

Self-Advocacy Convention of Oregon – Agenda

Eugene, Oregon ★ May 13–15, 2024

Monday, May 13, 2024

Travel to **The Graduate Hotel**, 66 E. 6th Ave, Eugene, OR
97401

Parking is available onsite for \$22/day. Please arrive by noon to allow time to park, enter the building, and get checked into the Convention.

For those staying in the hotel overnight, your rooms will be available for check-in after 4:00 p.m.

If you would like assistance checking into your hotel room or transferring luggage to your room, just let our team know.

12:00 pm **Check-in** at the Convention Information Desk

1:00 pm Convention begins
Welcome & Kick-off *Planning Committee Members*

Self-Advocacy: My Life Story *Keynote: Eddie Plourde*

Once I realized my life experiences had the power to impact how Oregonians are treated, I began to devote my life to advocacy for myself and others. If you want to learn the importance of sharing your story and how to stand up for yourself and others with similar life experiences, then this is your convention! I will share suggestions on how to speak up as an advocate in committees, legislative hearings, and conferences.

Self Advocacy: Getting a younger generation into becoming future self advocates *Keynote: Kelly McCauley*

I will discuss how important self-advocacy is, especially nowadays. And that it's time to make a change to advocate what's most important. Like affordable housing and advocating for the SSI Restoration Act. Voting is also most important right now, and we need more representation out there on the voter's

ballots. The topic of mental health is also a big passion of mine. I do mental health training with OHSU. And I am a health mentor.

2:15 pm Break & snack

2:30 pm **Monday Afternoon Breakout Sessions**

Option 1: **What Matters to Us** *Community Advocacy Council*

Self-advocates will share their thoughts on advocacy, work, dreams, and belonging. Come share your own experiences! We'll end with a fun game of community connection!

Option 2: **The Housing Crisis for People with Disabilities** *Allen Hines*

The exclusion of people with disabilities from decision-making about housing has led to a situation in which community-based housing is often prohibitively expensive, and trying to locate appropriate accessibility features is like taking a shot in the dark. Builders are not abiding by requirements to create accessible housing, and state and local officials have limited knowledge of applicable regulations and ways to reduce non-

compliance. The consequences of the lack of affordable and accessible housing are dire, creating more insecurity, less capacity to live independently and age in place, and overall worse outcomes for people with disabilities and older adults.

The presentation will review the findings of "Access Denied: An Overview of the Housing Crisis for People with Disabilities." This report from Community Vision calls for swift action and collaboration among government agencies to address the consequences of limited housing options for the Disability community. "Access Denied" offers solutions that could ease the housing crisis for people with disabilities. These include creating more housing for extremely low-income households, rent assistance targeted to people with disabilities, better enforcement of accessibility requirements, and enhanced tenant protections.

□ Option 3: **ARPA Self-Advocacy Grant Awardees**

Em Braman

This panel presentation includes many of the

Office of Developmental Disability Services (ODDS) American Rescue Plan Act (ARPA) Self-Advocacy grant awardees. Come to hear about the various projects starting around the state and learn how to get involved.

□ Option 4: **Learning about Consent and Boundaries with the Friendships and Dating Curriculum** *Reanna McMillan & Lindsay Suave*

Every person is a sexual person! This presentation talks about the importance of healthy relationships and sexual health education. We will talk about the Friendships and Dating Program taught in Oregon Transition Programs, share a few lessons on healthy boundaries and consent in relationships, and share resources for learning about these topics on your own.

3:45 pm Break

4:00 pm **Local Chapter Rollicall** *Alan Lytle*

We'll all say hello to members of local chapters of The Arc and hear a bit about what they're doing in their communities.

4:15 pm **Empowering Voices: Advocating for Disabilities and Self-Advocates** *Keynote: John Merrick-Russell*

This session will share a personal perspective on effectively advocating for individuals with disabilities and empowering the community and community partners. John will discuss expanding conversations and his experiences connecting with community partners and advocates. The goal is to encourage people to consider their interactions with individuals experiencing IDD, as these interactions can have a lasting impact. In John's experience, ableism and other challenges have made him feel different from his childhood clinician services to his adult experiences with services, although there has been an improvement.

4:45 pm **Wrap up Day 2 & Closing Announcements**
Planning Committee

5 pm **Buffet Dinner**, Composer's Hall Lobby

7 pm **Film Festival & Game Night**

Join us for popcorn and snacks! In one room, we'll have a collection of short films available to watch. In the next room, we'll have a bunch of tabletop games. Feel free to pick a room or move between the rooms anytime. The film festival will wrap up by about 9:00 pm, and the doors will be open until 10 pm for any late-night game players!

