

# “Listen. Learn. Take Action!” Self-Advocacy Summit 2018

**Come Join Us!**



**Listen. Learn. Take Action!**



**Albertans Advocating  
for Change Together**

Deer Valley Meadows Camp  
Near Alix, Alberta  
October 1, 2, and 3, 2018

**Registration Deadline:  
September 4, 2018**

## Why Have a Summit?

We will meet from Monday to Wednesday afternoon and do these things:

- Learn how to make the world better.
- Meet new people and have fun with them.
- Be proud of who we are and show it!
- Set goals for action and outcomes.

## How do I get more information?

On page 11 of the registration package there is a list of regional contact people. Call the regional contact person for the region you are in.

You can always see the Self-Advocacy Summit on the AACT web page.

<http://www.albertaact.com>

As we get closer to the Summit, we will add more information to the website. Please check the website for updates.

The rest of this package has information that we have for the Summit now. Take a look inside!

## Our Theme

Our theme is “Listen. Learn. Take Action!” We invite you to think about what you want to learn and the action you want to take.

**Discover what you want to learn and the action you want to take**

**Teach and Learn** - We will teach each other new things.

**Have a Say** - We will talk with people in government and other self-advocates from across Alberta. We will talk about what is important to people with developmental disabilities and what to do about them.

**Organize** - We will plan how to work together to make life better for people with developmental disabilities in Alberta.

**Inspire** – We will inspire each other to be proud of our disabilities and of what we can do if we try.

**Arts and Culture** - We will have films and a dance.

## “TURNING DISABILITIES INTO POSSIBILITIES”

**Cory Johnson** (Monday evening Keynote)



Born with cerebral palsy and suffering a stroke at the age of 11 has not deterred Cory Johnson from living life to the fullest. He uses his life experiences, inspiration and education to overcome the barriers that others impose on him.

He encourages his audiences to see new possibilities within themselves and others. With his own perception on life, he'll challenge you to remove some of your barriers.

## “DEVELOPING THE CONFIDENCE TO TAKE ACTION IN YOUR LIFE”

**Kathy Archer** (Tuesday morning Keynote, Tuesday afternoon session)



Leadership Development Coach, Kathy Archer, grows courage and confidence in others so they can live full lives. She is deeply passionate about seeing everyone reach their full potential. In Kathy's book, *“Mastering Confidence: Discover Your Leadership Potential by Awakening Your Inner Guidance System,”* she shows you how to develop your inner confidence so you can have the impact you desire in work and life.

## What is a World Café?

Many of our talks are marked as a “world café.” A world café is a way for a large group of people to talk to each other about a topic that is important to them. People sit around a set of tables with a few others. There are questions to help people talk about what is important, what the problems are, and good ideas for what to change. We will have table hosts to ask questions and write down what you say.



Sometimes someone starts the world café by talking a bit about the topic or giving some background. We will do that with the Premier's Council and PDD Review world cafés. For other world cafés on AISH & poverty or transportation, we may start with questions. A world café lets you listen, learn and take action all at one time, as well as plan action for after the Summit.

