



25TH ANNUAL SAN DIEGO PEOPLE FIRST SELF- ADVOCACY CONFERENCE “LIVING LONGER, GROWING STRONGER”

**MISSION VALLEY MARRIOTT, 8757 RIO SAN DIEGO DR, SAN DIEGO 92108
MAY 15TH – 17TH, 2015**

SAN DIEGO'S PEOPLE FIRST CONFERENCE IS A TWO-DAY EVENT FOR SELF-ADVOCATES AGE 18 & OVER, AGENCY STAFF, AND FAMILY MEMBERS. THE CONFERENCE INTRODUCES PARTICIPANTS TO THE POWER AND IMPORTANCE OF THE PEOPLE FIRST MOVEMENT – THE RIGHTS MOVEMENT FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES. THROUGH WORKSHOPS, EXHIBITS, SOCIAL TIME AND NETWORKING, THE CONFERENCE PROVIDES A FORUM FOR SELF-ADVOCATES TO SHARE CONCERNS, GOALS AND SUCCESSES. ON MAY 15TH – 17TH COME AND BE A PART OF THE SELF-ADVOCATE EMPOWERMENT MOVEMENT IN SOUTHERN CALIFORNIA.

CONFERENCE SCHEDULE

FRIDAY, MAY 15, 2015

6:00 PM – 8:30 PM

- REGISTRATION
- SELF-ADVOCACY PRESENTATION, SOCIAL HOUR AND ACTIVITIES

SATURDAY MAY 16, 2015

11:00 AM – 1:00 PM

- REGISTRATION
 - PRE-CONFERENCE ACTIVITIES
- LUNCH NOT PROVIDED-** Food for Purchase available
(Hamburger \$6.30, Chips \$1.45, Cookie \$1.47, Soda \$1.41)

1:00 PM – 2:00 PM

- WELCOME – **SDPF OFFICERS**
- KEYNOTE ADDRESS – **KAREN LYNN**

2:15 PM – 3:00 PM

- WORKSHOP SESSION #1

3:15 PM – 4:00 PM

- WORKSHOP SESSION #2

SATURDAY MAY 16, 2015 (continued)

4:00 PM – 6:00 PM

- FREE TIME – PEOPLE FIRST STREET FAIR
 - **Artist Vendors** (contact Laura Krebs for sign up info)
 - **Unique Community Exhibitors**
 - **Entertainment**
 - **Photo Booth!**

6:30 PM – 10:30 PM

- BANQUET DINNER – CELEBRATING 25 YEARS!
- DANCE WITH “SKATE THIS PRODUCTIONS”
NED ROUNDTREE AND JEREMIAH WOODS

SUNDAY MAY 17, 2015

8:30 AM – 10:00 AM

- BREAKFAST

10:00 AM - 10:30 AM

- OPEN MIC SESSION
- CLOSING

QUESTIONS? Call Carmel (858) 571-7803 x 118 or Laura (858) 278-5420 x 132. If you would like an electronic copy of conference materials call Laura, email Lkrebs@ucpsd.org or visit www.ucpsd.org (located in “Programs” → “Self-Advocacy Conference”)

**SAN DIEGO PEOPLE FIRST SELF-ADVOCACY CONFERENCE
MAY 16th & 17th, 2015**

Cost: Prices are per person and include: Hotel room for Saturday night, 2 meals (Dinner Saturday night and Breakfast Sunday morning), dance, souvenir T-shirt and all conference materials. The sleeping room entrances are 36" wide and the bathroom entrances are 30" wide. **ACCESSIBLE ROOMS HAVE ONE KING BED AND ACCOMMODATE ONLY 2 PERSONS.** Each person will have his or her own key-card. Unless requested otherwise, all rooms will have 2 queen-size beds.