Tuesday, May 14, 2024

7:45 am **Buffet Breakfast** (Breakfast service ends at 9:00 am)

9:00 am **Welcome, Announcements & Warm-up**
Planning Committee Members, with Kelly McCauley & Alan Lytle

9:15 am **Seeds of Change** *Gabrielle Guedon, Em Braman, & Micah Ralston*

We want to hear what priorities are important to you in the year ahead. Help us shape the next year of advocacy in Oregon!

10:30 am Break

10:45 am **Tuesday Morning Breakout Sessions**

□ Option 1: **Empowerment through Advocacy**

Glenna Hayes & John Griffiths

In this session, we will go over how advocacy can be a choose-your-own adventure! It can be fun, it can hard, but it can also be rewarding. We'll talk about the history of advocacy, how to empower yourself and others through advocacy, and what the advocacy options are.

□ Option 2: **Systems Trauma, what is it?** *Laurie*

Erickson

Systems Trauma is a relatively new philosophy/understanding of some of the experiences self-advocates and families/friends. Any organization can inadvertently contribute systems trauma. Some contributors may be more obvious than others, such as criminal justice, child protective services, or programs that are underfunded. Other groups that can sometimes contribute to systems trauma can be medical providers, therapists, support groups, church

groups, family, friends, neighbors and even complete strangers. Resiliency is key to mitigating some of the impacts of Systems Trauma. Building resiliency by identifying systems trauma, validation, practicing self-care and self-advocacy are all key to healing.

□ Option 3: **Ready Together: Empowering Disability Communities for Emergencies** *Rachel Benson*

Disasters affect people with disabilities more than others, leading to increased injury and mortality rates, along with greater challenges during response and recovery (Subramaniam & Villeneuve, 2020). The Behavioral Risk Factor Surveillance System data shows that adults with disabilities in Oregon feel less prepared for major disasters or emergencies. This session will teach participants how to navigate the new online Emergency Preparedness Resource Hub for People with Disabilities, featuring videos, flyers, webpage links, and the updated Ready Now! Toolkit. During the session, each participant will receive a printed section of the Toolkit to work through together in small groups.

□ Option 4: Professional Boundaries with Your In-Home Workers *Alice Massey*

Do you employ a PSW or DSP to support you or your loved one in your home? And have you ever wondered about what's okay and what's not okay when interacting with your worker? You are not alone, and this session is for you! We will discuss professional boundaries for both you AND your PSW/DSP and also explore some of the sticky situations that can be involved, especially if your worker is also a family member or friend. The session will provide you with the information you need to be a great employer of your workers and will include an interactive game activity to make learning fun. Come join us!

12:00 pm **Lunch Buffet**

1:15 pm **Ableism 101: What is Ableism, How it impacts our services, and How we can speak up!**

Keynote: Fèngxiān Yuàn 院凤仙 & John Merrick-Russell

In this presentation, we discuss what ableism is, how it impacts our services, and

how we can advocate when it happens to us and our community. During this time, we will break down information in a presentation and then talk with people in the audience about how they deal with ableism and ways to support one another in the community.

2:15 pm Break & snack

2:30 pm **Tuesday Afternoon Breakout Sessions**

Option 1: **Self-Advocates as Agents of Change**

Megan Moyer & Ben Gurewitz

Self-Advocates are agents of change in their everyday lives, from asking for accommodations to live independent and fulfilling lives to advocating for system wide changes in the State Legislature and beyond. In their session, Disability Rights Oregon will present to self-advocates on how they can leverage their own agency to create change. The Developmental Disability Rights Project team will share how people can advocate in their own communities, and the Public Policy team will share how you can make your voice be

heard through the state legislative process in the two upcoming elections in 2024.

□ Option 2: **Digital Tools for Self-Advocacy and Personal Story-Telling** *Tobias Rickard*

Join us for a discussion about how technology can help you be a better self-advocate. What if you had a set of innovative tools to connect you with your supporters, friends, and others who could help you reach your goals? What if you could tell your own story the way you want, advocate for what you need to be included in your community and have more control over your daily activities. We know everyone has their own story, and sometimes it's hard to share it alone. Ever feel like you're always repeating what help you need to new staff people? That's where Cognitopia comes in. Learn how to use MyLife to self-direct your ISP; Routines to help with getting things done; and Goal Guide to decide where you want to go in life and how to get there. Make your one-page profile more than just a summary or introduction and create a dynamic representation of your present

and future self. Come check out how technology can make self-advocacy easier for all of us.