## **“Listen, Learn, Take Action” Self-Advocacy Summit 2018**

### **Schedule of Events**

<b>Day</b>	<b>Time</b>	<b>Activity</b>
Monday	2:30 – 4:30 pm	Check-in at Deer Valley Meadows Camp
	5:00 - 6:00 pm	Dinner
	6:00 - 7:00 pm	Official Welcome with Cory Johnson
	7:00 - 8:30 pm	Introduction to Premier’s Council and World Café - What Issues Are Important to You
	8:30 -10:00 pm	Camp Fire with your host Brad
Tuesday	8:30 – 9:30 am	Breakfast
	9:30 – 10:15 am	Kathy Archer - Developing the Confidence to Take Action in Your Life
	10:15 - 10:30 am	Break
	10:30 – 12:20 pm	Hear about the PDD Review & Tools for Taking Action / World Café
	12:30 – 1:30 pm	Lunch
	1:40 –2:20 pm	Pick a session: 1. Kathy Archer 3. PDD Review 2. AISH & Poverty 4. Transportation
	2:30 – 3:20 pm	Pick a session: 5. Linda McDonald & Lorri Sprlak 7. PDD Review 6. AISH & Poverty 8. Transportation
	3:30 – 4:05 pm	Pick a session: <b>or</b> go to the Fireside Chat - Zip Line - Human Foosball - Archery - Crafts and Connecting
	4:15 – 4:50 pm	Pick a session: <b>or</b> go to the Fireside Chat - Zip line - Human Foosball - Archery - Crafts and Connecting
	5:00 – 5:30 pm	Break
	5:30 – 6:30 pm	Banquet Dinner
	6:30 - 7:00 pm	Speeches from Summit Committee and Dignitaries
	7:00 – 8:30 pm	Right 2 Love and Film Festival
8:30 – 11:00 pm	Dance / Photo Booth / Campfire	
Wednesday	8:30 - 9:30 am	Breakfast
	9:30 – 10:15 am	Pack Up Luggage, Clean Cabins, Check Out, Load bags for Regional Bus
	10:15 – 12:00 pm	World Café - Taking Action Group Photo and bagged lunch served on buses
<b><i>Have a Safe Trip Home!</i></b>		

**I want to go to the Self-Advocacy Summit  
Deer Valley Meadows October 1, 2, and 3, 2018  
2018 Registration Form**

**Your Information**

First Name:

Last Name:

I am a:

Self-Advocate

Support Person

Address:

City:

Registration Fee:     AACT member \$50     Non-member \$100

*If you are not an AACT member, you can become a member and get the cheaper rate by filling out the Membership Form and adding \$5 to get newsletters by e-mail OR \$15 to get newsletters in the mail.*

Daytime Phone #:

Cell #:

E-mail:

Agency Name:

Agency Phone #:

**Consent**

*Consent is when you say something is OK.*

It is OK for \_\_\_\_\_ to attend the Summit.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please sign below if it is OK for us to take pictures or videotape you at the Summit for our website or reports:

\_\_\_\_\_

\_\_\_\_\_

**Support**

**If you need support, you MUST bring your own.**

Will you have a support person with you?    No     Yes

Support Person's Name: \_\_\_\_\_

Do you have a medical condition we should know about? No     Yes

If yes, what is it? \_\_\_\_\_

## Emergency Contact Information

Emergency Contact Name:

Phone #:

Other Emergency Contact Name:

Phone #:

Name of Pharmacy:

Phone #:

## Room

Will you need a room with wheelchair access? Yes  No

You will share a room at Deer Valley Meadows Camp. Who do you want to share a room with?  
Name/s: \_\_\_\_\_

Can you sleep on a top bunk? Yes  No

## Allergies

Do you have any medical food needs, dietary restrictions, or any food, drug or other allergies?  
Yes  No  (Does **not** include food you like or dislike)

If yes, what are they? \_\_\_\_\_

## Travel

How will you get to the Summit?  Car  Bus  Other

Do you need help setting this up?  Yes  No

Do you need help with travel costs?  Yes  No

## Tuesday Afternoon Session 1 (Pick your 1st and 2nd choices)

Put a #1 in your first choice and a #2 in your second choice for the breakout sessions you want to attend most.

\_\_\_\_ Kathy Archer

\_\_\_\_ AISH & Poverty

\_\_\_\_ PDD Review

\_\_\_\_ Transportation

## Tuesday Afternoon Session 2 (Pick your 1st and 2nd choices)

Put a #1 in your first choice and a #2 in your second choice for the breakout sessions you want to attend most.

\_\_\_\_ Linda McDonald & Lori Sprlak

\_\_\_\_ AISH & Poverty

\_\_\_\_ PDD Review

\_\_\_\_ Transportation

## Tuesday Afternoon Sessions 3 & 4 (Pick your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices)

Put a #1 in your first choice and a #2 in your second choice and a #3 in your third choice for the activities you want to do most.

