

# 20th Annual Full Lives Conference

## Daily Schedule

Monday, April 12 - Friday, April 16

### DAY 1 | MONDAY, APRIL 12

#### Day 1 Plenary

<b>11:30AM - 1:15PM</b> Session Block 1	<b>Welcome &amp; Announcements:</b>  <b>Keynote Address:</b> Direct Support in the 21st Century: Making Worlds of Difference Every Day  <b>Presented by:</b> John Raffaele, Director of Educational Services, The National Alliance for Direct Support Professionals
<b>1:15PM - 2:00PM</b>	<b>Break - Visit Exhibitor Pages</b>

#### Day 1 Break-Out Sessions

<b>2:00PM - 3:30PM</b> Session Block 2	<b>Title:</b> We are not Heroes - We are Professionals!  <b>Presented by:</b> Alaska Alliance for Direct Support Professionals	<b>Title:</b> Communicating with Your Healthcare Provider  <b>Presented by:</b> Sondra LeClair, Anna Attla, Logan Turner, Travis Sherrer
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# 20th Annual Full Lives Conference

## Daily Schedule

### DAY 2 | TUESDAY, APRIL 13

8:45AM - 9:15AM Optional Coffee Hour Chat

#### Day 2 Plenary Panel

9:30AM - 11:00AM  
Session Block 3

**Title:** Navigating Person-Directed Support: A Panel Discussion

**Moderated by:** Maggie Winston

11:00AM - 11:45AM Break - Visit Exhibitor Pages

#### Day 2 Break-Out Sessions

11:45AM - 1:15PM  
Session Block 4

**Title:** A Person-Directed Life is not About Funding. It's About a Dream

**Presented by:** Travis Noah

**Title:** Re-thinking Challenging Behavior: Introducing a Neurological Approach

**Presented by:** Randy Jones

1:15PM - 2:00PM Break - Visit Exhibitor Pages

#### Day 2 Break-Out Sessions

2:00PM - 3:30PM  
Session Block 5

**Title:** Assisted Living Licensing 101 for Care Coordinators

**Presented by:** Nate Allen and Julia Greenfield

**Title:** Alaska Core Competencies, Category 6 - Advocating

**Presented by:** Betsy Chivers and Riki Chapman

# 20th Annual Full Lives Conference

## Daily Schedule

### DAY 3 | WEDNESDAY, APRIL 14

8:45AM - 9:15AM

Optional Coffee Hour Chat

#### Day 3 DSP Awards

9:30AM - 10:45AM  
Session Block 6

**Alaska Alliance for Direct Service Careers** - Outstanding Direct Service Professional of the Year Awards

**Presented by:** Kathy Craft

UAA College of Health Associate Dean for Planning, Development & Partnerships

10:45AM - 11:30AM

Break - Visit Exhibitor Pages

#### Day 3 Plenary

11:30AM - 1:00PM  
Session Block 7

**Title:** The Richest Man in Town

**Presented by:** V.J. Smith

1:00PM - 1:45PM

Break - Visit Exhibitor Pages

#### Day 3 Break-Out Sessions

1:45PM - 3:15PM  
Session Block 8

**Title:** Healthy Brains Build Resiliency

**Presented by:** Dr. Adam Grove

**Title:** Supporting Relationships and Sexuality for People with IDD

**Presented by:** Kelley Hartlieb and Sondra LeClair

# 20th Annual Full Lives Conference

## Daily Schedule

### DAY 4 | THURSDAY, APRIL 15

8:45AM - 9:15AM Optional Coffee Hour Chat

#### Day 4 Break-Out Sessions

9:30AM - 11:00AM  
Session Block 9

**Title:** Living Well on the Last Frontier with Shared Vision Implementation in the Next 5-Year State Plan

**Presented by:** Anne Applegate & Jess Doherty

**Title:** Remote Supports

**Presented by:** Caryn Branch-Brunello

11:00AM - 11:45AM Break - Visit Exhibitor Pages

#### Day 4 Break-Out Sessions

11:45AM - 1:15PM  
Session Block 10

**Title:** Understanding Deaf Culture and Mental Health with Hearing Loss

**Presented by:** Mahala Coker, Sharon Miranda, and Mike Merritt

**Title:** Personal Wellness and Self-Care - now More than Ever

**Presented by:** Rick Benjamin

1:15PM - 2:00PM Break - Visit Exhibitor Pages

#### Day 4 Plenary Panel

2:00PM - 3:30PM  
Session Block 11

**Title:** Year of the Senior: Passing on Wisdom & Experiences to the DSP and Care Coordinator Workforce

**Moderated by:** Sheila Shinn

# 20th Annual Full Lives Conference

## Daily Schedule

### DAY 5 | FRIDAY, APRIL 16

8:45AM - 9:15AM

Optional Coffee Hour Chat

#### Day 5 Break-Out Sessions

9:30AM - 11:00AM

Session Block 12

**Title:** Living The Life I Choose & the Dignity of Risk - The Supporter's Role

**Presented by:** Anna Attla, Isaac Bush, Josh Kamerick, and Kim Champney

**Title:** Semper Melior: Always Better!

**Presented by:** Michael Bork

11:00AM - 11:45AM

Break - Visit Exhibitor Pages

#### Day 5 Plenary

11:45AM - 1:15PM

Session Block 13

**Title:** Pivoting Through Covid to Restructure, Rebuild and Maintain a Full and Active Life

**Presented by:** Karen Gaffney



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## Day 1 | Monday, April 12

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### SESSION BLOCK 1

11:30AM – 1:15PM

Plenary

