

Registration Form – Advocate NH 7th Annual Conference



Register Online
www.iod.unh.edu/advocate2019

fax: 603.228.3270
mail: 57 Regional Drive, #8, Concord, NH 03301

Suggested Donation: \$35 per attendee *

- * This helps pay for meals, accessibility accommodations, conference space rental, and technology.
- * A Direct Support Professional (DSP) whose primary role is to support a conference attendee is considered an accessibility accommodation, therefore the suggested donation for a DSP supporting another attendee is \$0.

Questions? Call Cat Jones: 603-228-2084 or email cat.jones@unh.edu

Full Name of Person Attending: _____

Organization or Employer: _____

Title or Role: _____

Note: This is printed on your nametag, under your name. How do you want to identify yourself to others?

Mailing Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

Email Address: _____

Dietary/ accessibility accommodations: _____

Morning Spotlight Session (Choose One)

- Ordinary Items, Extraordinary Solutions
- Gentle Yoga for Well-Being & Personal Growth
- Employment: Find It! Keep It! Love It!

Afternoon Spotlight Session (Choose One)

- Ordinary Items, Extraordinary Solutions
- Gentle Yoga for Well-Being & Personal Growth
- Sexual Self-Advocacy

We send reminders about the conference by email. Do you need a different type of reminder?

- Yes, text me a conference reminder to cell phone #: _____
- Yes, send me a conference reminder by postal mail to the address listed above.

Check if a DSP will accompany you at the conference to support your full participation.

DSP Full Name: _____ Phone: _____

DSP Email Address: _____

Please Choose Payment Type:

- Check enclosed/ in mail – payable to University of NH
- Will bring cash/ check/ card to event
- Email an invoice to my organization – Billing Email: _____
- Credit Card in advance. Email link to pay online securely to: _____

7 days' cancellation notice required for refund. See iod.unh.edu/events for full event policies.

ADVOCATE NH 7TH ANNUAL CONFERENCE

The Future of Advocacy

A day-long networking and skill-building event by and for people involved in disability advocacy in New Hampshire

Friday, September 27, 2019 | 9:00am–3:30pm

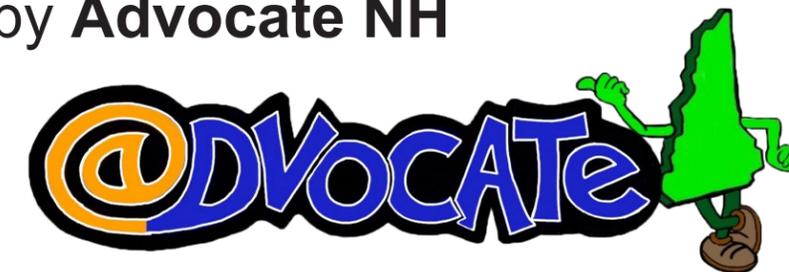
Grappone Conference Center, Concord NH

Register Now! www.iod.unh.edu/advocate2019

ADVOCACY: LEARN IT! LIVE IT! LOVE IT!



presented by Advocate NH



in partnership with the Disability Rights Center – NH, NH Bureau of Developmental Services, NH Council on Developmental Disabilities, People First of NH, and the UNH Institute on Disability.

Bureau of
Developmental Services



DISABILITY RIGHTS
CENTER - NH

Institute on Disability/UCED



ADVOCATE NH 7TH ANNUAL CONFERENCE

About This Year's Event

Advocate NH invites you to join us at our 7th annual Advocacy – Learn It! Live It! Love It! Conference, Friday September 27!

The theme of the 2019 conference, **The Future of Advocacy**, represents a chance to ask, What does a truly inclusive community look like? and How can I live my best life?, then work together to figure out what steps we can take to realize our visions of a better future.

Whether that means learning about finding a job that is a good fit, meeting new friends and building relationships with others, learning strategies for looking after your health and well-being, and sharing ideas about how we use technology, our conference is about sharing how we ALL can be valued members of the community.

KEYNOTE PRESENTATION

The Power of One: Yes, You Got This!

Show up, speak up, stand up, throw up, but never give up! Because YOU GOT THIS.

Discover your inner power, joy, passion, and belief that you have everything you need at this moment to change the world.



Therese Willkomm, Ph.D.
Director
Assistive Technology in NH



Assistive Technology in New Hampshire
ATinNH.org

Conference Schedule

MORNING

AFTERNOON

8:30–9:00 Registration, Breakfast

9:00–9:15 Welcome, Introductions

9:15–10:30 Keynote Presentation

10:30–10:45 Break

10:45–12:00 AM Spotlight Sessions

12:00–1:00 Lunch, Awards Ceremony

1:00–1:15 Break

1:15–2:30 PM Spotlight Sessions

2:30–2:45 Break

2:45–3:30 Closing Activity

ADVOCATE NH 7TH ANNUAL CONFERENCE

Spotlight Sessions

Ordinary Items, Extraordinary Solutions

offered morning & afternoon

Presenter: Therese Willkomm, Director, Assistive Technology in New Hampshire

This session will discuss and demonstrate hundreds of ordinary items that can be turned into extraordinary solutions to maximize independence in all life activities for individuals who experience physical, sensory, or cognitive disabilities.

Gentle Yoga for Well-Being & Personal Growth

offered morning & afternoon

Presenter: Keith Beasley, Certified Yoga Instructor

This session will be offered in the morning and again in the afternoon

Yoga is an ancient practice that centers on creating wholeness by uniting the mind, body, and spirit. Our practice will center on breath awareness and facilitating ease of movement recognizing that everyone is different and has a unique body. You will be guided through yoga exercises that are accessible and repeatable. Emphasis will be placed on balancing ease and effort during the exercises, coordination of movement with the breath, finding the general shape of the pose (not perfection), diaphragmatic breathing, and relaxation.

Note: No special clothing or yoga equipment is needed. You will be able to participate while seated in a chair.

Employment: Find It, Keep It, Love It!

offered morning only

Presenters: Kelly Erhart, member of Advocate NH Committee, Advocate 4 Yourself, People First NH, NH Mental Health Consumer Council, Gateways Family Advocacy Network, and Charting the Life Course Steering Committee
Jayne Putnam, On-Demand Employment Specialist, PLUS Company

A presentation for those looking for employment or thinking about their next step in employment. An introduction to the employment process, maintaining good workplace practices, and using tools to find a job that is a good fit. We will also briefly touch on things to keep in mind about discussing your disability with employers, practicing interview questions, and what a career trainer does and how they might help.

Sexual Self-Advocacy

offered afternoon only

Presenters: Laura Main, Advocate NH Committee Member; Treasurer of People First NH
Isadora Rodriguez-Legendres, Executive Director, NH Council on Developmental Disabilities

Relationships are an important part of the human experience. This workshop will help individuals understand decision-making processes related to relationships. It also will provide some tools for identifying healthy and unhealthy sexual relationships.