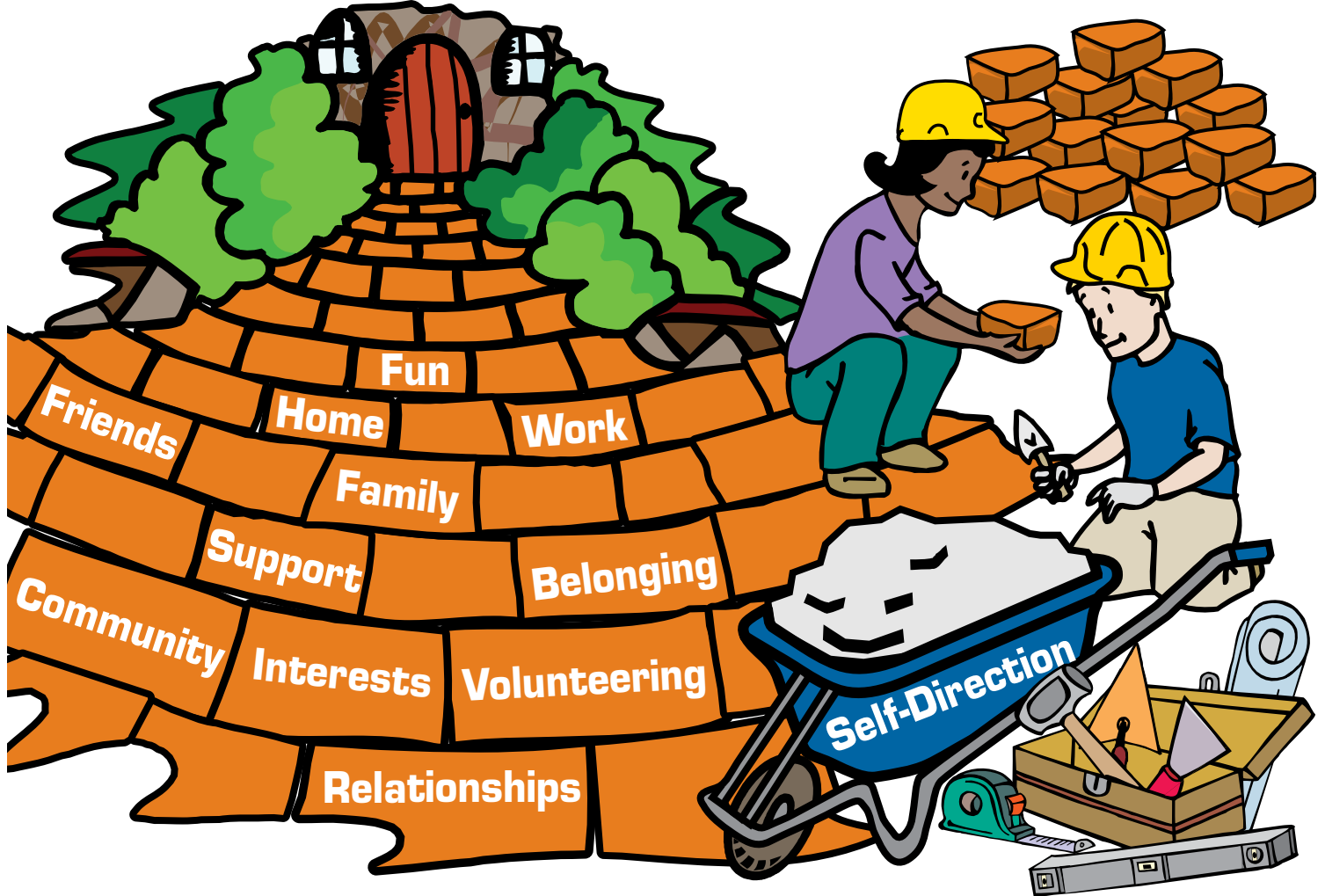


NJ Self-Directed Supports Conference

Friday & Saturday • May 4-5, 2012

Doubletree Hotel, Somerset, NJ

Building My Life: PRACTICAL TOOLS



The NJ Self-Directed Supports Conference is a fun and welcoming place to learn and share experiences related to self-direction. It is a place to share successes and struggles from all perspectives, whether you are someone purchasing supports, a family member, or provider organization. Individuals and organizations not yet involved with self-directed supports are highly encouraged to come and learn more.