\_\_\_\_ Zip Line

\_\_\_\_ Archery

\_\_\_\_ Fireside Chats

\_\_\_\_ Human Foosball

\_\_\_\_ Crafts

## Deer Valley Meadows Consent and Waiver Form

Activity: All activities

### Parent/Guardian Authorization

I am aware in signing this statement of consent for my or my child's participation in Deer Valley Meadows Challenge Activities at Deer Valley Meadows Camp that certain activities are physically demanding. Therefore, physical fitness will increase the enjoyment and ability to participate in the activity. If there is any question of ability to participate, I will inform DVMC staff prior to allowing myself or my child to participate. While it is impossible to foresee all possible dangers, I acknowledge the nature of the activities and the fact that not all the stresses and hazards connected with the activities can be foreseen. The participant in this/these activities has the personal responsibility to follow established rules and procedures associated with each activity. If, at any time the participant has questions about the activity, he or she has the responsibility to consult the instructor.

I recognize that there is a significant element of risk in any adventure, sport, or activity. Knowing the inherent risks, dangers, and rigors involved in the activities, I permit myself or my child to participate in the activities of this/these activities.

I accept full responsibility for myself or my child in the case of bodily injury, death, loss of personal property and expenses thereof, as a result of my/his/her negligence and waive any claims or demands which I or any member of my family may have against Deer Valley Meadows Camp.

I understand that in case of emergency every effort will be made to contact me. If I cannot be reached at the numbers supplied, I hereby give permission to the physician selected by the camp to hospitalize, secure treatment for, and to order injection, anaesthesia, or surgery for my child as name herein.

I also give permission for the use of photography and video recordings of myself or child in camp publicity.

Name of Participant \_\_\_\_\_

Signature (if 18 or older) \_\_\_\_\_

### Signature of Guardian (if there is one)

By signing below, I agree to the above.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## SELF-ADVOCATE SUMMIT 2018

### Individual Consent to Travel

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

I/We agree and give permission that \_\_\_\_\_ can  
(Name of person going to the summit)

get a ride on a bus or other vehicle for traveling to the Self-Advocate Summit 2018 with support from an ally or a service provider employee paid by Persons with Developmental Disabilities.

I understand that Albertans Advocating for Change Together (AACT) will not be legally responsible for the loss of personal things or injury (personal or property loss) while on the bus or other vehicle. I/We also know if \_\_\_\_\_

(Name of person going to the summit)

needs help from an ally or support staff from their service provider organization, that the ally or support staff will do their very best to ensure the safety of the person named above.

I/We understand that Albertans Advocating for Change Together can choose not to give a ride on a bus or other vehicle if AACT does not think the person is safe to ride or if the person arrives too late for the bus. If I decide that I do not want to ride the bus or other vehicle, I will tell the regional representative for my region so that someone else can take my place. If I can, I will tell the regional representative before October 1.

This consent will be good to use until either the person gets the ride to and from the Summit or their guardian or AACT representative cancels the agreement and tells the other person.

Signature of Individual/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_



## **“Listen, Learn, Take Action” Self-Advocacy Summit 2018**

### **Breakout Session Information**

#### **Tuesday Morning: 9:30 – 10:15 am**

Kathy Archer - Developing the Confidence to Take Action in Your Life

#### **Tuesday Morning: 10:30 am – 12:30 pm**

Learn about the PDD Review, share your thoughts, and plan for taking action

#### **Tuesday Afternoon (1): 1:40 – 2:20 p.m.**

- 1. Kathy Archer** – Kathy will talk more about how to be confident in your life.
- 2. AISH & Poverty** – In this world café, you will talk about poverty, AISH and what action to take to make things better.
- 3. PDD Review** – In this world café, have your say about the good and bad things with PDD and what changes can make things better.
- 4. Transportation** – In this world café, you will talk about transportation needs in your community and what action to take to make things better.

#### **Tuesday Afternoon (2): 2:30 – 3:20 p.m.**

- 5. Linda McDonald & Lorri Sprlak** – Linda and Lori will talk about how they have met challenges and made a good life for themselves. Be inspired to take action and make your own changes.
- 6. AISH & Poverty** - In this world café, you will talk about poverty, AISH and what action to take to make things better.
- 7. PDD Review** - In this world café, have your say about the good and bad things with PDD and what changes can make things better.
- 8. Transportation** - In this world café, you will talk about transportation needs in your community and what action to take to make things better.

