disabilities & Supported Living Agencies in Calif. are using MySupport to give more choice & control to people with disabilities, consistent with the values of the ADA & the DD Act. Attendees will learn how the new HCBS (Home and Community-Based Services) requirements & the new Calif. Self-Determination waiver will impact services here.



5D Emergency Preparedness - What to Know! *Sonya Bingaman, SCDD - Sac. Office, Sacramento* This session prepares individuals with disabilities, family members/care providers, and program providers to be ready in case of emergency. Training resources will include The American Red Cross, Office of Emergency Services, FEMA, DDS (Feeling Safe, Being Safe), and more. Hear one county discuss how they made connections and began working together with local resources to educate their community. Learn and share resources and ideas for how your community can help prepare people for emergency situations.



5E Inclusive Instructional Strategies & Accommodations. *Diana Pastora Carson, Ability Awareness in Action, Jamul* This workshop offers practical strategies that facilitate inclusion in the general education classroom through creating a sense of belonging for all students, as well as incorporating music & movement into the curriculum. This session by our Luncheon Keynote speaker addresses: WHY we include & HOW we include; that creating belonging is essential for fostering inclusion; & that we must teach in ways that provide access to all students. Participants leave having learned songs, dances, chants, & activities for helping to create access to all students.



5F Using iPads in Conversational Skills Training for Persons with Autism. *RJ Cooper, RJ Cooper & Associates Inc., Lake Forest* Join this Communication and Assistive Technology (AAC/AT) pioneer presenting case studies on 2 high school students on the Autism spectrum with the goal of initiating and maintaining conversations with general education peers. Technology is used for training phase. Visual supports are necessary for generalization of learning. Special software was developed to prompt and model for students.



6A Customized Employment for All. *Carole Watilo, Progressive Employment Concepts, Citrus Heights* This session focuses on how we can assist people to participate in meaningful ways in their community. Find out about using the discovery process to ascertain where people shine & then supporting people to find those situations. (What are ideal conditions of employment for that person?) Learn about customized employment creation. Presenters address how to support people to find & maintain community employment, start & run their own businesses, volunteer, go to school, & utilize various community environments.



6B We want to be safe - STOP abuse now! (2 of 2). *Mark Starford, Board Resource Center, Sacramento* After review of the topic of abuse experienced by persons with intellectual and developmental disabilities (from session 5B), these presenters describe a model that builds a coalition of allies to raise awareness and prevent abuse in our communities. Self-advocates and the disability service community must broaden their outreach and activism to stop these crimes. Speakers will conduct a conversation about: Facts about abuse in other populations; Historical involvement in prevention; Collaborative approach to education and prevention; How groups and agencies create advocacy plans & can do Community network Action planning.



6C Supported-Decision Making: A New Strategy to Keep People Out of Conservatorship. *Ari Ne'eman, ASAN, Silver Springs, Maryland* People with disabilities deserve the right to make their own choices regarding topics as diverse as healthcare, finances and service-provision. Historically, guardianship or conservatorship has resulted in many people with disabilities having limited opportunities to experience choice and control over their own lives. Supported Decision-Making is a new movement that seeks to develop new legal frameworks that allow those who require decision-making assistance to access it without losing legal capacity. This presentation discuss supported decision-making models internationally and highlights options for advocates seeking to implement supported decision-making in California.



6D Strategies for Facilitating Ability Awareness in Schools. *Diana Pastora Carson, Ability Awareness in Action, Jamul* This session teaches Educators & Community members how to create a dignifying disability awareness event in schools & community, grounded in social model of disability as opposed to medical model of disability. These ability awareness events focus on “diversity appreciation” & inclusion. Discover: - how old models of disability awareness do not facilitate long-term life quality ~ they create Pity - how to focus on Diversity appreciation and Inclusion - how to focus on dignity & to have people who experience disability as the presenters - this speaker/author’s Five Fundamentals of Ability Awareness. She notes that children must be exposed to inclusion & ability awareness/diversity appreciation events early on & regularly throughout their schooling/lives to impact the futures of people with disabilities in a positive way.



6E Beware the iPad (but Love it at the Same Time!). *RJ Cooper, RJ Cooper & Associates Inc., Lake Forest* This AT/AAC pioneer will present Do's and Don'ts of implementing iPad technology in different settings. The main considerations discussed will be physical, cognitive/behavioral, and motorical factors that affect outcomes. Video will be used to illustrate bullet points. This session is designed to facilitate very quick and successful iPad adopting towards the goals of learning, communication, recreation, and socialization.

Conference Partners

YOCHA DEHE
WINTUN NATION



Exhibitors (to date)

DDS Safety Net **Search Beyond Adventures**

Coalition for Compassionate Care of CA
Disability Rights California
FRS Custom Solutions
Hamilton Relay
New Directions Travel
QuickSolvePlus
RJ Cooper & Associates, Inc.
Saltillo Corporation
SCDD - Sacramento Office
Sacramento Municipal Utility District
Sutter Neuroscience Institute
TobiiDynavox

Lanterman Housing Alliance
LoganTech

Co-Sponsors (to date)

Allen, Shea, and Associates
Avenues Supported Living Services
Becoming Independent
Cal-TASH
Connections For Life
East Bay Innovations
Creative Living Options
East Bay Innovations
George F. Kelso Foundation
NorthStar Serices
Placer ARC
Progressive Employment Concepts
Summer House Inc.
WarmLine Family Resource Center