



Supported Life Institute presents
our 37th Annual Conference

Two-Day In-Person

Supported Life 2023:
“Inspiring Unity through
Common Goals and Creativity”



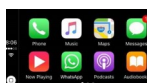
Empowering All People with Developmental Disabilities to be Fully Included in the Community

Wyndham Sacramento Hotel ~ Sacramento, CA

Session Descriptions

Including Lead Speaker Updates

Use Topic Icons to Help Choose from 31 Session Choices:



Communication /
AAC



Social / Recreation
/ Health



Employment



Organizational
&
Staff Development



Family Supports
/ Transition



Personal Power
& Rights



Living / Community



Schools

October 26 - 27, 2023
Wyndham Sacramento Hotel



Living /
Community

1A Strengthening Community Housing Advocacy Through Family Partnerships. John Decker, *Alta California Regional Center, Sacramento* This session describes housing strategies at Alta Calif. Regional Center to develop affordable, accessible housing for regional center clients. This effort to enhance community awareness of the rapidly growing need partners ACRC with Future For Our Kids to create Disability Housing Alliance (DHA), a group of family members, community stakeholders, and others who have organized to advocate at the local level to accelerate housing development. Combining efforts expands outreach into the community to demonstrate that people with IDD are good neighbors & can make positive contributions to community life.



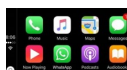
Employ-
ment

1B Customized Employment - More Than Just Two Words. Debbie Ball, *Easter Seals Southern Calif., Escondido* Service agencies and professionals: Are you thinking of providing Customized Employment for people with IDD? This session teaches us "what" it is & what it's Not. This well-known Employment speaker goes into detail about "how" it's done, "where" it occurs, "who" it's for, and so much more. This Speaker also offers a session later today (#3B) targeted more to self-advocates.



Family
Supports /
Transition

1C Networking Guides. Sean Spence, *CA Transition Alliance, Paradise, Calif.* Self-Advocate speakers lead the way, telling how they co-authored a "Let's Work California Networking Guide," written in plain language to prepare self-advocates to meet people, build confidence, learn to tell their story & tell people about their work - plus stay in touch with the people they meet - building a "large net of people" (network) to help job-seekers catch the work they want. Two more Guides are coming soon, full of hands-on activities & a video-based initiative. Individuals, families (some with their own child or grandchild), agency professionals, teachers have all used these guides,



Communication
/ AAC

1D REAL Freedom of Speech Through Augmentative Communication. Karen Duncanwood, *Chico* This speaker asks: Why is interactive communication the center of human life? Why is fluent communication key to deep community integration, rich relationships, a person centered life? Why is fluent communication the HUB of the wheel of services for folks who don't speak easily, rather than a Spoke on the wheel? Why are expressive communication goals (vs. receptive) a better measure of a person centered life in an IEP/IPP? How to write expressive communication goals. Who makes sure they are personalized? Shouldn't a regional center client with poor "CDER" scores on expressive goals automatically trigger a full Communication (AAC) evaluation?



Personal
Power &
Rights

1E Self-Determination: How it Changed My Life. Santiago Villalobos, *Downey* This speaker says: "This session is about my story of how the Self-Determination Program (SDP) changed my life. Before SDP, I was stuck in the traditional system where my voice wasn't heard. I was being forced into a box that I was outgrowing. Then I find out about the Self-Determination Program and it changed my life." The presenter shares his story with others & discusses how self determination can help, can work for you, or your family member, or people you support.



Social /
Recreation
/ Health

1F The Build Project: Building Inclusive Social Recreation. Andrew Flaherty, *Compass SLS & ILS "Build Project," Redding* This session presents the key findings from the Build Project, a DDS-funded social / recreation development project rolled out in Alta Calif. & Far Northern Regional Centers to develop the capacity of social / recreation providers to increase their levels of Inclusivity. The presenter highlights best practices & discusses a new curriculum to increase confidence & competence of emerging adults w/ IDD to identify & engage with social recreation providers in their own communities.

Thursday

2:10 – 3:15 Concurrent Sessions 2A - 2E



Employ-
ment

2A Inclusion Films: Connecting The Dots. Joey Travolta, *Founder, Inclusion Films, Bakersfield* In this session, this morning's Keynote Speaker will describe and portray through a number of film clips how people with developmental disabilities are trained and succeed at doing all the various aspect of filmmaking. Through extensive training opportunities, Film Camps, and Film Festivals, this Director and Producer of over 20 films develops unique job opportunities for people with all different types of abilities.



