








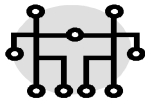

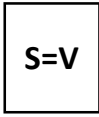
Supported Life Institute presents our 31<sup>st</sup> Annual Conference

**Supported Life 2017:  
 “Designing Dreams:  
 Blueprint for a Meaningful Life”**

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

**SUMMARY OF CONFERENCE SESSIONS**

Use Topic Icons to Help Choose from 36 Session Choices:

 <p>Sponsored / Offered by        Cal APSE organization</p>	 <p>Organizational        and        Staff Development</p>
 <p>Communication /        AAC</p>	 <p>Personal Power        &amp; Rights</p>
 <p>Employment</p>	 <p>Policy &amp;        Legislation</p>
 <p>Family Supports/        Transition</p>	 <p>Relationships</p>
 <p>Living / Community</p>	 <p>Offered by “Silence =        Violence” Network</p>

**October 5 - 6, 2017**

**CROWNE PLAZA HOTEL SACRAMENTO NORTHEAST**



**1A Yes, Everyone Can Work!** Pam Arturi and Debbie Ball, *Easter Seals Southern Calif., Escondido* Work is a right and a responsibility for us all. Creating services and supports that make work a reality for everyone can be challenging. This session will focus on the strategies and tools that will assist in making sure everyone has the opportunity to work. Come learn how Discovery, Customized Employment, and Systematic Instruction can pave the way.



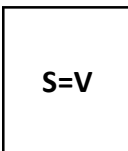
**1B Person Centered Practices: and how it led to my Success.** Taylor Cross w/ James Poggione, *People Creating Success & "Normal People Scare Me Too," Santa Ynez* This self-advocate - teaming with a self-advocate who is agency staffperson - tells how he went from an individual at a day program to a professional video game journalist who advocates for others with disabilities working with Able Gamers, a group that helps individuals with disabilities have access, and create and help develop socialization, through video games.



**1C Time and The Family Caregiver.** Al Millan, *Father, Advocate, Provider, Board Member, Carmichael* This presenter provides a broad view of the gifts, challenges and strategies parents may face as "Lifelong Service Coordinators" for their children. This multi media presentation will encourage conversation and dialogue on the many issues that family members encounter throughout the life-cycle, hoping to shine a light on the individual and collective needs of individuals and families in a diverse community and what can be done to pave a smoother road for the future.



**1D Person Centered Advocacy.** Marty Omoto, *CDCAN - CA Disability-Senior Community Action Network, Sacramento* This session offers a different approach to grassroots advocacy that centers on the person - whether the person needing or receiving services, the family member, or the worker providing it. Presenters emphasize that local "grassroots" advocacy is even more important now with changes that have occurred and will occur at federal level - and illustrates "person centered advocacy" with real life examples in areas of in-home supports and services; housing; and transportation. Hear overview of key issues and trends at national and state levels that have or will impact people's lives in their own communities.



**1E Panel Discussion: Working Together to Reduce Abuse of People with Disabilities.** Moderator: David Lopez, *Alta Calif. Regional Center, Sacramento* This panel portrays that *We are stronger together* - and addresses the current reporting environment that people with disabilities confront if they are victims of abuse, recommending ways agencies can work together to improve the process and get better outcomes. Panelists will respond to moderator questions and leave time for audience participation. Panel members Jung Pham, Disability Rights California; Lori Delagrammatikas, Adult Protective Services, CA State Dept. of Social Services, Mariam Elmshawi, Victims of Crime Resource Ctr/McGeorge School of Law, Joe Rodrigues, CDA (State Long-Term Care Ombudsman).



**1F Am I Ready for an Emergency?** Sonya Bingaman, *SCDD Sacramento Office, Sacramento* Presenters will tell about the four most common emergencies in California: Floods, Fires, Earthquakes, and Medical Emergencies. Learn strategies to avoid injury and to evacuate safely. Learn the importance of how to develop a Plan. Also learn how to assemble a Go-Kit and be prepared to survive for 3 days away from your home. This topic continues to be critical as we all work to be - and help others plan to be - as safe as possible, even if the worst occurs.



**2A So You Want to Work? Finding Services that Meet Your Needs.** Julie Gaona & Pam Arturi What are the key components of employment services that work for everyone? Finding services and supports that make working possible can be challenging. Come find out how to evaluate services and find the ones that fit for you. The Cal APSE organization brings us this session - as well as Session 1A - on Employment.



