

*Post-Conference Review:*

## **Key Points from Keynote Speakers at 30<sup>th</sup> Annual Supported Life Conference**

Held October 6 - 7, 2016 at Sacramento Crowne Plaza Hotel

Thursday Morning Keynote

### **STORIES of INCLUSION:**

James: "Just remember that there's always hope...and to never ever give up".

Bev: "Go out and get the help you need....to get a job, or a home, or anything else you want!"

Lily: "Don't give up on your dreams...and the things you want in your life. Keep striving for your dreams!"

Friday Morning Keynote

### **Laura Brackin, PhD**

Employment and Person Centered Planning (keynote)

1. The CMS HCBS Rule isn't really about walls, buildings and geographic locations. It is about a person's EXPERIENCES: Choices, Rights, and Opportunities for Integration.
2. Integration isn't some artificial ratio of people mixed together. Integration is about "close and seamless connections" to a person's community.
3. "Community" isn't just a geographic location.
4. The Person Centered Plan is the key to Choices, Rights, and Opportunities for Integration.

Also: Laura Brackin Session Friday 10/7/16:

Moving My Agency Toward Inclusion (breakout session)

A. The ultimate goal isn't for people to LOOK included. It is for people to BE included.

B. With "opportunity" comes "risk."

C. "Managing risk" is a process used to balance choice/autonomy with safety.

D. It is impossible to eliminate all risk, but allowing some degree of risk promotes a positive quality of life.

Friday Afternoon Keynote

**Shawn Casey O'Brien**

Point 1:

Get out and vote & take your friends and families with you.

Point 2:

If you use your Absentee (Mail-In) Ballot and you'll be free on Elections Day to get your friends and families out to vote.

Point 3:

Put political pressure on our elected officials to insure that our police forces are properly trained in how to interact with the public, as half the people that are being killed and incarcerated are People with disabilities.

Point 4:

Buy a copy of [For The Love Of Long Shots - A memoir on democracy](#). Enjoy the story and in the process become a better grassroots organizer.

Join Us October 5 - 6, 2017 at Sacramento Crowne Plaza Hotel  
for our  
31<sup>st</sup> Annual Supported Life Conference