#### **Direct Supports in the 21st Century: Making Worlds of Difference Every Day**

**Presented by: John Raffaele, Director of Educational Services, The National Alliance for Direct Support Professionals**

This keynote offers a chance to reflect on the current direct support workforce. There are many challenges and many opportunities for direct support professionals in North America. This presentation will look at the NADSP Competencies, The NADSP Code of Ethics and how direct support professionals make a difference in people's lives everyday. Through stories, humor and data conference participants will learn about what organizations can do to support DSPs to be the very best they can be. We will discuss the role that DSPs played throughout the pandemic and what a post-Covid DSP workforce will look like.

### SESSION BLOCK 2

2:00PM – 3:30PM

Concurrent Sessions

#### **We are not Heroes - We are Professionals!**

**Presented by: Alaska Alliance for Direct Support Professionals**

“The canonization of direct care workers is supposed to be high praise, but it's really a reflection of how profoundly their work is misunderstood and devalued.” What does this mean? What's wrong with calling Direct Support Professionals heroes? The Alaska Alliance of Direct Support Professionals will share their work toward professionalization followed by a facilitated conversation.

#### **Communicating with Your Healthcare Provider**

**Presented by: Sondra LeClair, Anna Attla, Logan Turner, Travis Sherrer**

Ensuring access to high quality health care for individuals with intellectual and developmental disabilities (I/DD) is essential to supporting them in maintaining a high level of health throughout their lives, from youth through adulthood. Individuals with I/DD often experience significant health disparities compared to individuals without disabilities, including obesity, high blood pressure, and depression. These health disparities make access to quality health care even more important. Youth with I/DD may experience challenges when transitioning from neurodevelopmental pediatricians to primary care physicians who do not have specialized training on I/DD.

The presentation is focused on resources and skill-building for self-advocates and people supporting them, using the shared stories of other self-advocates. The presenters will discuss what has worked for them in order to have successful outcomes from their interactions with their healthcare providers, and talk about actions that other self-advocates can take to ensure their needs are met during their interactions with the healthcare system.



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## Day 2 | Tuesday, April 13

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### SESSION BLOCK 3

9:30AM – 11:00AM

Plenary Panel

#### **Plenary Panel: Navigating Person-Directed Support: A Panel Discussion**

Moderated by: Maggie Winston

Person-directed services creates challenging relationship issues for teams. Advocate Maggie Winston will moderate a panel discussion and ask some hard-hitting questions. Panelists will include care coordinators, direct support professionals, a parent and a person who receives services. This dynamic conversation intends to push buttons and stretch comfort zones!

### SESSION BLOCK 4

11:45AM – 1:15PM

Concurrent Sessions

#### **A Person-Directed Life is not About Funding. It's About a Dream**

Presented by: Travis Noah

Travis Noah, a peer advocate who helps people with disabilities and seniors live the life they want to live, will talk about how technology can increase independence and decrease reliance on direct support professionals. Travis will talk about what this looks like in a waiver support plan as well as non-Medicaid options.

This session will focus on the opportunities that technology provides for people with disabilities to increase competence and capabilities. Topics include how to write goals for a waiver support plan, where to look for technology other than Medicaid funded options, and different ways of approaching individual support needs. Travis speaks from his own experience as a person with cerebral palsy who relies on technology throughout his day. Travis also has the opportunity to talk with many people in the disability field through his participation on the Governor's Council on Disabilities and Special Education, the State Vocational Rehabilitation Council, the Access Alaska Board of Directors, and the Shared Vision Leadership Team.

#### **Re-thinking Challenging Behavior: Introducing a Neurological Approach**

Presented by: Randy Jones

Research in many different environments and with a diversity of recipients has created a new wisdom – a belief that “people do well when they can...when they can't something is getting in the way and we need to figure it out so we may help.” We have learned that punishment and incentives do provide motivation but does not teach problem-solving, cognitive flexibility or emotional regulation.

Understanding that people can only do what our brains are “physically” able to perform removes the shame and blame, allowing us to focus on cognitive thinking skills and not on behavior or task.

