

NJ Self-Directed Supports Conference

Friday & Saturday

May 21-22, 2010

Doubletree Hotel, Somerset, NJ



Sponsored by:

Division of Developmental Disabilities
New Jersey Department of Human Services

In partnership with:

THE ELIZABETH M. BOGGS CENTER
ON DEVELOPMENTAL DISABILITIES
Department of Pediatrics



ROBERT WOOD JOHNSON
MEDICAL SCHOOL
University of Medicine & Dentistry of New Jersey



Caregivers of
New Jersey
An Affiliate of the Family Resource Network



Easter Seals
DISABILITY SERVICES



values into action

Friday, May 21, 2010

Pre-conference events

Workshop 1:00 – 3:30 P.M.

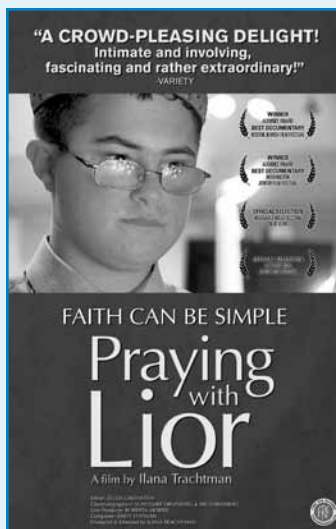
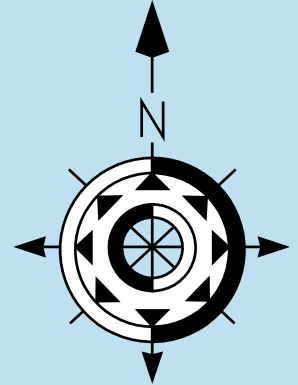
Putting the Wind in Your Sails: Person-Centered Planning to Drive the Supports You Need for the Future You Want

Michael Steinbruck, MA, The Elizabeth M. Boggs Center on Developmental Disabilities,
UMDNJ-Robert Wood Johnson Medical School, New Brunswick, NJ

"If you don't have a plan for yourself, you'll be part of someone else's." - American Proverb

This fun and interactive workshop will provide an overview of the person-centered planning process that drives all DDD Self-directed Supports in New Jersey. This now also includes Self-determination. Come to learn and share with other participants and family members. People will leave with a general knowledge of the *Essential Lifestyle Planning* process and the tools that supporters will need to effectively put those plans into action.

For people who self-direct their supports and interested family members.
Space is limited to the first 100 registrants. Register using form on the last page.



Film and Discussion 4:00 – 6:00 P.M.

Praying with Lior

Praying with Lior is an award-winning documentary about the coming of age Bar Mitzvah of Lior Liebling, a young man with Down Syndrome, the power of a supportive community and family, the realities of family life, and times of celebration, loss and grief, and, above all, a film focused on the gifts that one young man is able to share with friends, family and community.

Space is limited to the first 100 registrants.
Register using form on the last page.

Semi-Formal Dinner Dance 7:00 – 9:30 P.M.

A buffet dinner, a DJ, and a lot of friends! Come nurture your friendships and make new connections while having a lot of fun!

Fee required: \$40 per person includes dinner buffet and dance

Space is limited to the first 100 registrants. Register using form on the last page.

Saturday, May 22, 2010

Conference

8:30 A.M.	Registration, Continental Breakfast, Art and Resource Exhibits
9:00 A.M.	Welcome
9:30 A.M.	Keynote Presentation
10:45 A.M.	Workshops
12:00 NOON	Lunch
1:15 P.M.	Workshops
2:45 P.M.	Dessert and Music with DJ Slick
3:30 P.M.	Wrap Up

Keynote Presentation - Being Realistic Isn't Realistic!

Norman Kunc and Emma Van der Klift, Broadreach Training and Resources, British Columbia, Canada

"Disability is not a 'brave struggle' or 'courage in the face of adversity'...disability is an art. It's an ingenious way to live." - Neil Marcus

In a fast paced, entertaining presentation filled with "ah-ha" insights, Norman Kunc and Emma Van der Klift draw on their experience of disability and show how people often get trapped in the habits of inefficiency. They maintain that incessant inquisitiveness, an expectation of failure, and a defiant refusal to be realistic can not only open up new options for people with disabilities but, more importantly, it can make the process of support a lot more fun.



Norman Kunc and Emma Van der Klift have spent the last 25 years working to ensure that people with disabilities are able to take their rightful place in schools, workplaces, and communities. Although they are well known advocates within the disability rights community, they prefer to think of themselves as modern day storytellers, continuing the long held tradition of using humour and narrative to initiate self-reflection and social change.

