



5th Annual Kirch Conference



Planning and Living the Transition Years:

Balancing Health, Relationships, Recreation, and Independence
for Youth and Young Adults with Developmental Disabilities



March 24, 2010
Hyatt Regency Rochester



Timothy Shriver, Ph.D.

Keynote Speaker
Chairman and Chief Executive Officer
Special Olympics International
Sponsored by the Golisano Foundation

Timothy P. Shriver, Chairman of the Special Olympics for 14 years, serves 3.1 million Special Olympics athletes and their families in 175 countries. Shriver has helped transform Special Olympics into a movement that focuses on respect, acceptance, and inclusion for individuals with intellectual disabilities in all corners of the globe.

He launched the organization's most ambitious growth agenda leading to the recruitment of over 2 million new athletes around the world. He has created new Special Olympics initiatives in athlete leadership, cross-cultural research, health, education, and family support, and has worked to garner more legislative attention and government support for issues of concern to the Special Olympics community, testifying before Congress on numerous occasions.

The Kirch Conference is presented annually to honor Andrew J. Kirch. Its mission is to bring information about developmental disabilities to individuals with disabilities, their families, and the professionals who work with them. This year's conference focuses on wellness and developing healthy lifestyles for transition age individuals with developmental disabilities. We are particularly honored that the Golisano Foundation is supporting the Timothy Shriver, Ph.D. keynote that will focus on health and wellness for athletes with developmental disabilities.



Conference Agenda

8:00 to 9:00 **Registration – Visit with Vendors – Continental Breakfast**

9:00 to 9:15 **Welcome**

9:15 to 10:30 **Workshop Session A (Choose One)**

A-1 Transition Health Care – A Team Approach, Tiffany Pulcino, MD, Culver Medical Group

Effective health transitions require participation and coordination between multiple systems; pediatric and adult primary care, specialists, hospital teams, educational and community support teams, and the family. Explore strategies for optimizing the roles of various participants and instituting effective coordination in order to make a healthy transition.

A-2 Putting Health and Independence into the IEP, Alissa Mayer, Transition Specialist, MidWest TASC

Individualized Education Plans and Transition Plans can be opportunities for student to identify important health and independence goals. Review statewide IEP format and how health/independence can be included to positively impact a student's education and outcomes in life.

A-3 Managing Parent Stress during the Transition Years, Lori Jeanne Peloquin, Ph.D.

Parenting during the adolescent and young adult years involves multiple stressors for all parents, and particularly for parents of children with disabilities. This session will discuss effective parenting during the transition years and ways for families to cope with the stressors of this life phase.

A-4 PANEL: Sports & Fitness: Promoting Health & Social Skills, Lorna Patanella, PNP, SCDD; Laurie Kennedy, Special Olympics of NY

Physical activity is an important way to maintain health, engage in social relationships, and have fun. This panel will discuss ways for youth and young adults of all levels of physical ability to engage in a range of physical activities.

10:30 to 11:00 **Break with Vendors**

11:00 to 12:15 **Workshop Session B (Choose One)**

B-1 Optimizing Health & Well Being for Adolescents and Young Adults with Cerebral Palsy, Gregory Liptak, MD,

MPH, Upstate Medical University

Adolescents and young adults with CP may have a range of health issues and risk factors. Learn how to most effectively manage common health conditions and attend to potential risk factors in order to maintain optimal health throughout the adult years.

B-2 Sexuality and Developmental Disabilities: The What, Why, When, Where and How, Angela Allen, MSW ; Jeanne

Ricigliano, Strong Center for Developmental Disabilities

Sexual development is an important part of the adolescent and young adult years for youth with and without disabilities. This session will cover strategies for discussing sexuality, maintaining personal safety, and identifying appropriate resources.

B-3 Building Relationships with Peers: The Role of Groups for Individuals with Disabilities, Julie Christensen, LMSW;

Kristen Love, M.Ed., Institute for Innovative Transition, Strong Center for Developmental Disabilities

Social groups can be important for individuals with disabilities in order to create social opportunities and foster networking in the community. The pros and cons of a variety of group approaches, including adult-led versus youth-led and inclusive vs. non-inclusive will be discussed and examples provided.