Sponsored by:

NJ Division of Developmental Disabilities

In partnership with:



values into action

Friday, May 4, 2012

Pre-conference Events

World Café at Mirabelle's 1:00 P.M. – 3:30 P.M.

Registration 12:30 P.M. – 1:00 P.M.

Exploring our Shared Vision for Self-Direction in New Jersey

Cailin Kehoe, Neighbours, Inc.
Michael Steinbruck, The Boggs Center

In this fun, inclusive, and highly interactive Friday event, we will explore the vision that people using supports and those close to them have for the future of self-direction in New Jersey. We will discuss the key questions that matter to us and share back words and images that will help us understand and further define our vision. All this will be done in a comfortable and welcoming café setting. Refreshments will be served.

For people who self-direct their supports and 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.

Registration 3:30 P.M. – 4:00 P.M.



Tracy Thresher (left) and Larry Bissonnette (right)
Photograph courtesy of Ralph Alswana Photography

Wretches and Jabberers

In *Wretches & Jabberers*, two men with autism embark on a global quest to change attitudes about the abilities of people with autism. Tracy Thresher, 42, and Larry Bissonnette, 52, travel to Sri Lanka, Japan, and Finland. Between moving encounters with young men and women with autism, parents, and students, Thresher and Bissonnette take time to explore local sights and culture; dipping and dodging through Sri Lankan traffic in motorized tuk-tuks; discussing the purpose of life with a Buddhist monk; and finally relaxing in a traditional Finnish sauna. Along the way, they reunite with old friends, expand the isolated world of a talented young painter, and make new allies in their cause.

“Our goal was to shine a light on autism internationally. Larry and Tracy’s journey allowed us to portray the global face of autism through the personal stories of six men and women throughout the world,” explains Producer and Director Gerardine Wurzburg. The result is a provocative mixture of advocacy, personal portrait, and travel adventure film - seasoned with liberal doses of humor.

Web Site: www.wretchesandjabberers.org

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.

Registration 6:30 P.M. – 7:00 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 5, 2012

Conference Keynote Presentation

Self-Direction Is the Cornerstone of My Everyday Life

Mitchell Levitz

Self Advocacy Coordinator, Westchester Institute for Human Development/UCEDD, Valhalla, NY

Mitchell will share his personal experiences in leading a self-directed life providing practical strategies and first-hand examples in the areas of health, employment, and community living. The importance of self-advocacy and having a "circle of support" will be highlighted. A question and answer period will provide an opportunity for interactive dialogue.



Mitchell Levitz is the Self-Advocacy Coordinator at the Westchester Institute for Human Development/UCEDD, and a contributing faculty member providing training on transition, self-advocacy, and self-determination. He currently serves as the WIHD liaison to the Self-Advocacy Association of New York State and the NYS Think Tank on Self-directed and Individualized Supports and Services. This past year, he was a New York State representative at the Northeast region's ADD Self-Advocacy Summit and the National Alliance for Full Participation. Mitchell is a national speaker and has written about disability issues, co-authoring the book *Count Us In: Growing Up with Down Syndrome* and contributing a self-advocacy perspective in ten other published books. He has received numerous awards for his advocacy efforts including a special leadership award from AAIDD. Mitchell has been a spokesperson on behalf of individuals with developmental disabilities and has served extensively on councils, boards, taskforces, and conference planning groups locally, statewide, and nationally. He has been featured in magazine and newspaper articles as well as on television and radio including Dateline NBC with Jane Pauley and

NPR's Brian Lehrer Show. Mitchell lives on his own in a townhouse, enjoys visiting with family, is an avid sports fan, and reads the newspaper daily. He also spends time downhill skiing, kayaking, bike riding, and at social activities with The Friends Network.