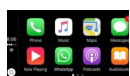
Employ-
ment

2B Innovative Strategies to Create Inclusive Employment Opportunities for Self -Advocates from Communities of Color & Building A Diverse Service Provider Workforce. Leinani Walter, *Chief Equity Officer, Dept. of Developmental Services, Sacramento* Presenters tell about how to respond effectively to our diverse communities, using Service Access & Equity Grants - w/ priorities reflecting input from DDS' stakeholder groups - to reduce disparities & advance equity by shifting the DD system. Grants prioritize inclusive employment for self-advocates from diverse communities & fortifying a service provider workforce that reflects the language & cultural needs of all individuals & families served.



Social /
Recreation
/ Health

2C Health and Wellness at Any Age! Beverley Legault, *Creative Support Alternatives, San Andreas* Two dynamic self-advocates share their stories of how they are becoming healthier! They have used primary care, counseling, specialists, their ILS team, & others to learn & build the skills they need to take charge of their health. They discuss recent experiences w/ dental/oral health, orthopedics, & behavioral health/wellness especially - and share successes, as well as the hard stuff: keeping it real! Attendees learn about being physically active for better health, starting w/ tiny steps; how to use different health professionals to get healthier; & how good health can to lead a good life!



Communication
/ AAC

2D Regulate to Communicate. Kristen Carroll, *Supported Life Institute / CTEC, Sacramento* Many people with complex communication needs who rely on Augmentative & Alternative Communication (AAC) strategies & devices also have a variety of sensory needs. Having a regulated sensory system supports increased attention, engagement, & readiness to learn – critical skills when learning to use AAC. This session, led by a Speech-Language Pathologist who co-founded SLI's "CTEC" program on AAC & has worked in the field for over 35 years, reviews eight sensory systems and suggests strategies & activities to help the AAC user achieve regulation & readiness for successful communication.



Personal
Power &
Rights

2E Choosing Self Determination Program Services That YOU Want. Katie Dempsey & Suzy Requarth, *CA Department of Developmental Services, Sacramento* This workshop provides an opportunity to apply person-centered practices to determine how the Self Determination Program (SDP) can support you in identifying services and supports that are meaningful to you. The presentation will outline services within the SDP through sharing examples of what they may look like.

Supported Life 2023 Conference - Session Summaries

Thursday

3:25 – 4:30 Concurrent Sessions 3A - 3E

Supported Life 2023 Conference - Session Summaries



Organizational & Staff Development

3A How the DSP Collaborative Website Works & Long-Term Goals of the Collaboration. Tony Anderson, *Valley Mountain Regional Center (VMRC), Stockton* Today's after-lunch Keynote Speaker Team, which included Executive Director of VMRC, plus a leader on the Provider Advisory Committee of neighboring Alta Calif. Regional Center, Eric Ciampa, give an overview summary of the project, answer questions the audience may have, learn more detail of how this unique collaboration works as they review the website & the video contacts they have been developing as part of the Public Relations & website development components of the project. This will be an interactive session.



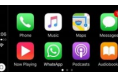
Employment

3B Customized Employment - Is It For Me? Debbie Ball, *Easter Seals Southern Calif., Escondido* Thinking of joining the world of work? Perhaps leaving a segregated setting or exiting school? What's the hype around Customized Employment? Learn about Customized Employment practices, what Discovery is, and what you can expect from a provider. Hear stories of success from the field and ask questions.



Family Supports / Transition

3C I Want to Work! I Know I Can! Joyce Montgomery, *CA Transition Alliance, Suisun* Presenters tell about this Guide for youth & their allies to explore information, services, resources, & websites that will help in exploring options for work. It is developed so that youth come to the conclusion: I Want to Work & I Know I Can! A self-advocate speaker shares her experiences & journey to full time community integrated employment. Speakers share how the Guide can be downloaded for free. Session participants will learn to explore work options, develop a plan for the future, and identify allies & support systems to help them to achieve their goals.



Communication / AAC

3D Unique Ways to Promote Independence with Assistive Technology.

