



6th Annual Lifesharing Conference

Light a Spark, Start a Lifesharing Firestorm
October 15 and October 16, 2018 • Seven Springs, PA

**Presented by the Pennsylvania Lifesharing Coalition
with support from the Office of Developmental Programs**

The Pennsylvania Lifesharing Coalition is pleased to announce the annual statewide Lifesharing Conference. This year's theme is designed to reignite the spark and passion related to all aspects of Lifesharing. From getting your Program started to the day-to-day celebrations and obstacles that life presents as we strive to successfully support our families and individuals in Lifesharing.

WHO SHOULD ATTEND: Individuals and Lifesharing Families, Prospective Lifesharing Families, Lifesharing Provider Agency Staff, Direct Service Providers, Supports Coordinators, Administrative Entity Staff and ODP Staff.

WHERE & WHEN: The conference will be held Monday, October 15 and Tuesday, October 16 at the Seven Springs Mountain Resort, 777 Waterwheel Drive, Seven Springs, PA 15622. A limited number of rooms are available at discounted rates starting at \$129/night. Several room types are available; please inquire with Seven Springs at the time of booking. To reserve a room, call (866) 437-1300, say that you are part of the PA Lifesharing Coalition and provide this group code - 8BQ7NW.

REGISTRATION: Online registration is now open and will remain available until Wednesday, September 26, 2018. **All attendees must pre-register online to attend the conference.**

- Visit <https://columbus.regfox.com/lifesharing-conference-2018> to register.
- All breakout sessions must be selected and payment made in full in order to complete registration

CONFERENCE FEE: The registration fee for this two-day conference is \$150. The fee to attend only on Monday, 10/15 is \$90.00. For attendance on Tuesday, 10/16 only, the registration fee is \$70.00. Registration includes lunch and break snacks. Only credit card payment will be accepted.

KEYNOTE SPEAKER:



Kristen Mattei - Kristen is the Director of Community Supports at Job Path, a without-walls program that provides individualized supports in the community.

For almost a decade, Kristen's passion has been working towards improving the lives of those with disabilities and finding ways to make their lives truly whole. As a working artist with a degree from Pratt Institute, she brings a creative, collaborative and candid approach to tackle these complicated issues.

Kristen lives in Brooklyn with her husband, toddler and cats. She enjoys playing the piano, photographing the world around her and eating really good bread. Contact her at: krismattei@gmail.com.

SCHEDULE AT A GLANCE:

Monday, October 15, 2018	7:30 a.m. – 9:00 a.m.	Registration; Coffee and Light Refreshments
	9:00 a.m. – 9:15 a.m.	Opening Remarks and Welcome
	9:15 a.m. – 12:00 p.m.	Keynote: Kristen Mattei
	12:00 p.m. – 2:00 p.m.	Excellence in Lifesharing Awards Luncheon
	2:00 pm – 2:15 pm	Break
	2:15 p.m. – 3:30 p.m.	Concurrent Breakout Sessions
	3:30 p.m. – 3:45 p.m.	Afternoon Break
	3:45 p.m. – 5:00 p.m.	Concurrent Breakout Sessions
Tuesday, October 16, 2018	7:30 a.m. – 8:30 a.m.	Registration; Coffee and Light Refreshments
	8:30 a.m. – 9:00 a.m.	ODP Updates
	9:00 a.m. – 9:15 a.m.	Break
	9:15 a.m. – 10:30 a.m.	Concurrent Breakout Sessions
	10:30 a.m. – 10:45 a.m.	Break
	10:45 a.m. – 12:00 p.m.	Concurrent Breakout Sessions
	12:00 p.m. – 1:15 p.m.	Lunch
	1:15 p.m. – 2:30 p.m.	Concurrent Breakout Sessions
	2:30 p.m. – 2:45 p.m.	Break
	2:45 p.m. – 3:30 p.m.	ODP Lifesharing Updates
	3:30 p.m. – 3:45 p.m.	Closing/Raffle

SESSION DESCRIPTIONS:

Monday, October 15, 2018

9:00 a.m. – 12 p.m.

Opening Remarks and Welcome

Presented by Sunday Zarko, Chair, 2018 Lifesharing Conference Committee

Keynote Address: *Lighting Your Inner Spark*

Presented by Kristen Mattei - Director of Community Supports at Job Path

Using symbolism, Kristen Mattei explores the challenges faced when we do thoughtful, person-centered work, while also becoming further buried in the debris of paperwork, stereotypes, rules, and regulations.

We need to clear the debris in order to make room for new growth so that our communities and the people we support can flourish together. One spark alone is not enough to make a difference, but together, we are powerful enough to make real change.

2:15 p.m. - 3:30 p.m. - Breakout Sessions (Attendees select one session to attend)

A1) *How to Lifesharing: Session 1*

Presented by PA Lifesharing Coalition Leadership

In the first of a four part series, join us as we discuss the foundations of Lifesharing learn more about the values, definition, expectation, and role involved in Lifesharing. This will provide a wonderful introduction for anyone new to the program, but will also allow more seasoned professionals an opportunity to be reminded about why it is they do what they do!