#### **Tuesday Afternoon Activities (3): 3:30 – 3:50 p.m. and (4): 4:00 – 4:50 p.m.**

- **Zip Line** - With camp staff instruction, supervision and equipment, you will get to try ziplining. You will be strapped into safety gear and zip across an open valley... fun and safe!
- **Archery** - With camp staff instruction, supervision, and equipment you will get to do archery. You will use a quality bow and arrows to test your aim at targets...can you get a bullseye!
- **Human Foosball** - With camp staff instruction, supervision, and equipment you will get to be life-size human foosball players and play against another life-size human team in an indoor setting!
- **Crafts** - Learn and create indoor fun for all!

#### **Tuesday Evening: 6:30 – 8:30 p.m.**

- Speeches from Summit Committee and Dignitaries
- Right 2 Love & Film Festival

#### **Tuesday Evening: 8:30 – 11:00 p.m.**

- Campfire - fireside chats hosted by Brad
- Dance with our DJ and have fun pictures taken in our photo booth

## THINGS TO REMEMBER



Remember these things when you plan for the Summit:

1. **Sign up for sessions:** You must **pick your first and second choices for two (2) Tuesday afternoon workshops** and **your first, second and third choices for two activities (2) Tuesday afternoon** when you fill out this form. We want to make sure the room is the right size. We will remind you of what you picked when you register, in case you forget.
2. **Guardian signature:** If you have a guardian, your guardian must print their name and sign **three forms** for you to attend the Summit on page 5, 7 & 8.
3. **Support worker:** If you need support at the Summit, your worker must also fill out a registration form. **We will NOT provide support staff.** If you need a support staff, you must make staff arrangements and staff must also pay the registration fee. Your staff can also become an AACT ally member for \$5 to get the cheaper registration fee.
4. **Rooms:** Deer Valley Meadows Camp has a variety of buildings which have single and double beds in shared bedrooms. **All bathrooms are shared.** Couples or partners will share a bed in a private room. **Otherwise, everyone will have a shared bedroom (one person per bed).**
5. **Travel:** You are responsible to make arrangements to get to and from the Summit. If you need help to plan or pay for travel, please ask your regional representative for help. Your regional representative is listed on page 11.
6. **Spending money:** Monday lunch is not included. Monday and Tuesday there will be a snack booth. You will need to bring cash for snacks or drinks. People who have a long ride to and from the Summit will need some cash for meals on the road to the Summit. You will get a bag lunch on the bus home.
7. **What to bring:** You may want to pack a business/casual outfit for Monday and Tuesday. The weather may be chilly and snowy, so you may want to pack warm clothing and footwear. You will need to bring linens (all bedding- sleeping bag, pillow and towels). You will need to bring your medications and personal routine items (deodorant, shampoo, soap, toothbrush/paste, comb/brush). Slippers are recommended in sleeping rooms.
8. **What NOT to bring:** The camp is a dry camp. **No alcohol or drugs are permitted.** No smoking is permitted in the buildings and only in designated outside areas.

## Registration Cost

*We want to thank the PDD Program Branch  
for donating funds to help pay for this Summit.*



## Registration Deadline and Where to Submit Registration Form

The deadline to send in this form is **September 4, 2018.**

Mail, fax, or drop off **ONLY PAGES 5, 6, 7 AND 8** (the middle) of this form to your regional representative and we will call you back. Spots are filled up on a first come, first served basis:

**Northwest (NW) Alberta region** - Stacey Smith

#214 Place South, Suite 300, 10130 99 Avenue,  
Grande Prairie, Alberta T8V 2V4  
(780) 538-5127 Fax (780) 538-6123  
(Call for free. Use the Rite Line, 310-0000)  
Email: stacey.smith@gov.ab.ca