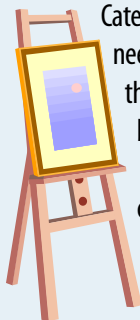
Art and Music Show - All Day!

Showcase of creative and musical talents of individuals with developmental disabilities

Pre-registration is required by April 16, 2012. Please register using the conference registration form on the last page.

All art and music show participants will be listed in the conference program.

Art Show



Categories include but are not limited to painting, photos, crafts, ceramics, drawing, jewelry, needlework, and sculpture. **Pre-registration is required** and space is limited. Bring artwork to the Art and Music show check-in tables at the conference on **May 5, 2012 by 8:00 AM**. Space will be assigned on a first come-first served basis. If you wish to sell any items, you are responsible for any money transactions, change, etc. You must have price tags for items for sale. The conference or the hotel is not responsible for any damages or theft of your creations or money.

Door Prizes Wanted!

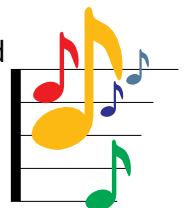
Please indicate on the registration form if you will donate one of your creations for a door prize. Everyone who views the art show will receive a numbered ticket at the door. The winning ticket will be pulled at the end of the day in the main ballroom. Winners must be present at the time of the drawing.

Make It and Take It Project

Make decorative folders at the art show and take it home with you! If you'd like, bring a photo of yourself to add to your folder.

Music Show

Each performer or group will be provided a time to showcase their musical talent on Saturday in the Mirabelle room in conjunction with the Art Show.



Pre-registration is required and you will be notified of your time slot at least one week prior to the conference. Microphones and speakers will be provided. All other musical instruments need to be brought with the musician.

Saturday Conference Workshops – Morning • 10:45 A.M. - 12:00 NOON

1 Futures Planning: Housing 101

Lorraine D'Sylva-Lee, Director of Program Development and Training, Family Support Center of New Jersey;
Kathy Spinozzi, Program Coordinator, Family Support Center of New Jersey

This workshop will provide an overview of the current housing models for people with Intellectual and Developmental Disabilities in New Jersey, including a history of how residential models have changed over time, the movement towards more person centered models, and the roles and responsibilities of families in each type of residential model.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

2 Everyday Technology...Unique Accommodations

Mike Marotta, Assistant Director, Assistive Technology Services, Advancing Opportunities, Inc.

As technology continues to evolve, it is becoming more universal and accessible to all. Learn how iPads, eReaders, and even smart-phones can be used as accommodations for people with cognitive, physical, and sensory impairments. Solutions and resources (low tech to high tech) will be highlighted.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators

3 The Tools You Need to Be a Self-Advocate

Barbara Coppens and the Allies in Self Advocacy NJ State Team

Being an advocate for yourself and others may not come naturally. This workshop will give you the tools you need to help you become an effective self-advocate and support others. Get connected, get motivated, get involved, and have your voice be heard locally and nationally.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

4 Life Planning: Helping Families Plan for the Future of a Loved One with a Disability

Ellen Nalven, Executive Director, Planned Lifetime Assistance Network of New Jersey

This workshop will address future planning issues such as independent living supports, estate planning, legal, and financial processes. Topics include Special Needs Trusts, advance directives for mental health, guardianship, advocacy, and home visit monitoring as well as discussions on how to begin and implement a future life plan for people who are differently abled.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators

5 Employment Can Be For You, Too!

Jennifer Joyce, Coordinator of Employment and Day Services, NJ Division of Developmental Disabilities

Have you ever wondered if getting a job is possible for you, your family member, or the people you support? Of course it is! Let's talk about how!