A2) *Self Care*

Presented by Kristen Mattei

A focus on staying in balance: self-care while caring for others, breathing exercises, letting go of the chatter in our heads, staying present, and ways to integrate these tools with the people you support.

2:15 p.m. - 3:30 p.m. - Breakout Sessions (Attendees select one session to attend) - continued

A3) Igniting the Spark, Finding Lifesharing Families for Children with Medical Complexity

Presented by Nancy Rosenau

Children with complex medical needs are growing up in PA facilities when they could be living with families, if Lifesharing families came forward and were well supported. This presentation will describe the need in PA, how life-sharing for children with medical complexity has worked in other states, and how it could work in PA. Audience participation will be welcome.

A4) Lifesharing: A Journey from the Beginning to Beyond

Presented by Kathy Lee

Kathy will share her experience of being a Lifesharing Provider for 20 years. Kathy shared her home with Connie. Presentation will cover the Beginning, the Middle, the End, and Beyond; including how they met, how they learned to have fun, how home adaptations kept Connie at home through medical issues with dementia, then cancer, how Kathy supported her in the home to the end, and moving on without her.

A5) Activity Room – Royal Crafts

Presented by Mary Rhodes

Join in on making a craft to be King or Queen for the day!

3:45 p.m. – 5:00 p.m. - Breakout Sessions (Attendees select one session to attend)

A6) How to Lifesharing: Session 2

Presented by PA Lifesharing Coalition Leadership

In the second part of this *How To* series, we will discuss the many steps to becoming a great Lifesharing agency. We will provide an overview and some great tips on some of the most important steps. In this session, you will learn more about recruiting provider families, making the most of the time you have to learn about them, and lastly, what items must be covered during the orientation and on-boarding process.

A7) Long Term Lifesharing Panel

Presented by Lifesharing Providers

This is a newly offered breakout session. Join us as we explore Lifesharing with our chosen panel of long term Lifesharing Providers who we consider the experts. They are all excited and willing to share their stories, challenges, and best practices with us. This will be a wonderful opportunity to interact, ask questions, and share with each other Lifesharing at its best!

A8) Autism 101

Presented by Stacy Nonnemacher, Ph.D.

An Overview of Autism, including limits and requirements of the Autism Waivers. Discuss Lifesharing as a service within the Autism waivers versus one of the Intellectual Disability/Autism waivers. Consideration for how to support an Autistic person in Lifesharing, and understanding the unique family dynamics. Session will also allow time for open questions to aide in understanding this opportunity and how you can get started.

3:45 p.m. – 5:00 p.m. - Breakout Sessions (Attendees select one session to attend) - *continued*

A9) *Supporting a Full Life: Acknowledging Sexuality as a Lifesharing Provider*

Presented by Autumn Dae Miller, Ph.D.

An introduction to the entirety of sexuality: sexualization, sexual identity, sensuality, health and reproduction, and intimacy. Topics to include: the role of the hidden 6th section; values; how to negotiate conflicts; strategies in dealing with trauma; how to provide education, support, and avoid making assumptions; and dating, relationships, and the need to make minor mistakes. Educational information and skill-building opportunities will focus on use in the residential setting when unique circumstances occur, and to reduce fears related to these topics.

A10) *Activity Room – Wall Hanging*

Presented by Mary Rhodes

All Hands In. Join us in making a wall hanging with a unique camp fire theme. This item will be auctioned off at the end of Day 2 of the conference.

Tuesday, October 16, 2018

8:30 a.m. – 9:00 a.m.

ODP Updates

Presented by Sheila Theodorou

9:15 a.m. – 10:30 a.m. - Breakout Sessions (Attendees select one session to attend)

B1) *How to Lifesharing: Session 3*

Presented by PA Lifesharing Coalition Leadership

It's all in the details in Session 3 of this four-part series. Join us as we cover the many pieces of the Lifesharing puzzle that are invaluable in the process of becoming a successful Lifesharing Agency. Budgeting, cost reporting, and development of contracts are all items that someone who is interested in offering these services must become familiar with. If you are not new to Lifesharing, but want a refresher on these processes and updated on how changes in our system impact those elements, this is the session to be in.

B2) *Grief and Loss*

Presented by Timothy Juliano

This session will provide an overview of grief and loss. Grief is the reaction people have to a loss in their lives. We will look at the grieving process, as well as emotions and feelings, and how this relates to everyday life for individuals with I/DD. We will also discuss ways to support those who suffer loss/grief.

B3) *Building Bridges to Belonging*

Presented by Connie Copley

More than simply being in the community, building bridges seeks to allow individuals opportunities to make positive contributions to have more choices and develop relationships with others who live in the community. This session will explore practical ways to meet these goals.

