



Disability, Health & Wellness *conference*

Independence YOUR WAY

October 18 & 19, 2010 at the Victoria Inn, 1808 Wellington Ave., Winnipeg, MB

Independence YOUR WAY – builds on the momentum from the last two conferences, providing an opportunity to all persons with disabilities, including those who are aging into a disability, to come together and have their voices heard.

October 18 Keynote Speaker:

Propeller Dance Troupe is a unique, inspirational, and professional dance troupe that provides dance programming to people with and without a disability.

October 19 Keynote Speaker:


John Melnick, in the midst of a deep depression, attempted suicide for the third time. He swam, fully clothed, into the middle of the Red River. Then, John made the choice to live a different life. Today, he encourages others to speak about their own mental health issues and break free of social stigma.



Propeller Dance Troupe

Who Should Attend?

- All persons with disabilities, including those who are aging into a disability
- Persons living with chronic conditions
- Supporters and caregivers
- Healthcare providers
- Policy-makers

 **WEB**CONFERRNCING available. This conference will be national in scope.





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Registration Form

Early Bird Deadline: September 3, 2010
Registration Deadline: October 7, 2010

Consumer/Student Non Consumer/Professional

Please print clearly and ensure all information is provided.

Date: _____

Delegate First & Last Name: _____

Position: _____

Organization (if applicable): _____

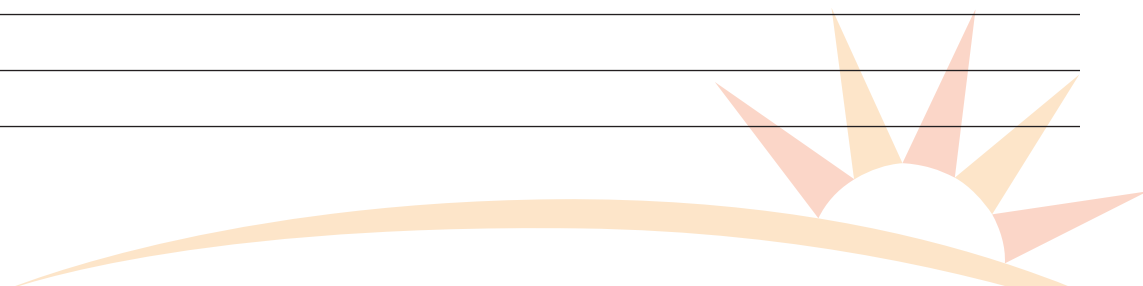
Address: _____

Email Address: _____ Daytime Phone: _____

City: _____ Province: _____ Postal Code: _____

_____ Will be bringing attendant (*Conference Registration & all meals are available at no charge to the attendant*)

Please indicate name and special meal requirements for delegate and/or attendant:





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Please indicate what communication and other supports you will require:

ASL Interpretation	Braille Translation of Breakout handouts	Large Print of Breakout Handouts	Attendant / Personal Care Supports	Intervenor Services	Sighted Guide	Communication Access Realtime Translation (CART)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other Supports: _____





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Connect live to the conference from your personal computer or organize a group screening of the sessions through your organization.

To view the conference, you will need a high speed internet connection on a computer with at least 1 GHZ processor and 512 mb RAM and speakers. To participate in the conference, you will need a web camera and/or a mic.

I will be participating via web conference

Email Address: _____

If you have questions, more information or to test your computer please call Marie-Lynn Hamilton at Independent Living Resource Centre at 1-204-947-0194, toll free at 1-800-663-3043 or mlh@ilrc.mb.ca

CONCURRENT SESSIONS

Please check ONE first choice and ONE second choice for each Concurrent Session you wish to attend.