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators

6 Supporting Individuals with Disabilities to Exercise Their Right to Vote

Carrie Coffield, Instructor of Pediatrics, The Boggs Center

In this workshop, we will talk about voting rights and processes, using the *Your Right to Vote* guide. We will also come up with ideas about how to find information about the issues and candidates.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

7 Managing My Self-Determination Budget

Neeta Das, Director, Progressive Management (Moderator); Panel

This workshop will focus on understanding the budget, tracking expenses, and being reimbursed by Easter Seals. Get tips on how to manage the budget from a panel of your peers. Walk away with tools that make managing the budget easy.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

8 Recruiting Staff

Allison Humanick, Director FI, Easter Seals (Moderator); Panel

Have these tools ready when you recruit to find/select the best Direct Support Professional for your family member!

Target Audience: Family Members

9 My Story: Social Life and Community Connections

John Halko; Trace Baxter, Assistant Director of Training, Caregivers of New Jersey (Moderator)

This workshop will focus on an individual who self-directs a very active lifestyle and how social and community connections assist in his endeavor of living on his own.

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

10 My Story: Housing

Zinke McGeady, Family Mentor, Values into Action (Moderator); Patty Kowalchuk, Managing Director, Values into Action (Moderator); Panel

Come hear one person's story about developing personalized supports for housing. Share your experiences and your challenges through our open panel discussion format. Let's think together!

Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals

Saturday Conference Workshops – Afternoon • 2:00 P.M. – 3:15 P.M.

- 11** **How to Find Supportive Housing in NJ for Your Family Member**
Gail Levinson, Executive Director, Supportive Housing Association of NJ; Panel
The concept of supportive housing is easy – living in the community as independently as possible with supportive services. However, creating supportive housing can be complicated. We are here to help and encourage you because complicated or not, it is possible. This workshop will bring a panel of experts who will assist families and consumers in better understanding and using the system effectively to locate and access available housing with supports.
Target Audience: Individuals with Disabilities, Family Members
- 12** **Environmental Accessibility in the Home: Creating a User-Friendly Environment Within Existing Space**
Garth Heid, Assistant Director, Assistive Technology Services, Advancing Opportunities, Inc.
This presentation focuses on the range of readily achievable accessibility modifications and options that have proven useful to families in NJ. Examples include: accessible routes; space-saving bathroom modifications; solutions to entrance and egress barrier removal; stair lift; as well as vertical and inclined platform lift installations.
Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators
- 13** **Beyond Self-Advocacy: Fighting for the Rights of Others as a Leader in the Disability Community**
Mitchell Levitz, Self-Advocacy Coordinator at the Westchester Institute for Human Development/UCEDD; Michael Steinbruck, Program Administrator, The Boggs Center (Moderator); Panel
This panel discussion will feature several experienced leaders who also have experience as people who use supports and services. They will share the skills and strategies they have learned that have helped them to be effective in both organizations and systems.
Target Audience: Individuals with Disabilities
- 14** **Life, Community, and Centers for Independent Living**
Carole Tonks, Executive Director, Alliance Center for Independence; Luke Koppisch, IL & Transition Coordinator, Alliance Center for Independence; Florence Landau, Volunteer, Alliance Center for Independence
Many people rely on CILs as an alternative to traditional services. We are unique because our services are free, have no eligibility requirements, maintain no waiting lists and assist all people with disabilities. Find out how you can benefit from one of 13 local centers for independent living.
Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators
- 15** **Be Well! Empower Yourself to Live the Best Life Lived**
Laura O'Reilly, Director of Health and Wellness, Easter Seals New Jersey; James Richardson, Health and Wellness Educator, Easter Seals New Jersey
This workshop will encourage participants to make healthy nutrition choices, engage in regular physical activity, and achieve optimal health through positive lifestyle changes. Health and wellness professionals will answer your questions and provide information and resources for you to embark on the permanent path to wellness.
Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals
- 16** **Self-Directed Services Qualification Process**
Glynis Wilson, Coordinator of Agency Qualifications, NJ Division of Developmental Disabilities; Panel
Individuals participating in Self-Directed Services may purchase services and supports from a DDD qualified provider. Learn about the Self-Directed Services Qualification Process and the unique and exciting opportunities that can be provided by a qualified provider.
Target Audience: Individuals with Disabilities, Family Members, Agency Administrators
- 17** **Managing My Self-Directed Individual Budget**
Neeta Das, Director, Progressive Management (Moderator); Panel
This workshop will focus on understanding the budget, tracking expenses and being reimbursed by Easter Seals. Get tips on how to manage the budget from a panel of your peers. Walk away with tools that make managing the budget easy.
Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals
- 18** **Managing Staff**
Allison Humanick, Director FI, Easter Seals (Moderator); Panel
Now that you've decided on whom to hire, what tools do you need to build a productive working relationship?
Target Audience: Family Members
- 19** **My Story: Employment**
Patricia Brennan, Statewide Coordinator for Self-Directed Day Services and Self-Determination, NJ Division of Developmental Disabilities (Moderator); Panel
This workshop will provide an example of how a person is able to work and self-direct their day services. It will detail the journey from school to adult life working in the community.
Target Audience: Individuals with Disabilities, Family Members
- 20** **My Story: Building a Circle**
Lisa Adams, Neighbours, Inc.; Dawn Hoffman, Neighbours, Inc. (Moderator); Sarah Vazquez, Neighbours, Inc. (Moderator); Circle of Supporters Panel
In this workshop, the story of a wonderful young man and the endless opportunities his life holds with the partnering of a Circle of support will be shared.
Target Audience: Individuals with Disabilities, Family Members, Direct Support Professionals, Agency Administrators