Explore a new way – data and evidence have now lit a new path for human development. Psychology and neurobiology have come together and created new possibilities for assisting everyone in reaching their potential. Learn why the evidence and research demonstrate that our current approach to people struggling with challenging behavior is not producing the desired results and may even be making it worst and causing harm.



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## Day 2 | Tuesday, April 13

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### SESSION BLOCK 5

2:00PM – 3:30PM

Concurrent Sessions

#### Assisted Living Licensing 101 for Care Coordinators

Presented by: Nate Allen and Julia Greenfield

This seminar provides a detailed review of Assisted Living Licensing. The focus will be on the partnership between care coordinators and licensing with topics including inspections, investigations, enforcement actions, resident rights, reporting requirements, variances, home closures, and considerations for assisted living home placements.

#### Alaska Core Competencies, Category 6 – Advocating

Presented by: Betsy Chivers and Riki Chapman

The Alaska Core Competencies are a set of essential skills for DSPs (direct support providers or direct support professionals) who deliver services to persons with mental health and substance use conditions, intellectual and physical disabilities, and older adults who need long-term services and support. Competency 6 – Advocating, discusses advocated on behalf of the individual and family, and supports for self-advocacy.

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## Day 3 | Wednesday, April 14

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### SESSION BLOCK 6

9:30AM – 10:45AM

#### Alaska Alliance for Direct Service Careers - Outstanding Direct Service Professional of the Year Awards

Presented by: Kathy Craft

UAA College of Health Associate Dean for Planning, Development & Partnerships

### SESSION BLOCK 7

11:30AM – 1:00PM

Plenary

#### The Richest Man in Town

Presented by: V.J. Smith

Gratitude is a life changing attitude. In his most requested talk, V.J. reveals the friendship he forged with a man named Marty; who ran a cash register at Wal-Mart. Marty was considered rich because he was loved and respected, but most of all, he was grateful with every aspect of his life, no regrets. Marty's simple philosophies show what happens when you take the time to be kind, compassionate and appreciative of everything. All that you give, you get back, and more. Audience members will go on an emotional roller coaster ride... guaranteed.



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## Day 3 | Wednesday, April 14

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### SESSION BLOCK 8

1:45PM – 3:15PM

Concurrent Sessions

#### Healthy Brains Build Resiliency

Presented by: Dr. Adam Grove

Brain health often takes a back seat to other health issues and yet, brain-based disorders are reaching epidemic proportions in America. Dementia, such as Alzheimer's disease is killing more and more Americans every year while the death rates from diseases such as cancer are declining. It is expected that by 2060, 14 million Americans will have Alzheimers. Today, half of Americans over 85 will develop this disease. Although Alzheimer's is well know, there are many other forms of brain disease as well and none of them are considered treatable. Most current medications are either ineffective or make the situations worse. But these diseases are caused by similar underlying mechanisms which have been shown to be preventable and even reversible. This presentation will introduce the scope of the problem, types of brain diseases and their shared etiologies as well as proven methods of prevention. It will conclude with an overview of research on reversing these diseases.

#### Supporting Relationships and Sexuality for People with IDD

Presented by: Kelley Hartlieb and Sondra LeClair

Over the last forty years, much has changed in the lives of people with intellectual and developmental disabilities (IDD). People with IDD are living, working, and recreating alongside everyone else, and few people question their right to a regular life. However, society and professionals have yet to fully address and support the concepts of socialization, relationships, and sexuality for people with IDD.

Interpersonal relationships, intimacy, and sexuality are important parts of life for people with IDD. However, knowing how to support individuals in these areas can be challenging for direct support professionals. In this session, attendees will explore and discuss strategies for supporting a person's interpersonal and sexual rights, health, and well-being.

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## Day 4 | Thursday, April 15

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### SESSION BLOCK 9

9:30AM – 11:00AM

Concurrent Sessions

#### Living Well on the Last Frontier with Shared Vision Implementation in the Next 5-Year State Plan

Presented by: Anne Applegate & Jess Doherty

How many times have you confronted an obstacle or had a good idea in your work and wondered, "Is someone in the state doing anything about this?" This session will provide service professionals with an inside look at planning and implementation at the Governor's Council on Disabilities & Special Education. We will talk briefly about the mission and authority of the Developmental Disabilities Act. Then, using the next 5-Year Plan and the Living Well on the Last Frontier grant as examples, we will explore how planning gets done and how we harness our resources to implement work plans. We will discuss how professionals can engage in Council committees, facilitate the highly valued contributions of people with developmental disabilities and their families, and improve statewide programs and policies.