1 st	2 nd	Code	Breakout Session – A: Monday, October 18, 11:00 a.m. – 12:15 p.m.
<input type="checkbox"/>	<input type="checkbox"/>	A1	Mental Health Recovery Stories
<input type="checkbox"/>	<input type="checkbox"/>	A2	 Your Healthy Lifestyle – A Discussion On Active Living Part 1
<input type="checkbox"/>	<input type="checkbox"/>	A3	Exploring Your Rights to Affordable Accessible Housing
<input type="checkbox"/>	<input type="checkbox"/>	A4	Movement Workshop – Tai Chi






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1st 2nd Code **Breakout Session – B: Monday, Oct 18, 1:30 p.m. - 3:00 p.m.**

- | | | | |
|--------------------------|--------------------------|----|---|
| <input type="checkbox"/> | <input type="checkbox"/> | B1 | I Want to Work |
| <input type="checkbox"/> | <input type="checkbox"/> | B2 |  It's the Law – Legislation for Manitobans with Disabilities |
| <input type="checkbox"/> | <input type="checkbox"/> | B3 | A View From Outside the Box |
| <input type="checkbox"/> | <input type="checkbox"/> | B4 | Movement Workshop – If You Can Breathe, You Can Move by Propeller Dance Troupe |

Breakout Session – C: Tuesday, October 19, 10:55 a.m. - 12:10 p.m.

- | | | | |
|--------------------------|--------------------------|----|--|
| <input type="checkbox"/> | <input type="checkbox"/> | C1 | Registered Disability Savings Plan |
| <input type="checkbox"/> | <input type="checkbox"/> | C2 |  What You Can Do to Make a Difference in Emergency Preparedness |
| <input type="checkbox"/> | <input type="checkbox"/> | C3 | Get Better Together! |
| <input type="checkbox"/> | <input type="checkbox"/> | C4 | Movement Workshop – I Could Have Danced All Night |

Breakout Session – D: Tuesday, October 19, 1:55 p.m. - 3:25 p.m.

- | | | | |
|--------------------------|--------------------------|----|--|
| <input type="checkbox"/> | <input type="checkbox"/> | D1 | Through the Great Outdoors: A Discussion On Active Living Part 2 |
| <input type="checkbox"/> | <input type="checkbox"/> | D2 | In Control: A Discussion On Independent Living |
| <input type="checkbox"/> | <input type="checkbox"/> | D3 | Still Waiting For That Special Bus |
| <input type="checkbox"/> | <input type="checkbox"/> | D4 |  PACE Paving the Way to the Future of Community Attendant Support |





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Full conference registration includes: Official conference materials, coffee/snack and lunches for both days. One day Conference registration includes: official conference materials and coffee/snack and lunch for day attending.

Cancellation/Refund Policy: If cancellation by consumer/student is received in writing before October 7, 2010 you will receive a total refund. Non-consumer/professionals will be refunded less \$50.00 administration fee. Substitution of delegates is acceptable. Please advise prior to conference.

Registration Cheques payable to: Planners Plus Inc.

Once you have completed your registration, please mail forms and cheque to:

**Disability, Health and Wellness Conference
c/o Sonya Penner
Project Manager
Planners Plus Inc.
115 Briarlynn Road
Winnipeg, MB R3T 6A2**

Phone: 204-261-7290 • Fax: 204-275-1749

Email: sonya@plannersplus.ca

www.smd.mb.ca





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Conference Fee Schedule

EARLY BIRD REGISTRATION – Prior to September 3, 2010

Consumer/Student

	FEE	GST	Total
One Day	\$20.00	\$1.00	\$21.00
Full Conference	\$25.00	\$1.25	\$26.25
 WEBCONFERENCEING (fee per computer in Manitoba)	\$25.00	\$1.25	\$26.25

Non Consumer/Professional


One Day	\$125.00	\$6.25	\$131.25
Full Conference	\$225.00	\$11.25	\$236.25
 WEBCONFERENCEING (fee per computer in Manitoba)	\$25.00	\$1.25	\$26.25

REGULAR REGISTRATION – After September 3, 2010

Consumer/Student

	FEE	GST	Total
One Day	\$25.00	\$1.25	\$26.25
Full Conference	\$30.00	\$1.50	\$31.50
 WEBCONFERENCEING (fee per computer in Manitoba)	\$25.00	\$1.50	\$26.50

Non Consumer/Professional

One Day	\$150.00	\$7.50	\$157.50
Full Conference	\$250.00	\$12.50	\$262.50
 WEBCONFERENCEING (fee per computer in Manitoba)	\$25.00	\$1.50	\$26.50

The EARLY BIRD special includes a reduced conference registration fee and confirms your participation. This conference will fill up quickly.

