

The Arc of Illinois Living with Autism 2020 Virtual Conference

Thursday
October 1,
2020



9:00-10:00 a.m. - "The 4 A's of Autism: Awareness to Acceptance to Appreciation to Action as a Pathway to Fulfilling and Productive Lives"

presented by Stephen Shore, Ed.D.

The 4 A's of Autism. We are transitioning from "awareness" to "acceptance" and headed to "appreciation" as society takes "action" in valuing individuals on the autism spectrum for whom they are. Examples of people, organizations, and entire countries at each stage of development will be presented. Dr. Shore will charge participants to reframe their thinking away from deficit and disorder towards seeking abilities based on individual strengths. Challenges attributed to Autism can be reframed as strengths.

10:00-10:15 a.m. - BREAK - TAP SPONSOR

10:15-11:15 a.m. - "Supporting People with Autism in Uncertain Times"

presented by Stephen Shore, Ed.D.

No one is immune to the disruptions that the coronavirus pandemic is forcing upon daily life. However, for people on the autism spectrum, the loss of familiar routines and expectations can be especially damaging, often leading to deep, seemingly insurmountable anxiety. Fortunately, strategies and tools exist to guide and support autistic individuals to cope and thrive during these challenging times.

11:15-11:30 a.m. - BREAK - SAGE PLANNING SPONSOR AND THERAP SERVICES SPONSOR

11:30 a.m.-12:30 p.m. - "Another Option: Division of Rehabilitation Services"

presented by Director Rahnee Patrick

PUNS is not the only "game in town". This session will help you understand the different programs and services which may positively impact the life of someone with Autism. Topics will include: program name, eligibility requirements, age, timeline and if the program is covered under a waiver or not. There is so much to learn about job readiness, job training, higher education and personal assistants.

12:30-1:00 p.m. - BREAK FOR LUNCH - "Beautiful Animation Explaining Autism"

FAMILY BENEFIT SOLUTIONS SPONSOR

1:00-2:30 p.m. - "No More Meltdowns: Positive Strategies to Address Challenging Behaviors"

presented by Jed Baker, Ph.D.

This workshop describes how best to think about challenging behaviors to achieve better outcomes. With the right attitude we can thoughtfully de-escalate meltdowns and design effective behavior plans to avert these moments and reduce frustration and anxiety. Information will be imparted through lecture, interactive exercises, and video clips. Dr. Baker will explain the limits of traditional discipline and how to avoid power struggles. He will describe how to put together effective prevention plans for each of the common triggers to frustration and anxiety.

2:30-2:45 p.m. - BREAK - LIFES'S PLAN SPONSOR AND RUBIN LAW SPONSOR

2:45-3:30 p.m. - BREAKOUTS - Choose 1

You will receive three Zoom links after you register for the conference. One link will be all the Keynote Speakers and the Breakout Sessions 1 and 3. The second link will have the Breakout Session 2 and the third link will have Breakout Session 4. If you would like to see 2 or 4, you just go to the other link.

Breakout Session 1
“Living Your Best Life”

Presented by a Panel of Parents and Professionals

A panel of two parents of adult children with Autism and two professionals in the Autism field will answer questions on how to develop a plan for your loved one to live a quality life in the community. Topics will include housing, employment, transition years and recreation.

Breakout Session 2
“Strategies for Competitive Employment on the Spectrum”

Presented by Lora Slutsky, MS, CRC, LCPC

Join The Autism Program of Illinois to learn strategies on soft skill development in preparing young adults with autism for competitive employment! Learn about strategies like adding structure and utilizing visual tools to build critical soft skills such as time management, asking for help, navigating social interactions in the workplace, and much more.

3:30-3:45 p.m. - BREAK

3:45-4:30 p.m. - BREAKOUTS - Choose 1

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Breakout Session 3
“Creative Ways to Use Home Based Funding”

Presented by Leanne Mull and Shirley Perez

In this session we will explore the benefits and flexibility available to people with disabilities and families within both the Adult and Children’s Medicaid Home and Community Based Home-Based Support Programs. We will discuss the core components of the programs, unique and individualized ways to use the monthly funding allotment, and the built in flexibility of Home-Based supports. Additionally, participants will learn about options for selecting and training Personal Support Workers (PSW), becoming a PSW as a parent caregiver, and effectively using all of the services available with HBS. The session will include a question and answer session and resources to refer to later.

