



*2018 Self-advocacy
conference registration
package*

Weaving Your Own Path

May 29 & 30, 2018

Sandman Hotel

Lethbridge, AB

Key Note Speakers

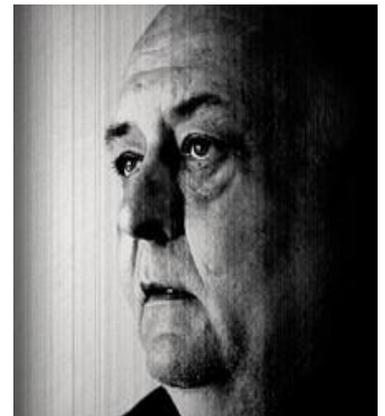
Me and Mine/You and Yours

Dave Hingsburger

This keynote presentation will be an interactive exploration of personal power and the importance of telling our own truths. People with disabilities have historically experienced a world and a service system wherein their voices weren't always listened to, where their choices weren't always respected. Many were programmed to be silent witness to their own lives. This presentation will shake that up and stress the importance of personal power and drawing the most important boundary that adults need to draw in their lives.

Biography

Dave Hingsburger has worked with people who have intellectual disabilities for over 40 years. Over that time he has provided a variety of different services but has always maintained a practice wherein he provides direct support to people with disabilities. He has his BA from the University of Victoria and his MEd from the University of Toronto. He has authored several books and numerous book chapters and journal articles. He is the founder and co-editor of the International Journal for Direct Support Professionals. He has lectured nationally and internationally providing training on disability and sexuality; abuse prevention; problematic behaviour; self esteem and pride; and rights. Presently he is the Director of Clinical and Educational Services for Vita Community Living Services in Toronto.



What does it mean to Belong?

Cara Milne

A fun conversation around what it means to belong and what it feels like to be a guest during the day. Where are you noticed? Where are you ignored? How do you know when you are really included? Cara will also share what it means to be a community builder and some simple first steps.

Biography

Cara Milne is the owner of M-Powered Planning Ltd, an award winning business that has been promoting positive and valuable roles for people with disabilities for over 14 years. Cara provides training and support that is both positive and practical.

Cara is currently a teacher with Bow Valley College and the proud winner of the Community Award from Inclusion Regina. She is excited to announce her first book *Building Community; Practical ways to build inclusive communities for people who are vulnerable*.

www.mpoweredplanning.com



“Finding a Job: How the Heck do I do That?”

Mark Davids

Mark Davids will be talking about finding a job that works for you. In this presentation, you will learn how networking can be important, where you can look for jobs easily, and even how you can create a job for yourself. Many would be surprised to find that employers sometimes don't even realize they need you until you show them!

[“Weaving Your Own Path” Self-Advocate Conference 2018](#)

Information on the breakout sessions

SESSIONS FROM 2:30-3:30 May 29, 2018

My Life with Autism So Far – William Robb

Will Robb is a 28-year-old and was labeled with autism at a young age. Despite an early designation as having a significant speech delay and past struggles in social situations, he has become a great story teller and likes to share his experiences of his formative years with autism.

The Path I took to get to Where I am Today - Linda McDonald

Come hear Linda talk about the path she took to get where she is today being an employee of the City of Medicine Hat. With the help of her husband she has been able to get to where she wants to be right now and overcome challenges and celebrate achievements.

Independence vs. interdependence – Charla Solly

Learning to live independently and finding your self-worth can be difficult. Charla will talk about her experience in finding her self-worth and establishing her personal values.

SESSIONS FROM 11:00 – 12:00 PM, May 30, 2018

How do I use my gifts? Where could I do more for myself? - Cara Milne

What are the ways you help others? In your home? In your city? These are all ways you contribute! Cara will spend some time celebrating all the ways we use our gifts. This session will then spend time talking about what happens when people do things for you that you could do for yourself! Let's spend some time together figuring this out!

How to Find Your Voice - Naturally Speaking Toastmasters/Action Rights Committee of Ability Resource Centre

Finding your voice is a skill development process about speaking in crowds and doing public speaking about concerns that are important to you. The session will explore the symptoms and causes of anxiety. It will discover how to find an inspirational speech that is important to the speaker. Presenters will show how to create and build an organized, polished speech and then have a prepared speech presented to them. The theme that overcoming anxiety comes from learning how to do public speaking is the key to being a better self-advocate for yourself. It centers on being able to face your fears.

Networking in Your Community – Chris Rowley

When you learn how to network in your communities you become a better leader in your community. In this session we will talk about ways to network safely in your community and be a better leader.

