

## Conference Descriptions

### **Chair Yoga**

Chair Yoga is a great way to practice yoga poses while seated in a chair. This is a great way to move your body in a soft and gentle way!

### **Adaptive Outdoor Ed**

We are a great resource in Maine, both providing fully accessible lodging on Sugarloaf and adaptive recreation program for people of all abilities throughout the state. Come learn about the options available to you!

### **Emergency Preparedness**

Chris Dupont and Terrence Reidy will be sharing their knowledge of emergency preparedness and fire safety. Learn how you can take steps to be prepared.

### **Line Dancing**

Line Dancing is a fun way to exercise and enjoy easy to follow dance patterns. It is a form of dance that requires no partner or dance experience. Step by step dances will be taught with precise and patient instruction. Come and join us for some popular line dances to both pop and country music

### **Escape Room**

Learn about fellowship and leadership all while problem solving. Find Clues, solve problems and learn to be a great leader!

### **Geocaching**

Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers called "Geochaches" or "caches" at specific locations marked by coordinates all over the world.

Join us on this treasure hunt!

### **Issues in Self Advocacy**

*Description coming soon*

### **Terrarium Planter**

This mini open-air table top garden will add a little color to your living space. This is a simple and fun activity to do. This will provide individuals not only a decoration and help with air quality but will teach planting skills that can be used in the community.

## **Photography**

Want to take better photos with your smart phone? Join us as we learn the different ways to take photographs with your smart phone. Must have smart phone to participate in this workshop.

## **Home and Community Based Settings Rule: Basics & Advocacy**

Big changes are coming to waiver services! All waiver services will be affected by the federal Home and Community Based Settings (HCBS) rule. The rule requires changes to the way services are currently being delivered and states will no longer be allowed to use federal money for services that isolate people from their communities. This workshop will provide an overview of the goals of the rule. The presenters will also share information about opportunities for advocacy and upcoming activities.

## **Supported Decision-Making for Self-Advocates**

Supported Decision-Making (SDM), an alternative to guardianship, allows people with disabilities to retain their decision-making capacity by choosing supports to help them make choices. This workshop will provide information about SDM and how it and other less restrictive alternatives to adult guardianship are incorporated into the new Probate Code.

## **Self-care: A panel discussion**

Advocacy is critical, but it can also be draining! In this workshop, a panel of self-advocates will talk about their personal experiences with self-care during advocacy. Participants will have the opportunity to ask questions and share ideas about staying energized and hopeful in the face of advocacy challenges.

## **Tools for Rights Self Advocacy**

You know you have rights – now what? This workshop will provide an overview of rights. It will largely focus on strategies to enforce rights. Topics covered will include advocating for rights during the person-centered planning process and through the grievance process.

## **Meditation**

Want to incorporate mindfulness in your daily life? Join us for meditation. We will learn how to be still and notice our own breathing, and have a guided meditation session. At the end we will discuss and share what we learned from this experience.

## **Writing Your Story**

Each of us has a story to tell, and we get to tell it the way we want to. This introductory writing workshop will help you put your thoughts and feelings into words and give your story a voice.

### **Disability Rights: Connecting to History and Creating Our Future**

This session will provide an overview of modern civil rights movements in the United States. Key words (discrimination, stereotyping, bias, leadership, advocacy, and self-determination) will be defined and discussed in context. Examples of leadership within civil rights movements will be presented and successes and failures will be highlighted. We will conclude with a “Next Steps” for here in Maine discussion, and draw inspiration from civil right advocates.

### **Intelligent Lives Showing and discussion**

Young adults who have intellectual disabilities challenge perceptions of intelligence while navigating high school, college and the workforce. Join us for this 2 session workshop. We will watch the movie and then discuss!

### **Biking**

*Description coming soon*

### **Relationships**

*Description coming soon*

### **Communication**

*Description coming soon*

### **Team Building**

*Description coming soon*