Directions to Doubletree Hotel & Executive Meeting Center 1-732-469-2600 • 200 Atrium Drive, Somerset, NJ 08873

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.

Amtrak or NJ Transit Train – Take train to New Brunswick – Conference attendees may take the Doubletree Hotel shuttle between the New Brunswick train station at the hotel. Reserve your seat on the conference registration form. We will contact you with details.

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 April 13, 2012 to receive the discounted rate. Mention the “UM1” group code when making your reservation.** After April 13, 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 except for the Friday night dinner dance. Space is limited and registration is required. Registration deadline: **April 16, 2012**

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.umdj.edu/boggscenter> or call Debbie Mahovetz 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 think you are registered and have not received a confirmation letter by **April 16, 2012**, please contact Debbie Mahovetz.

If you need to cancel

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

Questions

If you have questions about conference registration, please contact Debbie Mahovetz at The Boggs Center/UMDNJ at:
Phone: 732-235-9543 • Email: deborah.mahovetz@umdj.edu • Fax: 732-235-9330

Building My Life: PRACTICAL TOOLS

New Jersey Self-Directed Supports Conference • May 4-5, 2012

Registration deadline –
April 16, 2012

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 _____ Phone Number _____

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
 Special Dietary Needs _____ Other _____

Hotel shuttle reservations:

- Please check here to reserve the hotel shuttle between the New Brunswick train station and the Doubletree Hotel.
 We will contact you with details.

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.

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	2:00 P.M.	Workshops: 11, 12, 13, 14, 15, 16, 17, 18, 19, 20		

Saturday Art Show Entry

What are you bringing to the art show? Painting Photos Crafts Ceramics Drawing
 Jewelry Needlework Sculpture Other _____

Number of pieces to be displayed _____ Setup needs: Table Easel Other _____

Will you donate one of your creations for a door prize? Yes No If yes, what type? _____

Saturday Music Show Entry

What is your musical performance? _____

What musical instruments do you play? _____

Category: Classical Rock Country Other _____ How long does it take you to set up? _____

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 World Café. 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:

The Boggs Center/UMDNJ • Attention: Debbie Mahovetz • P.O. Box 2688 • New Brunswick, NJ 08903