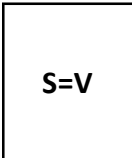
**2B CMS Final Rule.** Katherine Weston, *Alta Calif. Regional Center - HCBS Specialist, Sacramento* This presentation will provide an introduction to the Center for Medicare & Medicaid Services Final Rule in regards to Home and Community Based Services and what changes you may expect from Regional Center Service Providers. What is the CMS Final Rule? What Regional Center services will this Rule impact? What type of changes to services may occur? Hear how this Regional Center trains staff and vendors about this timely Inclusion topic.



**2C Internet Safety- How to be Safe Online.** Lori Loutan, *McGeorge Law School - Victims of Crime Resource Center, Sacramento* Join this VCRC Staff Attorney as she discusses how to be safe online. Attendees will learn about the dangers of being online and how to spot and avoid online scams. Learn also how to shop online securely, how to be safe while using social media, and how to protect your personal information. Finally, get acquainted with the resources available to assist if you are victimized online.



**2D Person Centered Planning vs. Systems Centered Planning.** Ben Praker, *Inalliance, Placerville* This session will define and explain 'Person Centered Planning' as not only an approach but a philosophy of interacting and providing support services for people with disabilities. This session will highlight the 6 common foundational beliefs of what it means to be Person Centered based on O'Brien and Lovett's **Finding a Way Toward Everyday Lives**. This session explores practical examples of using Person Centered approaches to help people obtain a desirable future, learn on their own terms while utilizing their own styles of learning and develop their own life direction in the process. This session will also examine the dichotomies between a Person Centered and System Centered process.



**2E Elder and Dependent Adult Mandated Abuse Reporting.** Jung Pham, *Disability Rights California, Oakland* Along with Staff Attorney in the Investigations Unit at DRC, this presenter will focus on the following questions: 1. Who is a mandated reporter? 2. What does mandated reporting mean? 3. What does the law say? 4. In what kinds of situations do I report? (case examples) 5. Who do I report to and what do they do with the information? 6. What happens if APS is called and it is determined the person is not a dependent adult? Does the victim get support? 7. What happens if I DON'T report? 8. What happens after I report? 9. What happens to the victim?



**2F Creating & Connecting: Lives & Lifestyles That Matter: Part 1 of 2.** Mary Ellen Sousa, *Creative Support Alternatives-SDSU, San Andreas* 1: There is no "magic wand" for creating meaningful connections among people and places in the community. If we're honest, many people struggle to build life and lifestyle we want, regardless of if we experience a disability. Most of us want friends and others who care about us, places where we truly belong, meaningful things to do with our time. Celebrating their 25th year, Creative Support Alternatives provides Community Living supports in urban San Diego and rural Sierra Foothills. They've learned through "shining moments" and "flat out failures". They share some hands-on, practical community-connecting experiences and invite attendees to share with each other, during this session. The conversation will be captured on poster graphics that lead into today's Part 2 (#3F) session, as well.



**3A Joyful Beginnings: The Creative Challenge of Service Transformation.** Laura Larson, *Director - Far Northern Regional Center, Redding* This workshop will share stories of how we have worked to provide innovative services in the north state over the past few years and how we continue to innovate as new individual dreams are revealed. We will share how we are moving towards interagency collaboration and learning. How we are making individual dreams come true through the experience of the Northern California Learning Institute. It takes all of us, working together to bring the best stories to life. Let this Morning's Opening Keynote speaker share some of them with you.



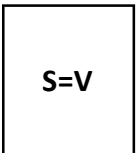
**3B Is Self-Determination Right For Me?** Sonya Bingaman, *SCDD Sacramento Office, Sacramento* Learn about the Self-Determination Program through the Medicaid Waiver, the Department of Developmental Services and the Regional Centers. What are the basics of the program? Who is my Team? What is an Independent Facilitator? What is a Financial Management Service? How will I benefit from being in Self-Determination compared to traditional case management services, with more flexibility than traditional vendored services? What is the history of Self-Determination? How will I have more control over the people who support me and over my budget for services?