Amanda Morgan, *San Juan Unified School District, Roseville* Assistive Technology (AT) can be scary but it doesn't need to be. There are tons of ways to incorporate assistive technology to promote independence, especially with cooking and daily living skills. An introduction to affordable low-tech AT - including some things you may already have at home! - is offered. The presenter also addresses Hi-tech AT. Hands-on demonstrations are provided.



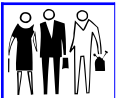
Personal Power & Rights

3E My Journey of Becoming Noe Noe Dueñas, *Ascend Diagnostic & Support Services, Sacramento* This presentation follow the journey of an adult that has autism that didn't receive a diagnosis until they were nearly 30 years old. The journey outlines the accomplishments & resilience in the fight for inclusion, advocacy for rights, & acceptance despite the various hurdles, struggles, adversities, & challenges that Noe faced in becoming the professional individual that he is. Please join me as I tell my story of advocacy, resilience & hard work that went into making me the unique dynamic duo of both a professional specialist in the field of disabilities, as well as an individual with disabilities.



**Living /
Community**

4A Housing Access and the Future of Supported Living. Vivian Haun, *Disability Rights California, Los Angeles* Many people with IDD want to live on their own or at home with their families. But all too often, aging parents, complex support needs, and skyrocketing housing costs can make living in a group home seem like the only option. Group homes are not the only option. This session will focus on the principles of supported and community living, the role of regional centers to help people live in homes of their own choosing, and how we can move to a system where people have real choices about where and with whom they live with the supports they need.



**Employ-
ment**

4B Preparing for Pathways to Competitive Integrated Employment. Arturo Cazares, *Regional Center of Orange County, Santa Ana* One size does not fit all. As every person is unique, it is important to become informed about the many opportunities available to develop the skills and experience needed that lead to Competitive Integrated Employment. This may include volunteer work, the Paid Internship Program, Project SEARCH, and other work experience training. Regardless of a person's age, there are so many opportunities for families and individuals to consider. It is never too early to start learning about all available and emerging opportunities, and to start planning for the future!



**Family
Supports /
Transition**

4C CalABLE Updates. Anne Osborne, *CalABLE, Sacramento* Learn the advantages of people with disabilities saving with an "ABLE account." California Achieving a Better Life Experience (CalABLE) is a savings & investment plan offered by the state to individuals who developed a disability by age 26. Eligible individuals, family, friends, & employers can contribute up to \$17,000 per year, & up to \$100,000 total, without affecting eligibility for public disability benefits. CalABLE account owners who work can contribute even more to their accounts. CalABLE can truly be used to improve health, independence, & quality of life.



**Employ-
ment**

4D Art In My Work Boots. Reuben Mayes, *Art In My Work Boots, McKinleyville.* This speaker says: "In my team grown art business 'Art In My Work Boots,' I am empowered to explore my creative flow to make art that makes me happy to make, to share and to sell to my art fans. By working with my regional center and team, I am set in a successful framework to work through. In a powerpoint, I go over some details (using my speech device) of how this came to be and how it is managed. We will finish with FAQ & Q&A."



**Organiza-
tional & Staff
Development**

4E HCBS Final Rule: A Day in the Life. Susie Crow & Kaitlin Binnewies, *California Department of Developmental Services, Sacramento* This panel discussion includes DDS Regional Center HCBS (Home & Community Based Services) Specialists from DDS, as well as Service Provider and Self-Advocate all sharing what they're experiencing & what they are doing to maintain compliance with these rules on inclusion for people with disabilities and put these them into practice. All share examples of challenges they have experienced and what they did to overcome them - as well as success stories.



Employment

5A Innovative Employment Opportunities. Harry Bruell, *PathPoint, Santa Barbara* This morning's Opening Keynote has more suggestions and details for us as we look into new employment options for people. This session will explore innovative work opportunities - from Project SEARCH, to the gig-based economy, to paid internships, and more. Our economy is changing as we move through the post-COVID reality and the unprecedented workforce shortage. These do present opportunities for people with I/DD. Innovative models may be the path to lead you to them!



Employment

5B Navigating Social Security Benefits & Employment. Ali Tabatabai, *New Leaf Solutions, Sacramento* This session offers workers with disabilities & jobseekers information on how employment impacts their Social Security & other public benefits, taking a plain language approach to explaining Social Security's work incentive programs and how to avoid an unexpected loss of benefits. Presenters tell how to access key programs WIPA (Work Incentive Planning & Assistance), PABSS (Protection & Advocacy for Beneficiaries of Social Security), & Ticket-to-Work. Presenters try to make complex benefit programs easier to understand, & help people overcome a fear of losing benefits due to employment.