Saturday / Sunday Conference Fees:

*(see registration insert for additional fee information for adding **Friday night** attendance)*

	<i>San Diego/ Imperial County Resident</i>	<i>Out of County Resident</i>	Hotel Roommates: You must list who you want to share a room with on the registration form. <i>If you are rooming with your attendant, put their name on the form. They must fill out their own registration form and submit their own registration fees.</i>
Own Room	\$240	\$265	
Two people in room	\$170 EACH Person	\$ 200 EACH Person	
Three people in room	\$145 EACH Person	\$180 EACH Person	
Four people in room	\$135 EACH Person	\$170 EACH Person	
Saturday only (NO HOTEL ROOM)	\$80	\$105	

(Reduced rate for San Diego/Imperial County residents' available thanks to the financial support received from the San Diego/Imperial Counties Foundation for Developmental Disabilities)



Attendant Care: If you need attendant care or direct support to participate at the conference, start planning now. You should schedule your assistance just like you would if you were in your home. Your IHSS worker, paid roommate, family member or group home staff may accompany you at the conference. All attendants **MUST FILL OUT A REGISTRATION FORM AND PAY THE CONFERENCE FEES** in order to attend the conference.

All direct support including supervision, medications and personal care are the responsibility of each conference participant to arrange. **ATTENDANT CARE IS NOT PROVIDED.**

THIS YEAR.....Be sure to bring some spending money. Lunch is available for purchase on Saturday on the Pavilion Patio: Hamburgers \$6.30, chips \$1.45, soda \$1.41, cookie \$1.47. We are also featuring our Street Fair and BOUTIQUE where gift items made by self advocates will be offered for sale.

IF YOU HAVE QUESTIONS CALL CARMEL (858) 571-7803 x 118 OR LAURA (858) 278-5420 x 132. If you would like to receive a copy of the registration materials electronically call Laura or email Lkrebs@ucpsd.org

REGISTRATION DEADLINE IS: APRIL 22, 2015

Make Checks Payable to **United Cerebral Palsy**

Mail to: 8525 Gibbs Drive, Suite 209

San Diego, CA 92123

25th Annual San Diego People First Self-Advocacy Conference
 "Living Longer, Growing Stronger"

SATURDAY / SUNDAY REGISTRATION FORM

MAY 16th & 17th, 2015

Please complete the other side of this registration form if also attending on **Friday night!**

PLEASE PRINT YOUR INFORMATION CLEARLY. COMPLETE ONE REGISTRATION FORM PER PERSON ATTENDING THE CONFERENCE INCLUDING ATTENDANTS & CARE PROVIDERS.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE #: _____ EMAIL: _____

Please check: _____ Consumer _____ Parent _____ Attendant/Staff _____ Other

ADA ACCOMMODATIONS NEEDED: _____

Please check ONLY ONE:

- _____ Own Room
- _____ Two people in room
- _____ Three people in room
- _____ Four people in room
- _____ Saturday only (NO ROOM)

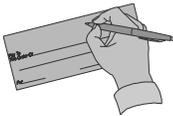
<i>San Diego/ Imperial County Resident</i>	<i>Out of County Resident</i>
\$ 240	\$ 265
\$ 170 EACH Person	\$ 200 EACH Person
\$ 145 EACH Person	\$ 180 EACH Person
\$ 135 EACH Person	\$ 170 EACH Person
\$ 80	\$ 105

MAKE CHECKS PAYABLE TO: UCP (United Cerebral Palsy)

Mail payments and all registration forms to:

San Diego Self-Advocacy Conference
8525 Gibbs Drive, Suite 209, San Diego, CA, 92123

Vendor #: PM0859



***Roommate Request:** You **MUST** list your roommate(s) on your registration form. We cannot find a roommate for you! Your roommate(s) must also submit registration and payment for the conference. **IF YOU LEAVE THIS BLANK, YOUR REGISTRATION CANNOT BE PROCESSED.**

1. _____
2. _____
3. _____

Registration Application Checklist!!!

- ONE registration form PER person. Support Staff must submit their own registration forms & payment.
- Complete application form (Remember Friday night portion also, if applicable)
- List names of roommates (if applicable). Roommates must submit their own registration forms & payment.
- Fill out emergency information and sign waiver form
- Return (1) completed application, (2) emergency information & signed waiver form, and (3) correct payment by **April 22, 2015**

INCOMPLETE REGISTRATION PACKETS CAN NOT BE PROCESSED.