Registration Deadline: OCTOBER 7, 2010. If you are interested in attending this conference as a consumer and you are unable to pay the conference registration fees, please call 975-3037 or toll free 1-866-282-8041; or TTY 1-800-225-9108 and the committee will consider your request. No fees will be charged for personal attendants.



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Session Descriptions

Monday, October 18, 2010

Keynote Address – Propeller Dance Troupe

The Ottawa-based Propellor Dance Troupe is breaking ground across Canada as a leading developer of mixed-ability dance. The dance troupe, which features Renata Soutter, Shara Weaver and Alan Shain, co-created the performance View Finder. Join them as they perform View Finder and then discuss the piece's creation as well as the relationship between dance performance and the independence of people with disabilities.



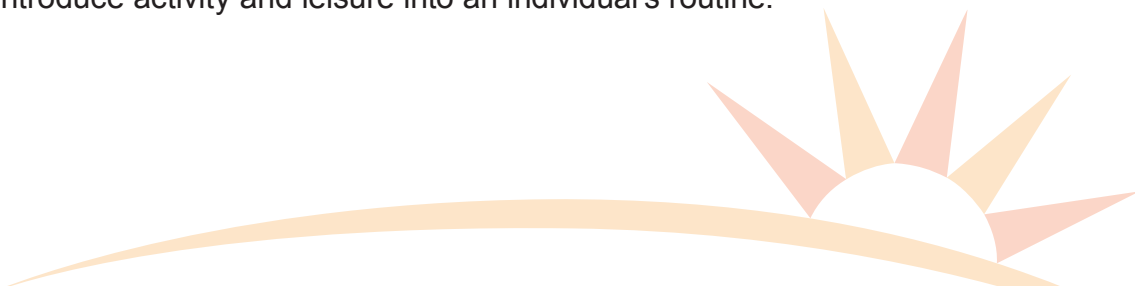
11:00 a.m. - 12:15 p.m.

A1 – Mental Health Recovery Stories

Hear personal stories of mental health recovery from members of the Speakers Bureau for the Partnership for Consumer Empowerment (PCE), a program of the Canadian Mental Health Association, Manitoba Division. These stories will raise awareness of the stigma surrounding mental illness and inspire those who struggle with mental illness.

A2 – Your Healthy Lifestyle – A Discussion On Active Living (Part I)

Leisure Education offers a platform to self-discovery – explore how to successfully adapt the environment to facilitate a more active, healthy lifestyle. The discussion will also talk about changing attitudes and how to best introduce activity and leisure into an individual's routine.





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A3 – Exploring Your Rights to Affordable Accessible Housing

This session will shift the focus to your priorities and needs in developing and delivering affordable accessible housing. Clarke Brownlee, Chair of the Right to Housing Coalition will present the issues the community has been raising and lead discussions to explore new directions in dealing with the lack of appropriate housing. A panel of experts from across the sectors of our community will be available to answer your questions and support us in determining our next steps towards accessing housing your way.

A4 – Movement Workshop – Tai Chi

Join the Taoist Tai Chi Society for a fun, active session of Tai Chi – an exercise alternative that can be done standing or sitting and by those with varying degrees of mobility.

1:30 p.m. - 3:00 p.m.

