



Family Support Conference '14

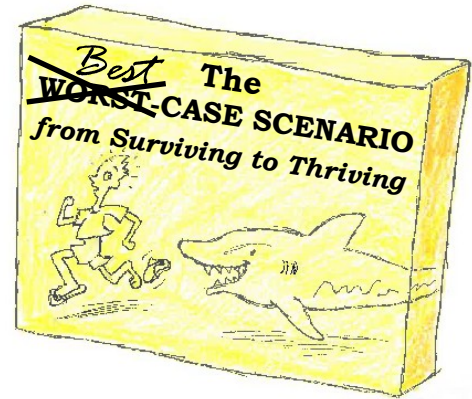
9th Annual Conference

For People with Disabilities, their Families, Educators, and Professionals

The Best Case Scenario

Our theme this year is inspired by the popular *Worst Case Scenario* board game in which you imagine yourself in a variety of awful scenarios. You must navigate snake-filled swamps and quicksand, escape from your submerged car, or survive a shark attack in this game. Sadly, for many families supporting a child with special needs, life can feel like this every day.

As you navigate your own jungle path or run from your predator, rest assured someone has faced the same challenge, and that can make all the difference. The Family Support Conference is about helping parents, family members and professionals connect with the resources and strategies that can help turn their *Worst Case Scenarios* into *Best Case Scenarios*. Don't just survive—thrive!



Friday, October 10, 2014
9am to 4pm
Registration opens at 8:30am

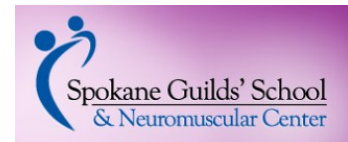
Spokane Convention Center
334 W. Spokane Falls Blvd
Spokane, WA



Keynote Speaker:
Sheli Reynolds

For information on Sheli Reynolds
Visit www.arc-spokane.org and
click on "Family Support
Conference".

OUR SPONSORS



The Spokane County Parent Coalition (SCPC) is a network of about 1,500 parents supporting a child with an intellectual or developmental disability. We offer information about resources in the community, education about matters that are important to families, a strong advocacy effort, and leadership training for parents, self-advocates, caregivers, and others.

GENERAL INFORMATION

- Lunch is included in the registration fee.
- Foster Care Hours available!
- Teacher Clock Hours available!
- Parking is \$3.00 with conference code, code will be emailed out prior to event.
- Registration deadline is Oct. 8, 2014
- For more information on scholarships, childcare assistance, or special accommodations contact Suzette Wilson at 509-328-6326 or swilson@arc-spokane.org.

FAMILY SUPPORT CONFERENCE Breakout Sessions

Afternoon Breakout #1

It Takes a Village – Sheli Reynolds

This breakout will be an extension of the keynote presentation as she continues to talk about Community of Practice, creating a framework within the family for supporting a child with a disability throughout the child's life. While government services and funding are great resources, this class will help you look beyond those funding sources to more natural supports (family friend, neighbors, church family, etc).

Brush Them Chompers – Speaker TBA

This breakout will focus on ways you can promote healthy dental habits at home, including some practical tips for how to overcome sensory sensitivity and the fear of going to the dentist. Also discussed will be some strategies for helping your child become comfortable at the dentist, what accommodations you can ask your dentist for, and more.

It's for More than Just Games– John Lemus & Cathy Sacco

With iPads and tablets so prevalent, the possibilities are endless. Find out some apps that can transform your tablet from a gaming device into a device that can help you and your children in their everyday lives, from communication assistance to prescription reminders and beyond. This will be an interactive workshop. A limited number of tablets will be provided, or you can bring your own.

It All Begins at Home–Theresa Griffith, Katie McCall, & Deb Finck

This panel of professionals in the housing community will explore the various options that are available for individuals with a disability, such as Section 8 housing, supported living homes, community living environments, home ownership, etc.

Afternoon Breakout #2

What's Your Plan? Part 1– Katherine Titus & Jeannie Loy

As your child approaches adulthood, a person centered plan will help them build a vision for their future based on their strengths, gifts, skills, and interests. In this first of a two part series, we define what Person Centered Planning is, who should be involved, and the steps to help you identify your child's dreams and translate those dreams into attainable goals.

What Comes Next? – Michelle Baker

Is your child 2 ½ - 3 years old? You may be wondering what comes next after they turn 3 and early intervention services end. Come find out how the transition from birth to 3 services into preschool services goes and what you can expect.

But I Want a Cupcake!–Karen Morris

Karen Morris is a licensed Speech-Language Pathologist at Stepping Stones Pediatric Therapy, PLLC who specializes in feeding disorders in infants and children. There are unique challenges that come with having a child with special needs, from swallowing difficulties to texture sensitivities. Practical interventions, "red flags", community resources, and the relationship between early feeding experiences, digestive issues, and long-term feeding will be discussed. Handouts will be provided and there will be opportunity for questions and discussion.

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Afternoon Breakout #3

What's Your Plan? Part 2– Katherine Titus & Jeannie Loy

This breakout is a continuation of What's Your Plan Part 1 and will include hands on activities to begin to develop a person centered plan for your child. Join with other parents, get the creative juices flowing, and leave with a plan.

Take Risks or Play it Safe?– Stephanie Boyle, Sorretti Jaro, & Susan Hammond

Helen Keller said, "Life is either a daring adventure, or nothing." Hear from other parents about how to foster an environment that encourages your children to dream, make mistakes, and find their own path. Sorretti is a self-advocate who has already made the transition from high school to the workforce and is learning every day to take risks and find her own daring adventure.

IEP–Jodi Ward

This workshop will provide information and resources to support families in the IEP (Individual Education Plan) and 504 process. It will provide helpful tips for preparing prior to the IEP/504 meeting and hints to make the meeting itself successful.

How Do You Choose What to Do? A Guide to Treatments & Interventions–Dana Stevens

This workshop will discuss and review various interventions and treatments for individuals with autism and other disabilities. Information will be provided regarding the research and evidence for each type of alternative therapy discussed. Also discussed will be some different ways to implement these therapies.



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Friday * October 10, 2014



REGISTRANT 1 INFORMATION

Name: _____
 Address: _____
 City/State/Zip: _____
 Day Phone: _____
 **Email: _____

Special Dietary Needs

Vegetarian Lunch:

Yes/No

Gluten Free:

Yes/No

REGISTRANT 2 INFORMATION

Name: _____
 Address: _____
 City/State/Zip: _____
 Day Phone: _____
 **Email: _____

Special Dietary Needs

Vegetarian Lunch:

Yes/No

Gluten Free:

Yes/No

**Registration confirmation & important conference information will be emailed. If you do not have access to email you may call 24 hours prior to the event to confirm registration and receive necessary information.

PAYMENT FOR REGISTRATION

Enclosed is: \$_____ (\$30 per registrant)

Payment Type:

- Check (payable to The Arc of Spokane)
- I will pay online with my credit card.

To process your credit card payment:

- Visit our website: www.arc-spokane.org
- Click on the "Donate Money" button
- Enter your information
- In the "Comments" section please put **FSC 2014 Registration** and the name of all registrants that you are paying for.
- You will receive an email confirming your payment.

Send Registration to The Arc of Spokane

320 E 2nd Ave, Spokane, WA 99202

Fax: (509) 328-6342 * Email: swilson@arc-spokane.org