25th Annual San Diego People First Self-Advocacy Conference
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FRIDAY NIGHT REGISTRATION FORM (May 15th, 2015)

Please complete the other side of this registration form for Saturday/Sunday registration!

Name: _____ Telephone: _____

Yes! I want to register and pay for Friday Night.

Please check **ONLY ONE**:

- _____ Own Room
- _____ Two people in room
- _____ Three people in room
- _____ Four people in room

FRIDAY NIGHT	REMEMBER! ADD THE COST FOR FRIDAY NIGHT TO THE COST OF THE REGULAR REGISTRATION!
\$145	
\$ 75 EACH Person	
\$ 50 EACH Person	
\$ 40 EACH Person	

Conference Fee Calculator



Friday Night Costs: _____ +

Saturday/Sunday Costs: _____ =

Total Costs: _____ .

***Roommate(s):** You **MUST** list your roommate(s) on your registration form if you are paying for a shared room. We **cannot** find a roommate for you! Your roommates must complete and send in their own Conference registration forms and payment. **IF YOU ARE PAYING FOR A SHARED ROOM AND DO NOT INCLUDE THE NAMES OF YOUR ROOMMATES YOUR REGISTRATION WILL NOT BE PROCESSED.**

1. _____
2. _____
3. _____

THIS FORM IS FOR FRIDAY NIGHT ONLY!!! YOU MUST ALSO COMPLETE THE SATURDAY/SUNDAY REGISTRATION FORM (see other side) AND INCLUDE FEES WITH YOUR TOTAL PAYMENT! DON'T FORGET TO SIGN AND RETURN ENCLOSED EMERGENCY INFORMATION AND WAIVER FORM!

If you have questions, call Carmel at (858) 571-7803 x 118 or Laura at (858) 278-5420 x 132 between 8 a.m. & 4 p.m., Monday – Friday

REGISTRATION FORMS AND PAYMENT ARE DUE BY APRIL 22, 2015.

Make checks payable to United Cerebral Palsy (UCP). Mail payment and all completed forms to:
 San Diego Self-Advocacy Conference, 8525 Gibbs Drive, Suite 209, San Diego, CA 92123

A confirmation letter with additional information will be sent. **No refunds after April 24, 2015, no exceptions.**

CONFERENCE REGISTRATION FORM – PAGE 2

Emergency Contact and Participation Waiver – MUST SIGN AND RETURN!!

PLEASE READ AND COMPLETE THIS FORM!

● We need the following information for your personal safety. The information provided below will be folded into the name badge holder of each participant for ready access in the event of an emergency. United Cerebral Palsy does not provide and is not liable for any direct supervision, medical, or personal care needs. Please review and sign participation waiver on reverse side. Return this entire completed form with registration application and conference fee payment.

● **All SUPERVISION, MEDICAL and PERSONAL CARE** including toileting assistance, medication assistance, and support in navigating and participating in all aspects of the conference are the responsibility of each conference participant. A support person **MUST** accompany individuals needing any **SPECIAL ASSISTANCE** or **SUPERVISION**.

● PLEASE REMEMBER THAT **ALL SUPPORT PERSONS ARE REQUIRED TO PAY REGISTRATION FEES AND SUBMIT A SEPARATE REGISTRATION FORM** FOR THEIR ATTENDANCE AT THE CONFERENCE.