B1 – I Want to Work

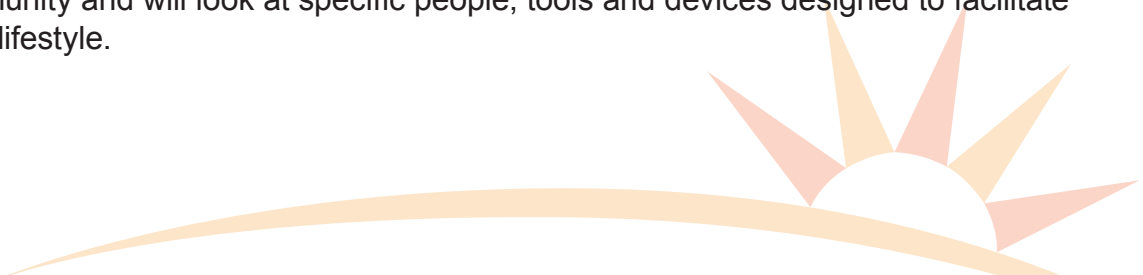
Individuals with disabilities are a positive, skilled sector of today's workforce. I Want to Work explores the relationship between employers and individuals with disabilities as well as the various ways individuals can get involved in the job market and support themselves. Points of discussion include skills requirements, interview and resume skills, the economic climate of Manitoba's workforce and more!

B2 – It's the Law – Legislation for Manitobans with Disabilities 

Individuals with disabilities should enjoy the same rights and freedoms as the rest of society. It's the Law delves into what progress has been made in the fight for stronger accessibility legislation and also how Manitobans can work together to achieve the disability community's larger goals.

B3 – A View From Outside the Box

Barriers exist both outside and within the disability community. A View from Outside the Box explores how individuals with disabilities can learn from others' experiences and use that knowledge to break down walls within our own community. Participants will discuss current systems of support in place across the disability community and will look at specific people, tools and devices designed to facilitate a more active, accessible lifestyle.





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B4 – Movement Workshop – If You Can Breathe, You Can Move by Propeller Dance Troupe

On the heels of their keynote address, the Propeller Dance Troupe will introduce participants to movement improvisation and build upon the idea that any movement is good movement. Participants will explore the way their bodies want to move with the ultimate goal of creating short dance pieces.

Tuesday, October 19, 2010

 **Keynote Speaker - John Melnick**

In the midst of a deep depression, John Melnick attempted suicide for the third time. He swam, fully clothed, into the middle of the Red River. Then, John made the choice to live a different life. Join him as he encourages others to speak about their own mental health issues and break free of social stigma.

10:55 a.m. - 12:10 p.m.

C1 – Registered Disability Savings Plan

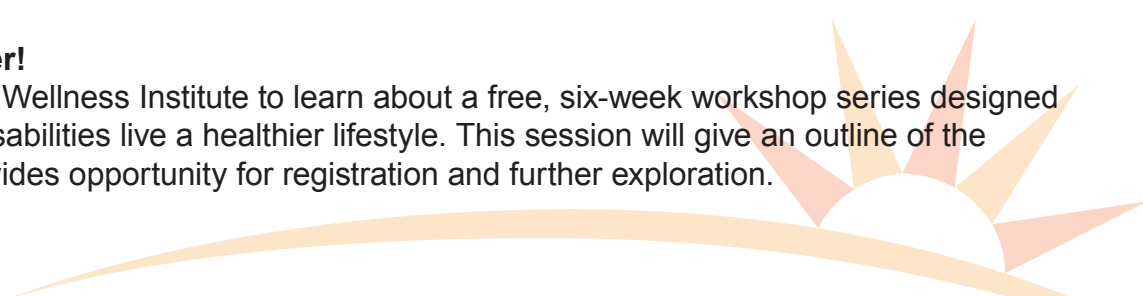
Join Natalie Mulaire, COO of SMD Clearinghouse to learn more about the Registered Disability Savings Plan. Natalie will describe the benefits of the RDSP as a savings tool, discuss who can qualify for matching contributions, how to apply and more. (Please note: those over age 49 are ineligible for fund-matching.)

C2 – What You Can Do to Make a Difference in Emergency Preparedness 

Learn about the key issues affecting the people who are most vulnerable in a disaster or emergency and how you can be part of the solution. Engage as a panel of experts from across Canada address emergency messaging, social support networks and training. Your input in this session will assist in creating emergency alerts that consider the needs of every person. Panel members include representatives from the BC Coalition of People with Disabilities, ILRC Manitoba, Neil Squire Foundation and the Volunteer Centre of Canada.