Breakout Session 4
“Supporting Healthy Sexuality: Knowledge is Power”

Presented by Linda Sandman

Everyone is a sexual being, including people with autism. Yet information about sexuality and healthy relationships is often not available or accessible for people with disabilities. This session will take you on a journey of discovery by introducing you to best practice strategies and resources you can use, including how you can support healthy sexuality from home.

ALL BIOS

Please see The Arc of Illinois special Event Page for the Living with Autism Conference at <https://www.thearcofil.org/living-with-autism-2020-conference/>

Cost & Registration

October 1, 2020 - 9:00 a.m. to 4:30 p.m.

This Conference will be held VIRTUALLY using Zoom Webinar.

Registration Fees for Participants are:

Arc Members:

Professional.....\$ 90.00
Consumer/Family Member.....\$ 50.00

Non Arc Members:

Professional.....\$150.00
Consumer/Family Member.....\$ 80.00

Please complete the attached registration form, fax it to 815-464-5292, then mail the hard copy along with your check to:

The Arc of Illinois
9980 190th Street, Suite C
Mokena, IL 60448
815-464-1832

You can also register at <https://www.thearcofil.org/living-with-autism-2020-conference/>

CONSUMER STIPENDS: If financial restrictions prevent you from paying full registration, consumer stipends for self-advocates and families are available through funding from the Illinois Council on Developmental Disabilities by contacting The Arc of Illinois at 815-464-1832.

Groups of more than 7 from one agency are entitled to a 10% discount. If you have any special needs, please contact Becca Schroeder at 815-464-1832. Notice of any special accommodations are required TWO WEEKS prior to the event. **Please indicate on the registration form if you need a vegetarian meal.**

CANCELLATIONS & REFUNDS: Participants canceling their registration 72 hours in advance will be entitled to a credit or refund, less a \$50.00 administrative cost. No refund or credit will be given for cancellation less than 72 hours before the conference.

The Living with Autism 2020 Conference will be held VIRTUALLY, using Zoom Webinar.

Registration Form

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Living With Autism Conference

Thursday, October 1, 2020

One form per person, please print legibly.

Name: _____

Job Title: _____

Agency: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

AMOUNT PAID: _____

You can also register at <https://www.thearcofil.org/living-with-autism-2020-conference/>

METHOD OF PAYMENT:

_____ Fax form to 815-464-5292 and send check to
The Arc of Illinois

_____ Check enclosed payable to The Arc of Illinois

_____ P.O. or State Voucher #

_____ Charge to my Visa, Mastercard, Discover or
American Express

Name as it appears on credit card:

Credit Card Number: _____

Expiration Date: _____ CVV Code: _____

Billing Zip Code: _____

Card holder's signature:



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Mokena, IL 60448

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**Don't miss this exciting
Virtual
Autism Conference!**

**Visit the Exhibit Hall!
And Fun Silent Auction!**

[https://www.thearcofil.org/
living-with-autism-2020-
conference/](https://www.thearcofil.org/living-with-autism-2020-conference/)

**Stay tuned for another fun
way to Support
The Arc of Illinois!**

**All donations from the Silent
Auction will benefit the
Assistive Technology Fund!**

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2020 Living with Autism Conference

- Dr. Stephen Shore is an author and internationally renowned speaker. He was recommended for institutionalization and was non verbal until four. He is now a professor at Adelphi University. Dr. Shore will help you understand how a perceived weakness can be considered as a strength for leading a fulfilling and productive life.
- Dr. Shore will also share how to guide and support people with autism to cope and thrive during this challenging time.
- Dr. Jed Baker is an award winning author of 8 books and a very dynamic international speaker. He will share with you the best way to think about challenging behaviors to insure better outcomes.
- Dr. Baker will also explain the limits of traditional discipline and how to avoid power struggles.
- Director Rahnee Patrick will discuss the different programs and services which may positively impact someone with autism.
- There will also be 4 Breakout Sessions this year!
- **Earn 6 CEUs** for QIDPs, Social Workers, Nursing Home Administrators, LCPC, Licensed Professional Counselors, Occupational Therapists, Physical Therapists.