Norman and Emma are co-directors of Broadreach Training and Resources Ltd. They provide in-service and training in the areas of inclusive education, employment equity, conflict resolution, and other disability rights issues. They travel extensively throughout North America and abroad working with school districts, human service agencies, employers and advocacy groups.

Born with cerebral palsy, Norman attended a segregated school for children with physical disabilities; then, at the age 13, he was integrated into a regular school. From there, he went on to complete a Bachelor's degree in Humanities and a Master of Science degree in Family Therapy. When Norm isn't working, you'll find him sailing, cycling, or listening to jazz.

Emma is a mediator who received training and certification in third party dispute resolution and negotiation at the Justice Institute in Vancouver, B.C. She provides mediation, conflict coaching, and in-house training in conflict resolution to non-profit agencies, boards, business groups, management teams and union organizations. When Emma isn't on the road, you'll find her running, cycling, cooking, or reading.

Conference Workshops

10:45 A.M. – 12:00 NOON and 1:15 P.M. – 2:30 P.M.

There are 11 workshops offered at this conference. The workshops will be the same in the morning and the afternoon except for workshops 10 and 11. Review the workshops and **mark your workshop choices on the registration form.**

1 Turning Changes and Loss into Chances to Give Support and Help People Grow

Bill Gaventa, M.Div., Director, Community and Congregational Supports, The Boggs Center/UMDNJ

People change jobs, change homes, make friends and see friends die. These changes can be happy, really hard, or both. In this workshop we will learn about ways people support one another when big changes are happening.

2 What is the DDD Community Care Waiver?

Kathy Roberson, M.S.W., Policy and Information Coordinator, The Boggs Center/UMDNJ
Ralph Lollar, M.S.W., Waiver Administrator, NJ Division of Developmental Disabilities

Many people have questions about the DDD Community Care Waiver. What does it mean to be on the waiver? What services can you get through the waiver? How do you get on the waiver waiting list? Come and get the answers to these and other questions about the waiver.

3 Preventing Abuse and Building Awareness for Healthy Relationships

Shellyann Dacres, M.A., Training and Consultation Specialist, The Boggs Center/UMDNJ
Tracy A. Higgins, M.A., LPC, Morris County Sexual Assault Center, Morristown Memorial Hospital / Atlantic Health

Building relationships and learning social skills are important to staying healthy and preventing abuse. This includes sex education. We will talk about how family members and staff can provide support around these issues.

4 Thinking Differently About Guardianship

Kimberly Friend, M.S.W., Chief, Bureau of Guardianship Services, New Jersey Department of Human Services
Nina Weiss, J.D., Mediator, New Jersey Administrative Office of the Courts

Many people have questions about guardianship when a loved one turns eighteen. This presentation offers an overview of guardianship. We will talk about responsibilities of guardians. We will also focus on alternatives to guardianship and when it may be needed.

5 Getting to Work

Rev. Douglas E. Gaffney Th.D., Placement Coordinator, Family Resource Network of NJ
Coral M. Gandiaga, Stakeholder Relationship Tax Consultant, Internal Revenue Service

"Getting to Work" is a program that places people with disabilities into jobs and also provides support after 90 days. Also hear about the little known Earned Income Tax Credit (EITC). The EITC is for people who do not earn high incomes. It lets people keep more of what they earn and helps to keep people out of poverty.

6 Learn to Make Money as an Artist

Kippy Rudy, Executive Director, VSA Maine

Are you an artist that wants to know how to make money from your art? This workshop will help artists learn the business skills needed to sell their art.

7 How to Make Supportive Housing Work

Ed Murphy, Executive Director, Supportive Housing Association of New Jersey (SHA)

People create fulfilling and happy lives outside their family home. People design and direct their own supports. This includes locating resources and finding housemates. SHA of NJ has been working to create more links between those who develop housing and those who are looking for it. Come and join this discussion to learn more.

8 How to Keep Your Social Security and Medical Benefits While You Work

I. Carl Robinson, Public Affairs Specialist, Social Security Administration

Social Security can be confusing. This session will help you begin to learn how to make the most of your benefits. We will talk about what it means to be a "Dual Eligible." We will learn how to use Social Security Work Incentives to maintain your SSI payments. We will also learn about the benefits of creating a Plan for Achieving Self Support (PASS) to further your job goals.

9 Ways to Save Money for Your Future

James Gatz, Manager, Assets for Independence, U.S. Department of Health and Human Services
Debbie Chapman, Senior Stakeholder Relationship Tax Consultant, Internal Revenue Service

This workshop will present an overview of new ways that people with disabilities and their families are allowed to save for the future. These include matched savings accounts called Individual Development Accounts and the Earned Income Tax Credit.

Conference Workshops

10:45 A.M. – 12:00 NOON and 1:15 P.M. – 2:30 P.M.