SESSIONS FROM 1:00 – 2:00 PM, May 30, 2018

The Ring of Safety – Dave Hingsburger

This session will teach people with disabilities about abuse prevention and the skills they need to stay safe. It is a fast and fun presentation full of role plays and interaction. The goal is for people to leave feeling powerful, not afraid. This abuse prevention class had demonstrated effectiveness in teaching people about abuse and about strategies to stay safe.

I Did It My Way – Brandon Thielen

Brandon is a 34-year-old self-advocate who was born with Down syndrome. When he couldn't get a job in his chosen field of computers, he started his own business with the help of Colette Acheson of "More than the Label". His company, Photos Galore Digitizing Services, has now been in business for 10 years. "I love my job!" It is important it is to believe in yourself and to love what you are doing, and that sometimes you must face your fears in order to achieve your goals. Twelve years ago, he joined Toastmasters to help him face his fear of speaking in front of groups of

people. He now loves public speaking! He has been doing presentations on a variety of topics relating to living with "different abilities". He has spoken across Canada.

How to Stay on Your Own Path - Doug Edey

Doug Edey will be speaking about staying on your own path. In this presentation you will learn skills on how to get back on your path if you have strayed off it; you will learn how to focus on your goals and dreams so that you can become a better leader.

Solidance South (Creative Dance Program) for all people will do a demonstration/ participation workshop

The first 10 minutes will be a short demonstration that shows what participants have learned. Then, led by Afra Foroud,(the main instructor), the assistant instructors will help individuals participate in a demonstration class with everyone participating. This teaching group will teach a warm up program, followed by a series of movements and finishing with a creative part. The whole session will demonstrate how the lessons go within this creative dance group.

[“Weaving Your Own Path” Self-Advocate Conference 2018](#)

Schedule of events

May 29, 2018

12:00 – 1:00 Registration – please be aware that lunch is not being provided

1:00 - 1:05 Welcome

1:05 - 2:15 “Finding a Job: How the Heck do I do That?” – Mark Davids

2:30 – 3:30 Small group sessions
Various sessions being held

5:00 – 11:00 Banquet
Doors open at 5:00pm, dinner is served at 6pm. SAIPA will be giving out the SAIPA Ally Recognition Award and SRSAN will be giving out the Clarence Marsh Memorial award. Official Launch of SRSAN Logo. There will be Indigenous dancers followed by a dance.

May 30, 2018

7:30 – 8:45 Breakfast at the Sandman Hotel

9:00 – 9:15 Welcome from Chairperson and Introduction of Key note

9:15- 10:45 Me and Mine/You and Yours – Dave Hingsburger

11:00 – 12:00 Small Group Sessions
Various sessions being held

12:00 – 12:45 Lunch at the Sandman Hotel

1:00 – 2:00 Small group sessions
Various sessions being held

2:15 – 3:15 What does it Mean to Belong – Cara Milne

3:15 – 3:30 Conference wrap-up – SAIPA and SRSAN
This will be a large group session and time to fill out conference evaluations.

THINGS TO REMEMBER WHEN FILLING OUT THE REGISTRATION FORM

Membership: If you are a member of SRSAN you will get a reduced rate for conference fees and the hotel room if you need a hotel room. Remember if you are not a member and would like to get the reduced rate, you will need to also buy a SRSAN membership for \$10. This will still save you money on the conference fee and hotel room.

Pick your session: You will need to pick one session for the afternoon of May 29th and one session for the afternoon of May 30th. Please make sure that you also pick backup sessions in case you cannot get into your first choice. When you get to the conference we will have your session choices and the room they will be in printed on your name tag.

Rooms: Each room has two queen beds. If you need a room, make sure that you include that price on your registration form. If you are sharing a room, please make sure you write down your roommate's name on the registration form. If you are sharing a room the cost per room is \$40/person for members. If you want your own room, the cost is \$80/room for members. **Remember that SAIPA will book your hotel room for you. We will let you know your room number when you arrive at the conference. Payment for conference and the room must be received before SAIPA will book the hotel room.**

Travel: Transportation will be provided to Lethbridge from Medicine Hat. Please make sure you let us know if you need a ride to the conference. You will need to sign a travel consent form to travel to the conference. Make sure you or your guardian fill out this form. **Everyone that travels on the bus from Medicine Hat to Lethbridge must fill out this form and return to SAIPA with your conference registration. There is one form for individuals and one form for support staff. Please make sure that you fill out the correct form.** We will provide details on the times we will be leaving for Lethbridge and returning to Medicine Hat on an information sheet closer to the date of conference.