Schools

5C Salon 4 SORRY - SESSION CANCELLED BY SPEAKER

(...but we are trying to find a substitute for ...)

~~**A New Pathway to a High School Diploma**~~

~~Sue Sawyer, *CA Transition Alliance (CATA), Redding*~~



Social / Recreation / Health

5D Personal Support Networks: Building Friendships in Your Community.

Tasha Ward, *R.E.A.C.H. Independent Living Services, LLC, Redding* This session kicks off with a game-like exercise that will help attendees understand Personal Support Networks and how they work. Learn the various roles in creating a Network with someone you support. Learn the role of the Facilitator as creating opportunities, nurturing relationships, and exploring the community with the individual receiving the support. The session will use a Power Point telling about the history of this program and how to implement it. Presenters finish up with an open forum for questions.



Organizational & Staff Development

5E HCBS and My Work as a Direct Support Professional. Kaitlin Olson, *Alo Consultation, Benicia* This first session by these speakers is geared towards direct service professionals (DSPs) who work in Home and Community Based settings. This session will guide DSPs on how to support individual's rights to living a more integrated, dignified adult life. Presenters explore specific HCBS-aligned strategies that can be implemented in your day-to-day work. They also discuss how to support an individual with their rights when communication may be challenging. These presenters note: "You are a critical piece to HCBS, let's equip you to empower self-advocates!"



Employment

6A You Get What You Pay For: Getting Better Employment Outcomes. Vivian Haun, *Disability Rights California, Los Angeles* Other states have started seeing significant increases in competitive integrated employment for people with IDD after redesigning their systems to pay for the employment outcomes people want. What can California learn from these reforms? Learn about best practices for not just getting people jobs, but getting them meaningful work that capitalizes on their unique talents, helps employers meet their bottom line, prioritizes those with the most complex support needs, and helps build more inclusive workplaces.



Personal Power & Rights

6B The Importance of Listening to the Community. Dave Manson and Don Perata, *Calif. Policy Center for Intellectual & Developmental Disabilities (CPCIDD), Sacramento* Our Friday Afternoon Keynote Speaker, CA State Senate President Pro Tem Emeritus joins in with this nonprofit leader and experienced drafter and lobbyist for legislation in a session sharing the importance of collaboration between the IDD community, the research community, and policymakers when developing or evaluating policies/programs that impact the lives of people with IDD in California. Speakers discuss the role of the CPCIDD in outreach and working together with stakeholders to identify challenges, opportunities, best-practices, & research to support & improve the lives of people with IDD in Calif.



Living / Community

6C Nitty-Gritty Approach to Building Community. Roberta Dunn, *Joni & Friends -Sacramento, El Dorado Hills* These presenters sa: “Everyone aspires to have a whole, full, beautiful, sometimes messy life. Hear an approach to strength-based, person-centered, community building, applicable to anyone experiencing disability at all intersections of life - childhood, transition, adulthood, employment, housing, community of faith, recreation, etc. Leave with practical ideas to explore and initiate with family members and/or individuals you support, for pursuing whole, full lives in community.



Social / Recreation / Health

6D End of Life Support: Advanced Care Planning with Supported Decision Making. Michele Lehane, *Community Living Options/Alice Carroll Foundation, Chico* The aging of people with I/DD presents challenges for systems to provide appropriate supports for end of life questions and issues and to ensure that the dignity, rights, and choices of people with disabilities are fully included and respected. Presenters speak about End of Life Support with Supported Decision Making for individuals with I/DD. This session teaches how to make an individualized Shared Decision-Making document, noting the importance of using Supported Decision Making (SDM) to do so.



Personal Power & Rights

6E HCBS and My Rights as a Self-Advocate. Jacqueline Lawton, *Alo Consultation, Benicia* This second session offered by these speakers focuses on Self-Advocates and how the HCBS (Home & Community Based Services) Final Rules might impact your day to day life. Presenters offer tools and handouts for self-advocacy. They note that “this workshop is for people who are on the Medicaid Waiver. We want to make sure you understand the new rights you have that your service providers must follow. Your choice, independence, and privacy matter! Let's talk about them!”