B-4 PANEL: Future Care Planning Services: Ensuring Legal and Financial Security for Loved Ones with Developmental Disabilities, Doris Green, MPA, Future Care Planning

Advance planning for the financial and legal needs of individuals with developmental disabilities is an important part of the transition to adulthood. This session will cover topics such as wills, benefits, health insurance, powers of attorney, health care proxies, and supplemental needs trusts.

12:30 to 2:00 **Lunch and Keynote Speaker – Timothy Shriver, Ph.D., Chairman and CEO of Special Olympics International brought to us by the Golisano Foundation**

2:15 to 3:30 **Workshop Session C (Choose One)**

C-1 Welcome to HealthyTransitionsNY.org, Nienke Dosa, MD, MPH, Patricia Slaski, M.Ed., Laurie James, M.Ed., Upstate Medical University

An overview of HealthyTransitionsNY.org, web-based resource for youths, families, and professionals, that raises awareness about developmental disabilities, improves communication, and builds effective partnerships during the transition from pediatric to adult healthcare.

C-2 Person Centered Planning: Nothing About Me Without Me, Jeanne Ricigliano, BOCES I and SCDD

This session will cover the process and philosophy of Person Centered Planning, when and how can PCP be implemented and why is PCP important in IEP development and transition planning.

C-3 Shared Living: Creating Innovative, Individualized Living Options for Persons with Developmental Disabilities,

Martha Mock, Ph.D., SCDD and Warner School of Education

View the film "The Key of G" and participate in a discussion of innovative living options.

C-4 PANEL: Strategies for Navigating the Health Care System, Stephen Sulkes, MD, SCDD

Understanding and accessing health services for youth and young adults with disabilities can be confusing. In this panel, health care providers, family members, and others will share strategies for making the system work effectively for each individual.

PLANNING AND LIVING THE TRANSITION YEARS:

Balancing Health, Relationships, Recreation and Independence for Youth and Young Adults with Developmental Disabilities

Keynote Speaker: **TIMOTHY SHRIVER, Ph.D.** Chairman and Chief Executive Officer, Special Olympics International

NAME: _____

AGENCY/EMPLOYER: _____

ADDRESS: _____

CITY: _____ ST: _____ COUNTY _____ ZIP: _____

PHONE: _____ FAX: _____

E-MAIL: _____

Would you like to be added to our list serve to receive newsletters, listing of up coming events, etc. Yes No

Interpreter or Other Requests: _____ Dietary Restrictions: _____

Please indicate your 1st and 2nd choice for each breakout session:

A.M. — Session A

- _____ Transition Health Care
- _____ Putting Health Into the IEP
- _____ Managing Parent Stress
- _____ Sports & Fitness Panel

A.M. — Session B

- _____ Optimizing Health In CP
- _____ Sexuality and Developmental Disabilities
- _____ Building Relationships with Peers
- _____ Future Care Planning Panel

P.M. — Session C

- _____ HealthyTransitionNY.org
- _____ Person Centered Planning
- _____ Shared Living
- _____ Transition Health Panel

_____ I plan to attend the Keynote luncheon **only**

Please check box to indicate:

- Keynote Luncheon Only \$50
- Individual with Disability/Family Member/Caregiver* Conference and Lunch \$60
- Student Conference and Lunch \$60
- Professional Conference and Lunch \$110
 - MD Nurse** Educator PT OT SLP Service Coordinator MSW Other: _____

*Family scholarships are available - please call Carolyn King at (585) 275-6605

**If RN, LPN, or NP, will you want Continuing Nursing Education (CNE)? Yes No

Continuing Nursing Education cost: No additional fee for U of R employee
\$6.50 for non U of R employee – PLEASE ADD TO REGISTRATION FEE

REGISTRATION DEADLINE MARCH 8, 2010

Individual/Family/Caregiver \$ _____
Student \$ _____
Professional \$ _____
CNE Fee \$ _____
(\$6.50 for non U of R employee)
Keynote Luncheon Only \$ _____
TOTAL \$ _____

Make Checks Payable to: NDBP-SCDD
Mail Check and Registration Form To:
Carolyn King
University of Rochester
601 Elmwood Avenue BOX: 671
Rochester, NY 14642

REGISTRATION FEE IS NON-REFUNDABLE

Questions? Contact Carolyn King at (585) 275-6605 or CAROLYN_KING@urmc.rochester.edu.

Continuing Nursing Education contact hours provided. The University of Rochester Medical Center/ Strong Memorial Hospital and Strong Health Affiliates is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.