C3 – Get Better Together!

Join Casie Nishi from the Wellness Institute to learn about a free, six-week workshop series designed to help individuals with disabilities live a healthier lifestyle. This session will give an outline of the workshop series and provides opportunity for registration and further exploration.





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C4 – Movement Workshop - I Could Have Danced All Night

Join the SMD All Abilities Dance Group for a fun, interactive session that includes video, live demonstrations and a chance to participate! Watch taped performances of the group's routines from the 2009 and 2010 SMD Foundation/Easter Seals Dancing with Celebrities Gala, take in a live dance demonstration and take part in your own dance routine.

1:55 p.m. - 3:25 p.m.

D1 – Through the Great Outdoors: A Discussion On Active Living (Part 2)

Are you aware of the outdoor recreation and leisure opportunities that exist in Manitoba? This session introduces options and offers participants opportunities for hands-on activities including music, art, sports and the outdoors.

D2 – In Control: A Discussion On Independent Living

Independent living takes on many faces throughout the disability community. Learn how it can benefit any individual by exploring its options and possibilities for independence – your way. Participants will gain insight into contrasting views and various community options for independent living.

D3 – Still Waiting For That Special Bus

Written and performed by Propeller Dance Troupe member Alan Shain, *Still Waiting for that Special Bus* is a play that challenges many assumptions about the lives of disabled people and is, at the same time, funny, angry, tender, and always very real.

The compelling, semi-autobiographical story explores disability, dating and desire ... while waiting for the bus. We are taken into the living room of Marc who has lined up a first date with Linda. Marc has cerebral palsy, uses a walker and is forced to wait for the Access Bus. And the longer Marc waits for his bus, the more he worries: Is Linda going to be the woman of my dreams or my worst nightmare? Marc has only one way to find out, and that requires his bus to show up! But the Access Bus is getting later and later... Will Marc ever get to his date?

D4 – PACE Paving the Way to the Future of Community Attendant Support 

Personal Attendant Community Education (PACE) is a training program designed, directed and delivered by people with disabilities. PACE has thrived in Manitoba for six years and is rapidly gaining national and international attention. Join representatives from ILRC Winnipeg, which sponsors the program, to learn about the unique and innovative design of the PACE training model and offer an understanding of how you can easily adapt and deliver this model for any community in Canada.



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Agenda – Day One

Monday, October 18, 2010

- 8:00 a.m. - 4:00 p.m.
Registration & Exhibit Area Open
- 9:00 a.m. - 9:20 a.m.
Opening Remarks
- 9:20 a.m. - 10:20 a.m.
Keynote Speaker – Propeller Dance
Troupe
- 10:20 a.m. - 11:00 a.m.
Nutritional Break & Exhibits
- 11:00 a.m. - 12:15 p.m.
Concurrent Sessions
- 12:15 p.m. - 1:30 p.m.
Lunch & Exhibits
- 1:30 p.m. - 3:00 p.m.
Concurrent Sessions
- 3:00 p.m.
Day Concludes

Agenda – Day Two

Tuesday, October 19, 2010

- 8:00 a.m. – 4:00 p.m.
Registration & Exhibit Area Open
- 9:00 a.m. – 9:15 a.m.
Opening Remarks
- 9:15 a.m. – 10:15 a.m.
Keynote Speaker – John Melnick
- 10:15 a.m. – 10:55 a.m.
Nutrition Break & Exhibits
- 10:55 a.m. – 12:10 p.m.
Concurrent Sessions
- 12:10 p.m. – 1:25 p.m.
Lunch & Exhibits
- 1:25 p.m. – 1:55 p.m.
Evaluation
- 1:55 p.m. – 3:25 p.m.
Concurrent Sessions
- 3:25 p.m. – 3:30 p.m.
Closing Comments





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