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## Day 4 | Thursday, April 15

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### Remote Supports

Presented by: Caryn Branch-Brunello

The presentation is to provide guidance to DSP's on how to connect with their participants remotely. Hear about the experiences of providers across the state in providing support remotely. We will outline the successes and challenges of Remote Supports and proven tips for DSPs to support the individuals they are working with. The presentation will include information about Remote Support grants and how to get individuals connected to technology if they do not currently have a device to access needed services. Finally, hear firsthand the benefits of Remote Supports from those who experience IDD through shared videos.

### SESSION BLOCK 10

11:45AM – 1:15PM

Concurrent Sessions

#### Understanding Deaf Culture and Mental Health with Hearing Loss

Presented by: Mahala Coker, Sharon Miranda, and Mike Merritt

Can people who are deaf and hard of hearing also experience mental health issues? YES! Do people who are deaf and hard of hearing face challenges in obtaining any community services? YES! This presentation will provide information on recognizing that this population can also experience mental health issues, what that may look like, emphasizes on obtaining appropriate diagnosis, and resources that are available to this population in Alaska. This presentation will also cover useful information on how to best accommodate and provide the best communication access through a variety of choices including sign language interpreters, technology and other means. Our goal is to provide you with a better understanding of resources available and how best to accommodate deaf and hard of hearing individuals of all ages with a variety of needs.

#### Personal Wellness and Self-Care - Now More than Ever

Presented by: Rick Benjamin

This presentation will define wellness and self-care, and explain why these always-important concepts are even more important now. There will be many practical examples, with a highlight on how supporting and encouraging colleagues and peers actually supports and encourages you too! Please come prepared to share stories and tips you have learned about personal wellness and self-care.

### SESSION BLOCK 11

2:00PM – 3:30PM

Plenary Panel

#### Year of the Senior: Passing on Wisdom & Experiences to the DSP and Care Coordinator Workforce

Moderated by: Sheila Shinn

Panelists will include Elders-Seniors who are receiving direct care services; living in an assisted living home, independent living, or in family care; and may or may not have a guardian.

The purpose of this panel is to allow these Elders-Seniors to address the DSP and Care Coordinator workforce directly. Each will share stories of how direct care services have impacted their quality of life as they age focusing on what has worked for them in service planning and providing, what they would like to see, and what they want the workforce to know about aging with dignity and grace.

This is a unique and wonderful opportunity to learn from the wisdom they have amassed in their experience with receiving services and to provide a perspective to encourage and inspire the workforce.



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**Day 5 | Friday, April 16**

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**SESSION BLOCK 12**

**9:30AM – 11:00AM**

**Concurrent Sessions**

**Living the Life I Choose & the Dignity of Risk - The Supporter's Role**

**Presented by: Anna Attla, Isaac Bush, Josh Kamerick, Kaylene Lamb & Kim Champney**

*I live the life I choose with the support I direct.* But what is the role of the care coordinator or direct support professional when a person's choice involves risk? Peer Power Board members, with Kim Champney, will facilitate an interactive presentation that includes an online tool to guide teams.

Using stories from their lives Peer Power board members will talk about the importance of risk in living a full life. Care coordinators and direct support professionals are frequently in a position of power where they can support a person's decision or re-direct/prevent risk-taking. This presentation acknowledges the difficult position supporters find themselves in and provides a tangible resource to help. Participants will receive an overview of the "Enabling Risk: Putting Positives First" toolkit created by La Trobe University. This toolkit is based on the primary principle of person-centered support and outlines four essentials for supporters to enable risk-taking: (1) putting positives first, (2) be proactive, (3) stay true to preferences, and (4) minimize harm.

**Semper Melior: Always Better!**

**Presented by: Michael Bork**

In an interactive, high-energy class, participants will engage in lessons in optimism and resiliency, ultimately leading to the use of non-humor-based laughter as a therapeutic tool to overcome stress and unhappiness.

It is easy to let life get us down, especially this past year. Chronic stress, constant change & uncertainty, anxiety, fear, illness, and loss have all taken (and continue to take) their toll on our minds and bodies. Semper Meliora! There is a powerfully energizing way to help you "deal" with all of these pressures of "the new normal." Combining non-humor-based therapeutic laughter, deep breathing, body movement, and a dash of psychology, you will learn powerful resiliency tools to thrive in this ever-changing world!

**SESSION BLOCK 13**

**11:45AM – 1:15PM**

**Plenary**

**Pivoting Through Covid to Restructure, Rebuild and Maintain a Full and Active Life**

**Presented by: Karen Gaffney**

Karen Gaffney, a young woman with Down syndrome had a full and active life, just prior to March 18, 2020. She had a good paying job, she had a calendar full of speaking engagements, and she was swimming two miles a day at the pool down the street! Then, everything came to a halt for her!

Karen will share her experiences navigating through changes in 2020 to put her back on course to find a new job, to continue her role as an advocate for inclusion in the schools, the workplace and the community for people with Down Syndrome and other disabilities, AND to get back in the water!