

YOUTH & ADULT CONFERENCE

SUNDAY WORKSHOPS OPPORTUNITIES



On Sunday, four workshop opportunities are offered to self-advocates attending the Y&A Conference. These opportunities occur concurrently with the Talent Show Extravaganza. **In order for Y&A attendees to participate in these workshops they must select this option during registration. Look for the Sunday Workshops questions during Y&A registration.**

Attendees selecting Sunday Workshop Opportunities will MISS a portion of the talent show, and may NOT be able to perform in the talent show. Attendees registered for these workshops will report to their assigned table for the Y&A Conference first and then will be escorted to and back from the workshop room at the appropriate time along with the other self-advocates attending.

SUNDAY, JUNE 30 - 8:30 – 10:00 AM

Promoting Health for and With Adolescents and Adults With DS

Brian Chicoine, MD, Medical Director, Advocate Adult Down Syndrome Center, Park Ridge, IL and **Katie Frank, PhD, OTR/L**, Occupational Therapist III, Advocate Adult Down Syndrome Center, sister with DS, Park Ridge, IL

Living longer and healthier lives is an active process. Adolescents and adults with DS can and should be encouraged to participate in their own health promotion. This workshop will address health promotion at home as well as in the health provider's office. Participants will be encouraged to share their experiences that have had a positive effect on health promotion.

The Improvaneers! How the World's First All-DS Improv Troupe Will Be a Game-Changer for Improving Job and Social Opportunities! *(Open to General Convention Attendees)*

Rob Snow, Founder, Director/Producer, Professional Speaker, Author, Stand Up for Downs, son with DS, Medina, OH

The Improvaneers were formed in 2018 and are the world's first all-DS improvisation troupe! They have been training to learn stronger communication skills such as eye contact and projection. Training has built self-confidence, quick-thinking and problem-solving skills; taught the importance of team work; and has unlocked creative doors that had never been opened. This session will be informative, eye-opening, interactive, and very fun. It will show the results of the program through video, live performances, and audience participation.

SUNDAY, JUNE 30 – 10:30 AM – 12:00 PM

Get Moving, Be Awesome! Feet & Fitness Forever

Sarah Mann, PT, DPT, MBA, Mann Method Physical Therapy and Fitness, PLLC, Arvada, CO

This session is an interactive session designed to give self-advocates a framework for purposeful movement and actionable steps to take today to get moving! This PT-based approach takes into consideration the unique physiology, learning styles, and medical issues of individuals with DS. After attending this session, you will leave with the knowledge of how to start a targeted, PT-based fitness program with a focus on foundational strength, hip strength, and vestibular/balance activities that you can start today!

Movin' On Out *(Open to General Convention Attendees)*

Carrie Bergeron, Self-Advocate, Fairport, NY, and **Katie Bergeron Peglow, PT, MS**, COO - Adaptivemall.com, LLC, sister with DS, Dolgeville, NY

It is important to transition caregiver roles from one person to another when everything is good and everyone is doing well...not in the middle of a challenging time. For Carrie, the transition of caregiver roles from her parents to her sister, Katie, started with the move from her own apartment 45 minutes from her parents to one that was a mile from her sister. Katie is now on call for Carrie instead of mom and dad who are now 2.5 hours away. Come and learn about the challenges of transferring services from one county to another; finding safe and affordable housing; and identifying programs, classes and community opportunities to participate in.