Support Staff: If you need support staff to come with you they will also need to fill out a registration form, travel consent form, and pay the

conference fees. Support staff can become a SRSAN supporting member and receive the same conference discounts.

What does the conference fee include? The conference fee includes all your sessions, swag bags, transportation from Medicine Hat to Lethbridge and return to Medicine Hat, coffee breaks, supper and dance the first day and breakfast and lunch the second day. **Lunch is not provided the first day, May 29th.**

Spending money: All meals and coffee breaks are provided during the conference except lunch on May 28th. If you want to buy other things while at the conference you will need to bring your own money. There is a 7-11 that is close to the Sandman Hotel.

Swimming: The Sandman Hotel has a swimming pool. **Swimming is at your own risk as there is no lifeguard on duty.**

What to bring: There is a banquet and dance on Tuesday night. You may want to pack dress clothes for this. If you want to swim you will need to bring a swimsuit. The rest of the conference is casual, so you can bring casual clothes. You will need to bring your own toiletries (shampoo, deodorant, toothpaste, and toothbrush) with you. You will need to bring your own medication.

“Weaving Your Own Path” Self Advocate Conference 2018

Each registrant (person) needs to fill out a registration form and session choices. This includes support staff. Please choose one for each time.

Session Choices

2:30-3:30 May 29, 2018

- My life with Autism
- The path I took to get where I am today
- Independence vs. interdependence

11:00-12:00 May 30, 2018

- How do I use my gifts?
- Naturally Speaking
Toastmasters
- Networking in your
Community

1:00 – 2:00 May 30, 2018

- Ring of Safety
- I did it my way
- How to stay on your own path
- Solidance

If I cannot get into these sessions, I am also interested in these sessions. Please choose one for each time:

2:30-3:30 May 29, 2018

- My life with Autism
- The path I took to get where I am today
- Independence vs. interdependence

11:00-12:00 May 30, 2018

- How do I use my gifts?
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Toastmasters
- Networking in your Community

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- Ring of Safety
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- How to stay on your own path
- Solidance

“WEAVING YOUR OWN PATH” REGISTRATION FORM

Registrations must be received no later than **Friday, April 27, 2018**
There will be no refunds after the deadline.

Name: _____

Phone: _____

Address: _____

Email: _____

(Box # or Street Address, City, & Postal Code)

CONFERENCE REGISTRATION

SRSAN Member Registration <i>(Membership must be from September 2017 – September 2018)</i>			COST SUBTOTALS
SRSAN MEMBER CONFERENCE FEE	\$20/person		\$
WILL YOU REQUIRE A HOTEL ROOM FOR ONE NIGHT? <input type="checkbox"/> Yes <input type="checkbox"/> No	Hotel room cost including taxes	\$80.00/room	\$
	Roommate's name		
WILL YOU BE ATTENDING THE BANQUET? <input type="checkbox"/> Yes <input type="checkbox"/> No			NO CHARGE
Non Member Registration			
NON MEMBER CONFERENCE FEE	\$80/person		\$
WILL YOU REQUIRE A HOTEL ROOM FOR ONE NIGHT? <input type="checkbox"/> Yes <input type="checkbox"/> No	Hotel Room Cost not including taxes	\$109/room	\$
	Roommate's name		
WILL YOU BE ATTENDING THE BANQUET? <input type="checkbox"/> Yes <input type="checkbox"/> No			NO CHARGE
TOTAL COST			\$

METHOD OF PAYMENT: PLEASE DO NOT SEND CASH

- Registration faxed/emailed (original & cheque in the mail)
- Cheque enclosed payable to "Southern Alberta Individualized Planning Association"

Drop off or send your registration, with payment, to:

Southern Alberta Individualized Planning Association
 #210-410 Stafford Drive South, Lethbridge, Alberta T1J 2L2
 Phone: (403) 320-1515; Toll free: 1-866-320-1518

Fax: (403) 320-7054; E-mail: anna.olson@saipa.info or mark.davids@saipa.info

3.0 OPERATIONAL POLICIES – PROGRAM

3.2 PROGRAM

3.2.10 Safe Travel Management Policy Policy

SAIPA believes that ensuring the safety of all individuals supported and employed by the organization are of utmost importance.

The purpose of this policy is to define the procedures for safe travel management which will apply to all employees, contractors and individuals travelling with or on behalf of SAIPA.