□ Option 3: **Social Sexual Supports: The Unspoken Need of Love, Sex, and Relationships for People with Disabilities** *John Griffiths & Laddie Read*

This workshop was developed by Glenna Hayes in collaboration with John Griffiths and Laddie Read in 2023 to help people feel more comfortable on the topic of sex, love, gender, and disability. In this workshop, we review the harm caused by avoiding the topic and hear solutions from self-advocates. After some facts and resources, we discuss with self-advocates to learn more about their experiences and solutions. Self-advocates during this time may also ask members of the audience to participate by sharing their experiences and concerns or asking questions. Through community collaboration in this workshop, we want to build a network of folks who can support one another on this topic so it doesn't keep getting ignored.

□ Option 4: Reducing Sensory and Communication Barriers to Health Care for People with IDD *Tobi Rates*

Many members of the IDD community lack access to basic health care for many reasons, including sensory and communication barriers. In the wake of Covid 19, useful resources have been developed to reduce these barriers, reduce anxiety, and promote access to health care. These resources were largely developed to promote vaccine confidence and increase vaccination rates in the IDD and Aging communities, but they are also useful and important tools in helping members of the IDD community access general health care.

3:45 pm Break

4:00 pm **The DJ Lamar Show** *Keynote: DJ Lamar*

I would like to discuss my experience dj'ing for the last 29 years. I created a show called "The Last Chance Friday Dance" back in 1998. I would like to discuss my supports within these

years and how it has helped me overcome so many obstacles.

4:45 pm **Wrap up Day 2 & Closing Announcements**

5:00 pm **Dinner on your own**

Want to find someone to eat dinner with? Meet up in the Lobby after closing announcements to find a group to join. If you need financial assistance for this meal, please contact us in advance at info@thearcoregon.org.

7:00 pm **Masquerade Ball & Karaoke with DJ Lamar**

Dress to express yourself or come as you are! We'll have masks to decorate and wear, if you want, and... snacks!

Wednesday, May 15, 2024

7:45 am **Buffet Breakfast** (Breakfast service ends at 9:00 am)

9:00 am **Welcome, Announcements & Warm-up**
Planning Committee Members

9:15 am **Accessibility at the PDX Airport** *Walter Marchbanks*

Attendees will be provided with a brief background on the PDX Accessibility Advisory Committee and hear how Portland International Airport has worked with various community groups and organizations over the past six years to help make PDX more inclusive. This presentation will focus on how we've specifically supported the neurodivergent community.

9:30 am **Group Photo**

9:45 am Break

10:00 am **Wednesday Morning Breakout Sessions**

Option 1: **Help Us Develop Two Tools For Advocacy**

Misha Marie, Colton Morrill-Keeler & Abby Guzman

1) To better support people with developmental disabilities around tobacco use, more and better information is needed. Standard surveys are often not user-friendly for people with developmental disabilities, so their input is often not gathered. You can help us by taking the survey

in its draft form and providing feedback on your experience. We need to know if it will do the job we hope it can do. 2) We are collaborating with doctors, parents, and people with developmental disabilities to create a healthcare visit worksheet to improve communication between healthcare professionals and people with developmental disabilities. It needs to be understandable by both groups and to collect information that will be useful during a healthcare visit. We really need your help to make this work!

□ Option 2: **Practicing Boundaries** *Alexis Reed*

This interactive workshop will focus on what we do, say, and think to keep ourselves safe and comfortable. We will explore boundaries in several categories: physical (body and belongings), emotional, mental, and time. We will discuss risk and exploitation and ways to minimize them. We will practice setting boundaries to build muscle memory.

□ Option 3: **Emergency Preparedness for People with Disabilities** *Jen DiBello & Gabrielle Guedon*

Join us for a session on emergency preparedness, where we will delve into the supports and resources offered through the OHA Emergency Preparedness grant. Gain a clear understanding of what emergency preparedness entails and engage in a Trajectory Conversation to discover the specific needs and concerns of individuals with disabilities when it comes to emergency planning. This information will help guide our project team in developing training and resources on how to effectively plan for emergencies and ensure the safety and well-being of all community members.

11:15 am Break

11:30 am **Closing: Let's Take Action** *Planning*
Committee Members

12:30 pm End of Convention
Travel back home

Location Information

The Graduate Hotel
66 E 6th Ave
Eugene, Oregon 97401

All sessions will be held in Composer's Hall.

All meals listed on this schedule will be served at our buffet line in the lobby of Composer's Hall.

There will be exhibit tables on Monday & Tuesday in the lobby of Composer's Hall featuring resources from around Oregon.

Questions?

info@thearcoregon.org

(503) 581-2726

Do you need this schedule in a different format?
Is there anything we can do to make this Convention
a success for you?

Please call or email us and let us know.

One of the ways we'll support each other at the Convention is by honoring each other's personal boundaries. We'll have colored dots you can add to your name badge to indicate to others how you prefer to be approached.