



**Ray Graham Association (RGA) is pleased to present a learning opportunity for families, educators and others in the community...**

**September 21, 2023**

**IL ABLE “Achieving a Better Life Experience”**

People with disabilities are often limited on how many assets they can have without compromising their benefits. At the end of this session, you will be able to get a better understanding of your options on how to open and manage an ABLE Account or Poole Trust, understand your role and responsibilities as an authorized person, understand the order of priority and certification requirements, have increased awareness of essential Plan documents, forms and resources and have a checklist of next steps to prepare to open an IL ABLE Account. Come get firsthand information from the experts and leave empowered with facts to allow you to take advantage in investing in a high-quality, low-cost IL ABLE savings and investment Account that can be opened by an Eligible Person at any time.

**\*Time: 10:00am – 1:00pm**

**To Register for this session only:** <https://www.signupgenius.com/go/4090C48ABAE23A57-rga20231>

**October 19, 2023**

**AwakeLabs**

**Wearable-Enabled Supports for Cognitive Disabilities**

People with disabilities have a hard time communicating their feelings and emotions, especially those that have trouble understanding how they're feeling or who do not use words. When strong emotions (such as anxiety, fear or anger), build internally, they can lead to increase agitation and distress. This is often communicated through maladaptive behaviors, causing a caregiver to “react” in addressing these issues instead of being proactive in getting ahead of them. At the end of this session, attendees will hear first-hand success stories of how a smartwatch for people with varied needs is equipped with a clinically validated algorithm to capture a personalized baseline and report real-time changes in stress and strong emotions.

**\*Time: 10:00am – 1:00pm**

**To Register for this session only:** <https://www.signupgenius.com/go/4090C48ABAE23A57-rga20232>

**November 16, 2023**

**Your Physical and Emotional Health**

Most people with intellectual and/or developmental disabilities (I/DD) face ongoing challenges in meeting their physical and mental health needs because of their disabilities. Without informed and customized supports, they are at serious risk of suffering from physical and emotional inequities that result in debilitating conditions. When unable to obtain the proper ongoing care for enduring emotional and psychiatric illnesses, their quality of life is compromised. The stigma of I/DD may also lead to dismissal of quality care. There is still a prevalent belief that treatment wouldn't benefit the patient and should be an expected characteristic of someone with I/DD. Increased isolation during the pandemic highlighted the real need for comprehensive supports both in the physical and wellbeing of everyone. At the end of this session, you will learn about RGA's new services around mental health through our Emerge Clinic and how you can access them, as well as data proven meal planning program that has had significant positive results in people's health.

**\*Time: 10:00am – 1:00pm**

**To Register for this session only:** <https://www.signupgenius.com/go/4090C48ABAE23A57-rga20233>

**Cost: FREE. 2 CEU's for September, October and November (pending DHS Approval)**

**Location:** RGA's Hanson Center- Mize Hall 15W431 E 59<sup>th</sup> St Burr Ride, IL (corner of 59<sup>th</sup> & Garfield)

For more information or if prefer to register by phone or email, please call: Janki Patel 630-620-2222 [JankiP@Raygraham.org](mailto:JankiP@Raygraham.org)