**North Central Alberta region** - Illie Drozd

Box 4597, 6203 – 49 Street, Barrhead, Alberta T7N 1N5  
(780) 674-8320 Fax (780) 674-8377  
(Call for free. Use the Rite Line, 310-0000)  
Email: illie.drozd@gov.ab.ca

**Edmonton region** - Keri McEachern

Monday-Thursday 9-3:30 pm  
#201 10941-120 St. Edmonton, Alberta T5H 3R3  
Self Advocacy Federation  
(780) 454-0701 ext. 108 Fax (780) 454-0701  
Email: saf@selfadvocacyfederation.com

**Central Alberta region** - Debbie Murray

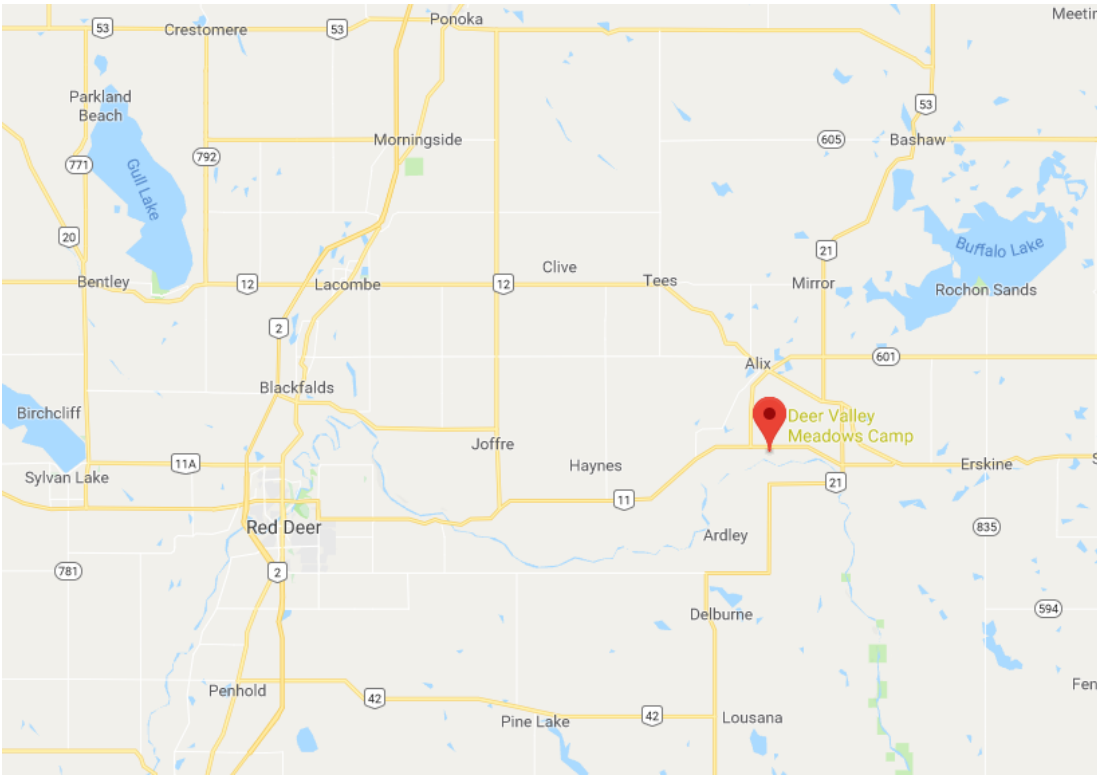
101, 5589 47 Street, Red Deer, Alberta T4N 1S1  
(403) 342-4550 ext. 108 Fax (403) 346-8015  
Email: debbiem@carsrd.org

**Calgary region** - Colleen Huston

219 – 18<sup>th</sup> Street SE, Calgary, Alberta T2E 6J5  
(403) 717-7630 Fax (403) 291-4087  
Email: actionhall@calgaryscope.org

**South Alberta region** - Anna Olson

#210, 410 Stafford Drive S, Lethbridge, Alberta T1J 2L2  
(403) 320-1515 or  
1-866-320-1518 (This is a free call) Fax (587) 425-2772  
Email: anna.olson@saipa.info



Location of Deer Valley Meadows Camp