YOUR NAME (Conference Participant): _____

EMERGENCY CONTACT NAME(s): _____

EMERGENCY CONTACT PHONE NUMBER(s): _____

LIST ANY MEDICATIONS YOU TAKE *(include dosage, amount and purpose- attach separate sheet if necessary)* :

SUPPORT PERSON’S NAME AND PHONE NUMBER (AT CONFERENCE) :	
WHAT KIND OF ASSISTANCE WILL YOUR SUPPORT PERSON PROVIDE?	
DO YOU HAVE SEIZURES? <input type="checkbox"/> No <input type="checkbox"/> Yes	<i>(If yes, please describe the type of seizures, frequency, any intervention which should be done immediately after a seizure, and whether you have ever required hospitalization for a seizure)</i>
PLEASE LIST ANY OTHER MEDICAL ISSUES YOU HAVE	

CONFERENCE REGISTRATION FORM – PAGE 2

Emergency Contact and Participation Waiver – MUST SIGN AND RETURN!!

INDIVIDUAL PARTICIPATION WAIVER

I hereby release, remise, and discharge United Cerebral Palsy and its agents and employees, of and from all claims, demands, actions and injuries, sustained to my person or property as a result of any act while participating in the 2015 San Diego People First Self-Advocacy Conference on the premises of the San Diego Marriott Mission Valley.

I am aware of the risks involved in **the Self-Advocacy Conference** and that unanticipated and unexpected dangers may arise, and I assume all risks of injury to my person and property that may be sustained as a result and hold United Cerebral Palsy completely and fully harmless from all liability.

I understand that direct support - including but not limited to supervision, personal care, medication assistance, mealtime assistance, physical support in navigating conference grounds, and nursing care - is NOT provided by any agent of UCP or the Self-Advocacy Conference at any point during the conference events. If I require any such direct support, assistance or supervision I understand that I am responsible for arranging for my attendant or care provider to register/pay for and accompany me at the conference to provide this support.

I represent and certify that I am at least 18 years of age to participate in **the Self-Advocacy Conference** and that I agree to the above statements.

Signature of Attendee and/or Conservator

Date

~ CONFERENCE at a glance ~

KEYNOTE SPEAKER – KAREN LYNN



Karen Lynn celebrates her life as a person with a disability. Her voice helps people with disabilities within every community.

Karen Lynn was born a healthy baby, but developed cerebral palsy after reacting to a DPT shot. After surviving weeks in a coma, she emerged with a learning disability and the left side of her body paralyzed, but she did not let this ruin her life. It made her stronger.

She went through public school, graduated valedictorian of her high school class, and earned an associate’s degree with honors. She has a wonderful career advocating for people with disabilities while teaching adaptive aerobics, yoga and Pilates. Her life is about poetry and dance. It is about overcoming difficulties and succeeding. It is about giving courage and strength, compassion and hope to others, unconditionally. Karen is full of joy and shares her happiness with everyone.

Karen changed public perceptions of people with disabilities, one person at a time. She inculcated an attitude of respect toward the dignity of her peers and herself. Ms. Lynn also opened many doors by winning the first civil rights case that required California’s system of higher education to accept students with learning disabilities and to end discrimination against them. She made a life for herself in a society that did not know how to value people with differences and disabilities.

Her goal has always been to bring conscious mindfulness to people’s hearts, minds and souls—to make a worldwide shift in attitudes toward and treatment of anyone with an impairment. Most importantly, she would like to make this a kinder, less-prejudiced world for people with disabilities.

During her long career as an advocate for people with disabilities, Karen volunteered as a member of the Executive Board of Protection and Advocacy Inc., (now called Disability Rights California) where she changed laws and policies for people with disabilities, and was instrumental in modernizing the organization’s mission statement.

Her personal insight--to treat all individuals with disabilities with dignity and respect--has always been unanimously well-received. In addition, Karen has given countless hours of her own time to speak at Kean University. In her professional life, she has helped thousands of people with disabilities realize their fullest potential through her adaptive aerobics, yoga, and Pilates classes and her personal mentorship. Her website can be found at: <http://www.whispersofhope.org>, where you can read her blog, and other interesting articles on Facebook, Twitter, and LinkedIn.

