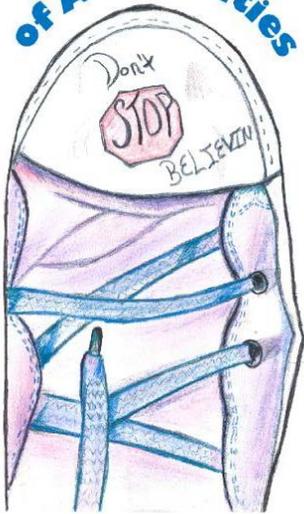


**Possibilities
of All Abilities**



**2013 IDAHO
SELF-ADVOCACY
CONFERENCE**

The Possibility of All Abilities Conference **May 21-23 • Boise, Idaho**

Call for Presenters **Conference Topics We Want**

All presentations must be in plain and People First Language. If you need information about plain and People First Language please visit our website at www.icdd.idaho.gov. All proposals should include presenter's name, title of presentation, and a short description of the session to be presented – completed on the "Call for Presenters Application" form provided.

Topic: Self-Advocacy

How to Speak up for Myself

Learn the basics about self-advocacy, self-determination and inclusion.

How to Get Youth Involved in Leadership Building

Learn how to build new leadership through youth recruitment: how to identify young people for leadership roles, where to recruit, and methods for keeping youth engaged with our independent living movement.

How Do I Talk To My Doctor, When I Do Not Agree with Them?

Learn tips on how to get the answers you need about your health and ideas for you to be in control of your health care.

Community Advocacy: Let's Work Together

Learn information about the power of working together and overcoming our differences. Learn how to identify issues and work together to win.

Getting the Right Support to Do What You Need to Do

Learn how people with intellectual and developmental disabilities who are members of boards, committees and other decision making groups can ask for the right kinds of support to be great members and leaders.

People First Language

Learn how to use words that put people first and create more respect for people with disabilities.

Privacy – It’s Our Right

Learn what privacy is and what it is not with ideas for how to talk to staff and family members about your privacy.

What is the Idaho Self-Advocate Leadership Network and Why is it Important?

Learn what self-advocacy means, who is part of the Idaho SALN, what chapters are, where there are chapters in Idaho and what happens at chapter meetings.

Topic: Employment

Employment Choices

Learn the responsibilities and rewards of being self-employed. Include true stories from those running their own businesses.

Ways to Advocate for more Community Based Employment

Learn about advocating for community-based employment and planning for your employment before other day service options.

Medicaid for Workers with Disabilities

Learn how you can get health care insurance you can afford if you are a person with a disability who is working or wants to work.

Unscramble the Rules for Social Security Benefits & Work Incentives

Life is full of changes like marriage or getting a job. Sometimes these changes affect benefits like Medicaid and Social Security. This workshop will help you understand Social Security and work incentives.

Topic: Voting

Feel the Power of Your Vote!

Learn why it is important for you to vote. How to organize friends, family, and neighbors to get out and vote; how to work through barriers to voting like getting people rides to the polls and poll worker attitudes.

Topic: No Policy Made About Me Without Me

Managed Care Coming to Idaho! What is it? What will happen to me?

Learn about what managed care is and how it is happening in Idaho.

If I Don't Change It, Who Will? Let Your Voice Be Heard

Learn how to become involved in making a difference on the issues you care about. Learn who to contact and how to get your message across. You will also learn what the Idaho Legislature is, how it works and how citizens can get involved. (May be done in 2-parts)

The Role of Guardians and Conservators in Your Life

Information about guardianship, conservatorship, and the alternatives to guardianship and conservators.

Topic: [Services in Idaho](#)

Services in Idaho

Learn from a panel of people with disabilities who use different waiver services. This workshop will show you how to be a part of your plan and help you understand what services you get within each program.

How to Appeal a Medicaid Decision

Learn from an experienced panel of people with disabilities how to appeal a Medicaid decision. This workshop will show you how to be a part of your plan for Medicaid services and why you need to be there. It is your life! You will also learn about the appeal process and how to appeal a decision made about your plan.

Topic: [Relationships](#)

Dating, Relationships, and Sexuality and How to Keep Your Relationship Spicy

Learn about healthy relationships, sexuality and what it means to have a healthy, loving, and safe relationship. You will learn about how to identify unsafe behaviors and keep yourself safe physically and emotionally. You will have a chance to ask questions about relationships, dating, and sex. The workshop will also include ideas about how a current relationship could be more romantic, adventurous or fun.

Strong & Supported Families

Learn from a panel of parents with disabilities who will describe their experiences getting support they need to raise their children. Information will be given about laws that protect parents with disabilities to keep custody of their children and resources available to help with the challenges of raising children. Includes an open discussion of people's experiences and issues.

Street Smarts for Self-Defense

Learn ways to look strong and how to avoid, escape, or react when you are in a scary or difficult situation.

Topic: [Transition from School to Adulthood](#)

The Nuts and Bolts of Supported Living

Learn about supported living services. Learn about lifestyles, support needs and people living in homes of their own. (Recommended as a panel of individuals who will share what has worked and what has not.)

What is Bullying?

Learn about the impact of bullying on those who are bullied and those who do the bullying. You will learn about different types of bullying and practice how to respond.

Telling an Employer about your Disability

Learn how to talk with your employer about your disability and learn tools to help you understand your rights and responsibilities under the law.

Topic: [Fitness](#)

Yoga for All

Yoga for all is a short, relaxing set of yoga moves and breathing exercises. You will get personal attention to do the yoga moves in a calm and supportive environment with music for relaxation.

Stretchin'- Tonin'- Breathin'

In this interactive session you will experience the benefits of stretching, toning, and deep breathing. You can sit for this workout! Stretch-bands and a great beat will be on hand.

Accessible Recreation Opportunities in Idaho

Learn about accessible indoor and outdoor recreation in Idaho so you can get out and enjoy our beautiful state.