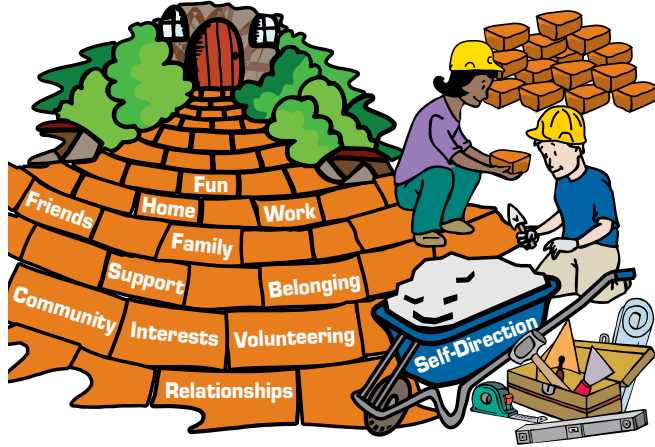
Phone: 732-235-9543 • Email: deborah.mahovetz@umdnj.edu • Fax: 732-235-9330

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 4-5, 2012

Building My Life: PRACTICAL TOOLS



Doubletree Hotel
200 Atrium Drive
Somerset, NJ 08873

Conference Schedule May 4 - 5, 2012

Friday, Pre-conference

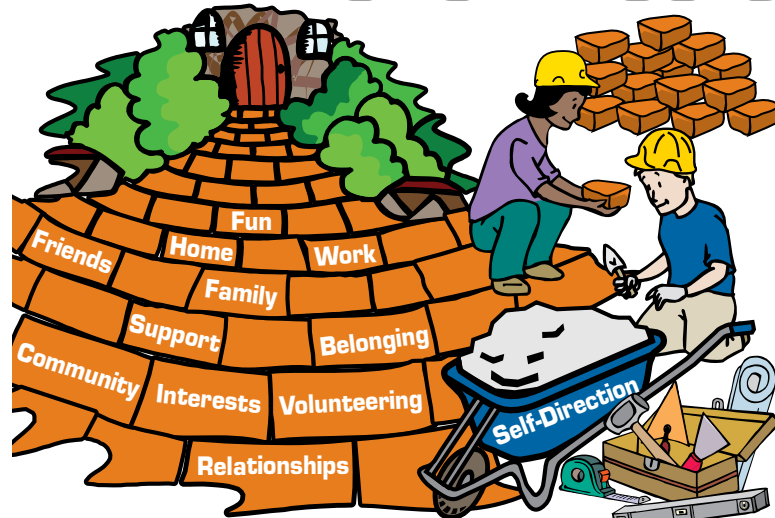
- 12:30 - 1:00 P.M. Registration for World Café
- 1:00 - 3:30 P.M. World Café
- 4:00 - 6:00 P.M. Film and Discussion
- 7:00 - 9:30 P.M. Semi-Formal Dinner Dance (fee)

Saturday, Conference

All day! Resources...Art and Music Show...and more!

- 8:30 A.M. Registration
Continental Breakfast
Visit Exhibitors
- 9:00 A.M. Welcome
- 9:30 A.M. Keynote: Mitchell Levitz
- 10:15 A.M. Break:
Visit Exhibitors and Art & Music Show
- 10:45 A.M. Workshops
- 12:00 NOON Break:
Visit Exhibitors and Art & Music Show
- 12:30 P.M. Lunch
- 1:30 P.M. Break:
Visit Exhibitors and Art & Music Show
- 2:00 P.M. Workshops
- 3:15 P.M. Dessert, Music, and Door Prizes
- 3:30 P.M. Wrap Up

Building My Life: PRACTICAL TOOLS



Friday & Saturday, May 4-5, 2012

Doubletree Hotel • Somerset, NJ 08873

Free of charge! *

*Except for Dinner Dance

Registration deadline – April 16, 2012

Space is limited – register today!