SATURDAY Workshops

Therapeutic, Recreational and Social Dance: <i>Inner Dancer Performing Arts</i>	R.E.S.P.E.C.T. Yourself: <i>Chef Judy and Arc Starlight</i>	Who Let the Dogs Out?: <i>47th Street Trolley Trace Team</i>	Operation Bully Proof: <i>Dan Kelly and Marques Jasper</i>
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Adaptive Fitness: Yoga, Pilates and Aerobics <i>Karen Lynn</i>	Internet Safety: <i>Marcus Pankey</i>	Tips to Advocate with Your Doctor: <i>Trena Wade</i>
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**25TH ANNUAL SAN DIEGO PEOPLE FIRST
SELF-ADVOCACY CONFERENCE
“Living Longer, Growing Stronger”**



We are working hard to put together the best possible conference experience focused on educating and inspiring self-advocates, and we are excited to share the results of our hard work and new ideas with you! The overall theme this year is “*Living Longer, Growing Stronger*” and our goal is that this conference will provide you with resources and activities to educate and empower you in the areas of physical, emotional and social health and wellness. We will again offer fun social networking opportunities and activities during the registration hour and the 2nd annual People First Street Fair on Saturday afternoon!

We hope you will join us and help make our **25th Anniversary Conference** the best yet! See you in May! ~ 2015 Conference Planning Committee

MIKE DELISA LEADERSHIP AWARD

The San Diego community lost a great advocate for people with developmental disabilities when Mike DeLisa passed away in October 2000. In his 60 plus years, Mike represented people with developmental disabilities as determined, active, fun loving, caring members of the community who knew what they wanted, and were willing to take on the responsibilities that came along with these things. Mike refused to allow people to treat him as less than equal. What he had to say was important, and people came to realize that. Because of his tenacity in overcoming obstacles in his path, Mike earned the respect and admiration of the entire community. Due to his outstanding leadership and encouragement to others, P.R.I.D.E. Inc. and San Diego People First established the “**Mike DeLisa Leadership Award**”, which is presented annually at the Self Advocacy Conference.

Do you know someone like Mike? What we are looking for is an individual with a developmental disability who is working to change the face of disability in the community. The recipient of this award should demonstrate their ABILITY in all they do and be a resident of San Diego County. Is there someone out there that changed YOUR mind about what disability is?

*If you would like to nominate someone you know
Please contact **Laura at (858) 278-5420 x 132** or **Lkrebs@ucpsd.org** to receive a
nomination form or find it on the following websites: **www.ucpsd.org** or
www.sandiegopeoplefirst.com. Nominations due by April 27th, 2015.*

Start your conference weekend early! Join us for an additional night at the Marriott Hotel on **Friday, May 15th, 2015.**

Event registration begins at 6 p.m., followed by a social hour, self-advocacy presentation and activities, and light refreshments.

(Dinner NOT provided, hotel room check-in begins at 4:00 pm)

~ FRIDAY NIGHT EVENTS PRESENTED BY SAN DIEGO PEOPLE FIRST OFFICERS AND MEMBERSHIP WITH SUPPORT FROM DJ NED ROUNDTREE AND PARTIAL SPONSORSHIP BY ST. MADELINE SOPHIE'S CENTER ~

Complete BOTH the **Friday Night** section and the **Saturday/Sunday** section of the Registration Form & include the additional fees. Only those paying for the additional costs for a hotel room on Friday night can participate in this event.

ADDITIONAL DETAILS WILL BE INCLUDED IN YOUR CONFIRMATION LETTER

2nd Annual People First

STREET FAIR!!

Saturday, May 16th, 4:00 – 6:00 pm

Featuring...

Self-advocate Artists and Microenterprise Vendors

☞ Purchase art, crafts, books, baked goods, conference items, and more!

Community Exhibitors

☞ Connect with unique community resources – related to the theme of health and wellness – in a fun and interactive setting

Enjoy...

- ☞ Photo Booth
- ☞ Music and Live Entertainment
- ☞ Refreshments

Sign Up...

If you are a self-advocate and would like to sell your art, crafts or other handmade items during the street fair, please contact:

Rissa—Mchavez@ucpsd.org
Demra—Demrah2003@yahoo.com