**3C Is a Conservatorship Right For My Child?** Michael Pearce, *Special Needs Counselors LLP, Elk Grove* This special needs counselor Attorney will discuss the basics, and more, about Conservatorships, covering everything from General Conservatorships, to Limited Conservatorships, to Alternatives. At the end of this Session, you'll be equipped to answer the question "Is a Conservatorship Right for My Child?" Attendees will learn about the legal consequences of their child turning age 18, how Conservatorships work to protect their child, and about Alternatives to Conservatorship.



**3D Person Centered Planning Methods.** Elizabeth England, *Inalliance, Sacramento* This session explores some of the various types of person centered plans that can be used to support an individual to live a life that makes sense to them. Presenters discuss all phases of the process including: the importance of pre planning for the meeting: (setting the tone, inviting those important to the person) , the role of a good facilitator during the meeting and finally follow through to ensure that we take the dream from paper to reality. Attendees learn about several different types of person centered plans available to use; the key elements of facilitating a good person centered plan, and bringing the plan to life after the meeting ends.



**3E Victims' Rights and Services in California.** Mariam El-menshawi and Mathew John, *McGeorge Law School - Victims of Crime Resc Ctr, Sacramento* These Attorney presenters tell about the legal rights afforded to crime victims in California and the resources available to victims. Learn about the 17 constitutional rights afforded to victims of crime in California. Learn about the various state agencies that are there to support crime victims, what the role of each organization is, and how to contact them. Understand who is a "victim" under California law, and what steps to take if you are a victim.



**3F Creating & Connecting: Lives & Lifestyles That Matter: Part 2 of 2.** Mary Ellen Sousa, *Creative Support Alternatives-SDSU, San Andreas* Part 2 (See Session 2F for Part 1 Info): We all have something to contribute when it comes to creating meaningful connections among people and places in our communities. This session will expand upon the conversations started in Part 1 (but even if you weren't in the first session, we welcome you)! We'll also break into small groups to talk and listen, re-group, and share with others in the session, about how we can each make a specific commitment to act: to support meaningful opportunities and connections among people and places for not only the people we support, but for ourselves.



**4A CalABLE - a New Tax-Advantaged Savings Tool.** Raji Prasad, *CalABLE, Sacramento* We are expected to launch the California ABLE Accounts this October. In this session we will go through the ABLE Act, the California ABLE Act, the benefits and features of CalABLE, how to use a CalABLE Account, and walk attendees through the program online. We will be able to answer questions and discuss future legislative proposals as well. Learn the latest on this program that will make Saving easier for people with disabilities, and how families could help contribute as well.



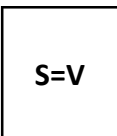
**4B Real Work for Real Pay in the Real World: Part 1 of 3: Overview of the Competitive Integrated Employment Blueprint.** Denyse Curtright, *Dept. of Developmental Services, Sacramento* This is a series of 3 sessions. Each session stands alone, covering separate topics. The Presenter Team includes Representatives from Calif. Department of Developmental Services, Calif. Department of Rehabilitation, and Calif. Department of Education. **In this First Session**, attendees will gain knowledge of the Goal the Competitive Integrated Employment (CIE) **Blueprint** is designed to achieve; Review the 3 primary goals of the CIE Blueprint and the Targeted Outcomes; and Gain knowledge of the implementation of the strategies in the CIE Blueprint.



**4C Designing Your Dream Home: Blueprint for an Accessible Life!** Steve Weaver, *EASE - Eagle Accessibility Solutions & Equipment, Auburn* Discuss Designing Blueprints for Your ACCESSIBLE Dream Home! Pick the brain of this contractor who has lived the life of a parent of a loved one needing access. He has been providing tasteful solutions for more than a decade. Attendees learn about a variety of options to make their home safe and accessible for themselves or a loved one, regardless of abilities or age. Specific questions and examples are encouraged to help problem-solve during session. Various funding resources and key phrases and justifications are discussed, helping professionals advocate for clients and clients advocate for themselves. Attendees learn pitfalls to avoid and qualifications they should verify before hiring someone to work on their home.



**4D AAC and Me.** Isabel Duncanwood, *Voices Unleashed, Redding* This self-advocate presenter says: "this session is about my journey through my communication methods before and during the time I was learning how to use AAC (Augmentative and Alternative Communication), and when I was becoming a competent user of AAC." Attendees will learn how nonverbal communication can be effective communication. The presenter tells "how receiving my AAC device opened doors of communication I never dreamed possible."