10 Managing Conflict in Self-Directed Supports

Norman Kunc and Emma Van der Klift, Broadreach Training and Resources, British Columbia, Canada

The person who is self-directing and support providers might not always agree. This workshop will teach participants a few skills they can use in working out difficult issues. These skills will help to keep healthy relationships with support teams.

This workshop is in the morning only.

11 Making Friends on Purpose to Build Communities

Lois Joy Smidt, Community Consultant, Beyond Welfare, Inc.

Well meaning efforts to connect individuals with disabilities to their community too often becomes "charitable helping." This keeps people with labels in positions of need. This workshop will show ways to build a community where everyone gives and receives.

This workshop is in the afternoon only.

Family Forums and Networking

The NJ Division of Developmental Disabilities (DDD) has embarked upon a series of County Family Forums to establish a visible presence at the County level. These forums are also intended to support the braiding together of local supports and the pursuit of an integrated community life for people with developmental disabilities in each county built on locally created vision for the future.

The Forums catalyze a partnership among self-advocates, families, private sector providers and county government to assist families to create a plan for the lifestyle they want for their child with a developmental disability. Morris, Middlesex, Monmouth, Union, Sussex, Ocean and Burlington are among the first to forge a planning community where information about resources and creative solutions is shared and individuals and their families have an opportunity to network.

Come learn about what has already happened in your County or what will be occurring and how you, as a member of the Self-directing community, can connect to your County's activities. So stop on by the Family Forum Room and you will be able to meet members of the established County groups and learn how you can impact what is or will be going on in a community close to you.

Waves of Talent Art Exhibit – Display Your Creative Side

There will be a showcase for the various creative talents in the Self-Direction community at this Conference. **Pre-registration is required by May 7, 2010.** Please register using the conference registration form on the last page.

All art exhibit entries will be listed in the conference program. The articles need to be brought to the "Waves of Talent" tables on **May 22, 2010 by 8:00 A.M.**

The categories are:

Painting:

- Water Color
- Acrylics
- Oil
- Mixed media

Sculpture:

- 3D art work
- Pottery
- Ceramics
- Collage

Photos:

- Color or
black and white

Crafts:

- Needlework/
Sewing/Decorated
t-shirts
- Jewelry
- Holiday Decorations
- Candles
- Flower
Arrangements
- Card Making

All flat entries should be matted or framed and no larger than 24"x36"

The conference or hotel is not responsible for any damages or theft of these articles. If you have any questions about the art exhibit, please contact Alice Mietz at 609-654-2551 or jlmietz@verizon.net.

All Day!

Networking

Self-Direction Help Desk

Resources

Art Exhibits

...and more!

Directions to Doubletree Hotel & Executive Meeting Center 1-732-469-2600

From Route I-287 North

Take exit 10 for Route 527 (New Brunswick/Easton Avenue). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Continue on Davidson Avenue for one quarter (1/4) mile and make a left into Atrium Corporate Park. Follow to the front entrance for the Doubletree Hotel & Executive Meeting Center.

From Route I-287 South

Take exit 10 for Route 527 (New Brunswick/Easton Avenue). At the bottom of the exit ramp, get into the left lane and make a left turn, (Go under overpass of I-287.) Go straight (bearing to the right) to the first traffic light and make a left onto Davidson Avenue. Continue on Davidson for one quarter (1/4) mile and make a left into Atrium Corporate Park. Follow to the front entrance for the Doubletree Hotel & Executive Meeting Center.

From the New Jersey Turnpike – North & South

Take exit 10 for Metuchen/Edison to I-287 North. Follow I-287 North instructions.

From the Garden State Parkway – North

Take exit 127 for I-287 North. Follow I-287 North instructions.

From the Garden State Parkway – South

Take exit 129 for I-287 North. Follow I-287 North instructions.

From Newark International Airport – South

Follow Airport exit signs to the New Jersey Turnpike – South. Take exit 10 for Metuchen/Edison to I-287 North. Follow I-287 North instructions.

From Northern New Jersey – Via I-78

Take I-78 to I-287 South. Follow I-287 South instructions.

By Train – A shuttle from New Brunswick train station to the Doubletree Hotel will be available.

Room Reservations

If you would like to stay at the hotel the night before or after the conference, call the **DoubleTree Somerset at 732-469-2600 by May 14, 2010 to receive the discounted rate. Mention the “UMD” group code when making your reservation.** You may also reserve online. Go to <http://doubletree.hilton.com/en/dt/groups/personalized/EWRDADT-UDJ-20100521/index.jhtml>. After May 14, the block of rooms will be released and we cannot guarantee that a reservation will be available. **Conference Rates:** Single/Double Occupancy \$109.00 + tax per night. In order for the tax charge to be waived, you must pay using your nonprofit organization's check or credit card.