9:15 a.m. – 10:30 a.m. - Breakout Sessions (Attendees select one session to attend) - *continued*

B4) Art Therapy

Presented by Liz Jones

Come explore your creative side. Art is important to our health and happiness. Painting can be an escape, a sanctuary. Come to this session and receive step by step instruction to create your own masterpiece. ***There is an additional \$20 fee for this session. Fee may be paid in cash at the time of the session.***

B5) Activity Room – Bingo and More

Presented by Mary Rhodes

Everyone loves a good game of Bingo, play for prizes. Also, relax with making your own art or color already printed art.

10:45 a.m. - 12:00 p.m. - Breakout Sessions (Attendees select one session to attend)

B6) How to Lifesharing: Session 4

Presented by PA Lifesharing Coalition Leadership

In the last session of this series, the focus will be on how to keep your program running, program specialist requirements, staffing, caseloads, and licensing will be included. There will also be time for questions and answers.

B7) Dementia

Presented by Timothy Juliano

Dementia is any neurologic disorder in which the primary symptoms involve a deterioration of mental functioning equaling “brain failure”. It is devastating to those affected, including family and caregivers. Learn what to expect related to declining mental function, strategies to preserve function, handle agitation, and ward off devastation to all involved in the care of individuals with dementia. Also a look at several conditions which look like dementia but are not.

B8) Family Dynamics

Presented by Connie Copley

Explore the perspective of family members of individuals with developmental disabilities. Learn ways to respond to the needs and requests and to understand the dynamics of relationships, particularly in families that have a member with a disability.

B9) Pet Therapy

Presented by Westmoreland Dog Obedience Training Club

Join us in learning about pet therapy, its benefits, and how it can assist persons both medically and psychologically. Learn how a pet becomes trained to be certified as a pet therapy animal, and interact with therapy dogs presented by their handlers.

B10) Activity Room - Karaoke

Presented by Mary Rhodes

Sing to your hearts content – join in the fun as we relax to music and have time for karaoke to highlight everyone’s musical talents.

1:15 p.m. – 2:30 p.m. - Breakout Sessions (Attendees select one session to attend)

B11) *Making Persons with Challenging Behaviors Famous for Something Else...While Having Fun!*

Presented by Regis Lazor

Participants will learn to identify the functions of challenging behaviors; use assessment information to truly identify priority; meaningful and fun alternatives; and learn simple techniques to teach new routines and deal with challenges.

B12) *Let's Speak Up*

Presented by Self-Advocates United as One and Angie LaVanish, Facilitator

People with disabilities and their chosen guests are invited to join us to talk about Speaking Up! Let's talk about self-advocacy, everyone's rights, responsibility, the right to vote, advocates, and the power of groups. When we learn new things we are powerful.

B13) *Incredibles 3: Lifesharing Heroes*

Presented by David Lerner

Just look around, it's not hard to find true "superheroes" living here among us. Rarely, however, are Family Living Providers able to take advantage of their "superhero" status and use their various "superhero" powers to change their own behaviors or the behaviors of those living in their home. That would be too easy and extremely intimidating to the rest of us who need to rely on more "typical" or normal interventions. This seminar is designed to flesh out three commonly used strategies from the world of behavioral science to help move things along or handle avoiding a crisis when more "typical" interventions are needed or more appropriate. Great effort will be made to make the applications and information very relevant and helpful to be used immediately in the lives and context many of our "superheroes" face sometimes daily. On a very personal level, I have come to learn and appreciate the great work our Family Living Providers are doing and offer this training to make practical and useful behavior management strategies relevant and even a bit fun.

B14) *Lifesharing for Birth Families: Best Practices*

Presented by Joe Karpinski

Presentation will cover best practices in supporting a birth family in providing Lifesharing with their biological family member. Best practices will include training, regulations, mandates related to incident reporting, contract wording and ongoing support.

B15) *Activity Room – Campfire Lights*

Presented by Mary Rhodes

Light the Camp up! We will make camp fire candles to light up our day.

2:45 p.m. – 3:30 p.m.

ODP Lifesharing Updates

Presented by Ron Melusky

ADDITIONAL REGISTRATION INFORMATION:

Cancelation Policy: The PA Lifesharing Coalitions reserves the right to cancel or postpone the conference due to any unforeseen circumstances. In the event of a cancellation or postponement, The Coalition will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including cancellations costs incurred by hotels, airlines, or travel agencies. Individual participants must provide written notice of registration cancellation two weeks prior to the conference (subject to a service fee) in order to receive a

refund. **If you need to cancel your registration, please email Robin Levine at rlevine@columbusorg.com.** No refunds will be granted after 10/1/18.

Accommodations Requests: If an accommodation as addressed by the Americans with Disabilities Act is needed at this conference, please contact Sunday Zarko at szarko@keystonehumanservices.org. Reasonable efforts will be made to meet the need.

CERTIFICATES:

Certificates of Attendance for general training credit hours will be provided on site.

QUESTIONS?

If you have questions about conference content please contact Sunday Zarko at szarko@keystonehumanservices.org. Questions related to registration should be directed to Robin Levine at rlevine@columbusorg.com or 484-919-6960.