**4E Reporting Abuse of 'Dependent Adults'.** Lori Delagrammatikas, *Adult Protective Services Liaison / CA Dept. of Social Svcs, Sacramento* Being told that the government is doing an abuse investigation can make anyone fearful. This session will explain 1) Who is required to report abuse, 2) Who is defined as a "Dependent Adult" and 3) What types of Abuse must be reported. Then we will discuss what happens after the report is made. Participants will be able to talk through their concerns and fears and learn how they can advocate during the process.



**4F Three Years Later: An Update on POS Disparities.** Barbara Wheeler, *USC UCEDD, Los Angeles* Dept. of Dev. Services & Regional Centers (RCs) since 2013 must annually post POS (Purchase of Service) data by age, race, ethnicity, & language, & to hold public hearings of stakeholder groups. Hear about recent improvements in community participation in hearings; financial investments by Legislature to help RCs address disparities; the need to further strengthen voice of community & increase their activism beyond public hearings. Attendees learn how USC UCEDD, Disability Rights CA & regional offices of State Council on DD work together to make sure RC clients from underserved groups have access to info on POS disparity effects on Black, Latino(a), Asian, & Native American clients; receive support in testifying at Hearings; learn what different racial & ethnic groups say in public hearings on difficulty accessing & utilizing Services; what's happening locally & statewide (DDS) to address racial disparities, & enhancing role of advocates.



**5A 'The Revolution Will Be Tweeted.'** Kyla Aquino Irving, Calif. *Foundation for Indep. Living Ctrs (CFILC), Sacramento* According to Pew Research, in 2005 only 5% of American adults used social media. Today around 7 out of every 10 Americans use social media to connect with one another, get news, share info, & entertain themselves. Chances are, no matter the demographic you need to reach, using social media is key to increase engagement, brand & cause awareness. Come learn the basics of top social media platforms & "livetweeting" during your own & community events or developing a contest for followers & other tactics for engaging your intended audience.



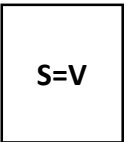
**5B Real Work for Real Pay in the Real World: Part 2 of 3: Person-Centered Planning to Achieve Competitive Integrated Employment.** Denyse Curtright, *Dept. of Developmental Services, Sacramento* This is a series of 3 sessions. Each session stands alone, covering separate topics. The Presenter Team includes Representatives from Calif. Department of Developmental Services, Calif. Department of Rehabilitation, and Calif. Department of Education. **In this Second Session,** Learn to Identify the similarities and unique requirements in the use of person-centered plans used by schools, DOR and regional centers; Review opportunities for collaborative planning; and Hear shared stories of consumer success in achieving CIE.



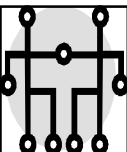
**5C Life After Death: Carrying on After Losing a Loved One** Steve Weaver, *EASE - Eagle Accessibility Solutions & Equipment, Auburn* Losing a loved one... Is this a dream or a nightmare? How can you possibly design a blueprint for this? Come for an honest, open, real look at this chapter of a journey. Whether family member, caregiver, or professional, the ones we love and care for do not always outlive us. This interactive session explores the impact of loss and ways to celebrate a life, giving meaning to the care, advocacy, and work we do. As a true "Work in Process", this session explores the very real experiences of a father who is doing his best to celebrate his daughter's life. Talk with someone living this journey. Emphasize celebration over sadness.



**5D 'Let's Talk Library' iPad Project: iPads for Communication in the Library.** Janet Wininger, *Sac. Public Library, Citrus Heights* The Sacramento Public Library System recently launched a program to make Communication at the local library accessible to more of its patrons. In partnership with CTEC, SLI's Communication Technology Education Center, the library is now providing iPads with customized language pages for individuals with communication needs. Participants learn about local library programs & how they were made accessible for individuals with communication needs; explore the TouchChat iPad app to experience how communication is available to those with a range of literacy needs; and see how people can get their own communication system, if they are needing support for communication in the community.



**5E S=V: Silence = Violence Statewide Network.** Kecia Weller, *Self-Advocate Advisor, Board Resource Center, Sacramento* Kecia Weller, Board Resource Center advisor Our community is abused at much higher rates than general population. The epidemic has grown & there is a marked lack of action despite media attention & years of research & disturbing stats. Prevention & education have not made an impact. We believe it's time to come together to make a significant impact. Calif. Foundation of Independent Living Centers, Supported Life Institute and Board Resource Center helped initiate "**Silence = Violence**" Statewide Network for agencies from diverse backgrounds to share voices & find creative solutions to address **abuse against seniors & people with disabilities.** *We are stronger together.* with power to bring change - for all.