Registration Instructions

The conference is free of charge but space is limited. Registration is required. Registration deadline: **May 7, 2010**

Complete the registration form on the next page

- Please complete a registration form for **each person** who will attend. This will help us to keep track of registrations. If you need more forms, you may copy this form, go to: <http://rwjms.umdnj.edu/boggscenter> or call Beth Ong at The Boggs Center.
- Please remember to mark both a **FIRST** and **SECOND workshop choice** for Morning and Afternoon Sessions.
- On the registration form, please let us know if you require any **special accommodations** to participate in the conference.

Confirmation Letters

- The Boggs Center will send a **confirmation letter** to all registrants. If you believe you are registered and have not received a confirmation letter by **May 7, 2010**, please contact Beth Ong.

If you need to cancel

Space is limited. If you register for the conference and cannot attend, please call Beth Ong to cancel so that other individuals and families may attend.

Questions

If you have questions about conference registration, please contact Beth Ong at The Boggs Center/UMDNJ at:

Phone: 732-235-9327 Email: elizabeth.ong@umdnj.edu Fax: 732-235-9330

Charting Your Course With Self-Direction

New Jersey Self-Directed Supports Conference

May 21-22, 2010

Free of Charge!
 Registration deadline – May 7, 2010
 Space is Limited – Register Today!

Contact Information Complete one registration form per person.

First Name _____ Middle Initial _____ Last Name _____
 Title (if applicable) _____
 Organization (if applicable) _____
 Mailing Address _____
 City _____ County _____ State _____ Zip _____
 Phone Number and extension _____ Fax Number _____
 Email address _____
 Name of person sending registration, if different from above _____

Special Accommodations Needed:

Please let us know if there are special accommodations needed to allow you to participate:

- Wheelchair User Braille Handouts Sign Language Interpreter Assistance with Lunch
 Other _____

Saturday Conference Registration

Please check here to register for the Saturday conference. There is no registration fee.

Saturday Conference Workshops

Please mark your Morning and Afternoon workshop choices below. Please mark a second choice in case your first choice is not available. See workshop descriptions on pages 4 and 5.

Workshops	Time	Workshop Choices	1 st Choice	2 nd Choice
Morning Workshops	10:45 A.M.	Workshops: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10		
Afternoon Workshops	1:15 P.M.	Workshops: 1, 2, 3, 4, 5, 6, 7, 8, 9, 11		

Saturday Art Exhibit You may exhibit more than one item. Complete one registration form per item.

What is your art exhibit entry? _____

How do you use your artistic media to express yourself and your creative talents? _____

Category: Painting Photos Crafts Sculpture

Setup needs: Table Easel Other _____

Friday Pre-conference Event Registration

Please select which pre-conference events you plan to attend.

Space is limited to the 1st 100 registrants. See page 2 for event descriptions and target audiences.

- Friday afternoon Pre-conference Workshop. No registration fee.
 Friday afternoon Film and Discussion. No registration fee.
 Friday night Semi-Formal Dinner Dance. \$40 per person fee required.

Mail registration form and dinner dance fee (if applicable) payable to:
 The Boggs Center/UMDNJ • Attention: Beth Ong • P.O. Box 2688 • New Brunswick, NJ 08903
 Phone: 732-235-9327 Email: elizabeth.ong@umdnj.edu Fax: 732-235-9330

NJ Division of Developmental Disabilities
P.O. Box 726 • Trenton, NJ 08625-0726
Attention: Kay Crawford

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NJ Self-Directed Supports Conference Friday & Saturday, May 21-22, 2010



Doubletree Hotel
200 Atrium Drive
Somerset, NJ 08873

Conference Schedule May 21 - 22, 2010

Friday, Pre-conference

- 1:00 - 3:30 P.M. Workshop
- 4:00 - 6:00 P.M. Film and Discussion
- 7:00 - 9:30 P.M. Semi-Formal Dinner Dance

Saturday, Conference

- 8:30 A.M. Registration, Continental Breakfast, Art and Resource Exhibits
- 9:00 A.M. Welcome
- 9:30 A.M. Keynote: Norman Kunc and Emma Van der Klift
*Broadreach Training and Resources
British Columbia, Canada*
- 10:45 A.M. Workshops
- 12:00 NOON Lunch
- 1:15 P.M. Workshops
- 2:45 P.M. Dessert and Music with DJ Slick
- 3:30 P.M. Wrap Up



*The Self-Directed Supports and Real Life Choices conferences
have joined together for a new conference
on self-directed supports, including
Self-Determination, Real Life Choices, and Self-Directed Day*

Friday & Saturday, May 21-22, 2010

Doubletree Hotel • Somerset, NJ 08873

Free of charge!

Registration deadline – May 7, 2010

Space is limited – register today!