Procedures:

1. Employees of SAIPA who carry more than 4 passengers at a time must carry \$5 million liability insurance. Those employees who carry 1-4 passengers will need to carry \$2 million liability insurance.
2. Employees of SAIPA will be responsible for ensuring safe travel standards are met. This includes but is not limited to:
 - i. Ensuring all seatbelts of passengers are securely fastened
 - ii. Ensuring that individuals enter and exit the vehicle in a safe fashion. i.e. crossing roads at crosswalks, looking for moving vehicles in parking lots, etc.
 - iii. Ensuring all individuals are accounted for before leaving a location.
 - iv. Ensuring road conditions are safe for travel (AMA website). If travel is not advised on current road conditions, employees will make alternate arrangements.
3. In the event of an altercation during travel, staff will immediately pull over until the altercation is addressed and complete. Employees are trained in Non-Violent Crisis Intervention techniques (CPI) to address these situations.
4. All individuals travelling with SAIPA will be required to fill out consent to travel form that includes emergency medical information before they are able to travel with SAIPA. These forms will be effective until consent is withdrawn.
5. If an individual requires support with a behavioral program or medications, they will require the support of an individualized staff during SAIPA travel. These individualized staff must sign an acknowledgement that they are responsible for the safety of the individual.

Reference:

Policy 3.2.4 Restrictive Procedure Policy
Policy 3.2.5 Medication Administration Policy
Attachment#15: Consent to Travel Form



Southern Alberta Individualized Planning Association

Name: _____ Address: _____

Date of Birth: _____ Phone: _____

I hereby give consent to participate in travel activities with representatives of Southern Alberta Individualized Planning Association.

I understand that the association will not assume liability for personal or property loss.

I understand that I am fully responsible for the safety, as outlined in paragraph 2 of policy 3.2.10 Safe Travel Management, of the individual(s) I am supporting to travel with SAIPA.

In signing this release, I acknowledge that I have been advised by Southern Alberta Individualized Planning Association that consent may be withdrawn in writing at any time.

This consent will remain in effect until consent is withdrawn.

In case of emergency contact:

(Name) (Phone) (Relationship)

(Name) (Phone) (Relationship)

POLICY 3.2.5 Medication Administration Policy:

SAIPA's services do not include medication administration. While on Association business, events, and/or activities, staff shall not administer individual's medications. If individuals require medication administration, it is up to the residential or vocational service provider to provide one of their trained staff to accompany the individual while on SAIPA activities or events.

POLICY 3.2.4 Restrictive Procedure Policy

SAIPA does not participate in the administration and/or facilitation of restrictive procedures or planned restrictive procedures for anticipated situations or behaviors of concern. If an individual has anticipated situations or behaviors of concern, it is up to the residential or vocational service provider to provide one of their trained staff to accompany the individual while on SAIPA activities or events.

There are times when emergency restrictive procedures may need to be used in unanticipated situations. In such situations, positive procedures will be used or the least restrictive actions shall be used for the health and safety of an individual or third parties.

Signature: _____

Date: _____



Southern Alberta Individualized Planning Association

Individual Consent to Travel Form

Name: _____ Address: _____

Date of Birth: _____ Phone: _____

I/We hereby give consent for _____ to participate in travel
(Name)

activities with representatives of Southern Alberta Individualized Planning Association.

It is my understanding that the association will not assume liability for personal or property loss. I/We acknowledge that if _____ require(s) the support of an individualized support staff from another organization, that individualized support staff is responsible for the safety of _____ as outlined in paragraph 2 of policy 3.2.10 Safe Travel Management and waive all liability against SAIPA with respect to those items.

In signing this release, I/we acknowledge that I/we have been advised by Southern Alberta Individualized Planning Association that consent may be withdrawn in writing at any time.

This consent will remain in effect until consent is withdrawn.

In case of emergency contact:

(Name) (Phone) (Relationship)

(Name) (Phone) (Relationship)

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SAIPA's services do not include medication administration. While on Association business, events, and/or activities, staff shall not administer individual's medications. If individuals require medication administration, it is up to the residential or vocational service provider to provide one of their trained staff to accompany the individual while on SAIPA activities or events.

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There are times when emergency restrictive procedures may need to be used in unanticipated situations. In such situations, positive procedures will be used or the least restrictive actions shall be used for the health and safety of an individual or third parties.

Signature of Individual/Guardian: _____



Southern Alberta Individualized Planning Association

Emergency Medical Information

Pharmacy:

Pharmacy Phone#:

Please check the boxes off that apply to you and give any other information that would help the emergency treatment people:

Diabetes Seizures Asthma Allergies

Other medical conditions: _____

Medication Information

Medication (s)	Dosage	Time	Comments

Other Information that would help us: _____

Date: _____

**If you have special dietary needs such as diabetic please list below.
This does not include foods that you do not like.**