**5F Relationships - A Happy and Loving One Is Best To Have.** Herb Hastings, *Regional Center of the East Bay, San Leandro* Presenter will explain how a person can make new friends. Presenter will also show differences and signs of who is being a true friend or not. Presenter will use a power point program to help people to see the meaning and proper steps to making friends and possibly a closer relationship between two people. Presenter will allow time for audience to ask questions. OBJSTo explain how to meet new friends; To show the differences in a healthy and unhealthy relationships; Help disabled people to make better choices when making friends.



**6A Yes AND! Team Building and Community Building with Improv.** Peter Leidy, *Madison, Wisconsin* What can we learn from improvisational theater that enhances our professional and personal lives? Improv is based on “Yes, and” rather than “yes, but.” It’s about accepting offers and making your partner (or co-worker or family member) look good. It develops our listening skills. When we practice it, we validate each other – and we get great results! This session is especially targeted toward professionals and family members hoping to generate ideas for inclusion and relationship building.



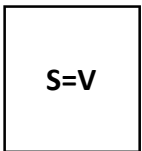
**6B Real Work for Real Pay in the Real World: Part 3 of 3: Local Partnership Agreements and the Link to Person-Centered Planning to help individuals achieve Competitive Integrated Employment.** Denyse Curtright, *Dept. of Developmental Services, Sacramento* This is a series of 3 sessions. Each session stands alone, covering separate topics. The Presenter Team includes Representatives from Calif. Department of Developmental Services, Calif. Department of Rehabilitation, and Calif. Department of Education. **In this Third Session,** attendees will Understand how Local Partnership Agreements (LPAs) will support person-centered planning across the key agencies and other collaborators; Gain knowledge of potential community partners who have resources and services that can support CIE outcomes; and Hear shared stories of local collaboration with a person-centered planning focus.



**6C Special Needs Trust: How It Works.** Michael Pearce, *Special Needs Counselors LLP, Elk Grove* Every special needs parent needs a plan for their child’s lifetime care and protection. In this Workshop, you’ll learn how a Special Needs Trust can accomplish your goals for your child’s lifetime care: • Protecting SSI & Public Benefits • How Trusts Work - Step by Step • Choosing Successor Trustees – for 50+ years • Transition Planning – 18 & beyond • Building Your Support Team – for life • Costs & Fees - from DIY to using an Attorney.



**6D STAR Video Training Project: Supporting Individuals With Communication Needs.** Jamie Crum, *CTEC (Communication Technology Education Center) / Supported Life Institute, Sacramento* Individuals with Communication Needs can be heard when their support staff, friends, family, and community members use STAR Strategies. STAR = Supportive Training Active Respect. CTEC has Developed a web based series of trainings that are available for you to watch, learn, & earn your STAR Certification. This new resource is reviewed w/ training videos presented.



**6E Helping Health Professionals Discuss Sexual Violence with their Patients.** Mark Starford, *Board Resource Center, Sacramento* Many health care professionals have little experience addressing victimization with women with intellectual/developmental disabilities (IDD). In addition, many patients are not likely to raise the topic on their own, or know what constitutes sexual assault. The Board Resource Center and The Arc’s National Center on Criminal Justice and Disability partnered to address the epidemic rate of, and often unrecognized, sexual assault of women with I/DD. Through this project, tools were developed to target health care providers to better equip them to engage in open and safe conversations with patients, laying the groundwork for empowering female patients to speak up for themselves. Two short videos, supplemental materials, training guide and a new National Arc web page will be available for personal use or for training workshops.



**6F Blueprint to Fire Your Attendant When Things Go Wrong.** David Forderer, *State Council on Devel. Disabilities / Governor’s Appointee, Sacramento* People with Intellectual and Developmental Disabilities are vulnerable to the many different forms of abuse. Reacting to a challenging situation can be difficult, as there are many agencies that assist in solving problems. Through sharing a personal experience in addition to reviewing the reporting requirements, presenters hope to empower people to live as independently and successfully as possible.