

2007 Keynote Speaker

Why We Do What We Do: Bringing Back The Passion in Our Work

Al Condeluci, United Cerebral Palsy, Pittsburgh, PA



The work done by Direct Support Professionals is often routine and repetitive. If we focus on just the work, energy can give way to mediocrity. This animated presentation will re-examine the roots and background of our work. The history of how people with disabilities have been treated will be explored and ways we can rekindle our passions for inclusion and community will be offered.

Al Condeluci has been an advocate and catalyst for building community capacities and understanding culture since 1970. As a former DSP, Al brings his unique perspective and extensive experience to the profession of supporting people with disabilities. Since 1975 Al has emerged as a national leader and consultant on human services and community issues. He speaks annually to national and international audiences, reaching some 15,000 people each year. Along with his professional activities, Al is involved in a variety of civic volunteer roles. He is on the board of the United Way of SWPA, member of the Southwest PA Partnership for Aging Board of Directors, and the immediate past chairman of the PA Statewide TBI Advisory Board.

Conference Objectives

This conference was developed to celebrate the Direct Support Professional by providing resources and information to enhance the quality of work they perform and the prestige of the profession they represent. A Direct Support Professional is defined as one whose primary job responsibility is to provide support, training, supervision, and personal assistance to people with disabilities where at least 50% of their hours are spent in direct support tasks.

The objectives are:

- To offer information and skill-building that will enhance the personal and professional development of Direct Support Professionals
- To encourage networking with colleagues
- To enhance the overall image and professionalism of those who support people with disabilities

Conference Sponsors

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302-831-8103

For more information call:

Delaware's Annual Conference for
Direct Support Professionals
Supporting Those Who Support Others

www.udel.edu/cds/dspconference

May 3, 2007
8:30 am - 3:00 pm
Dover Downs
Dover, Delaware

Delaware's Second Annual Conference for Direct Support Professionals



Center for Disabilities Studies
University of Delaware
461 Wyoming Road
Newark, DE 19716

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2007 Conference Information

Date

Thursday, May 3, 2007
8:00 am - 3:00 pm

Location

Dover Downs
1131 North DuPont Highway
Dover, Delaware 19901
(302) 674-4600

Special Accommodations

If you have any questions or need special accommodations, please call Nancy Freedman at 302-831-8103 or email nancyf@udel.edu.

Scholarships

A limited number of scholarships are available. Please contact Nancy Freedman at the above number for information.

Agenda

8:00 am - 9:00 am
Registration, continental
breakfast, exhibitors

9:00 am - 10:15 am
Session A workshops

10:15 am - 10:45 am
Break, exhibitors

10:45 am - 12:00 pm
Session B workshops

12:00 pm - 12:15 pm
Break, exhibitors

12:15 pm - 1:15 pm
Lunch

1:15 pm - 3:00 pm
Plenary Session: In
Recognition of Direct
Support Professionals
Highlights include:
Awards Presentation
Keynote Speaker

2007 Conference Workshops

Double Session - register for 1AB

1AB. It's All about YOU!

Double session - register for A & B

Michael Smull, Learning Community for Essential Lifestyle Planning; Support Development Associates, Annapolis, MD
This dynamic workshop is being led by an international leader and founder of person centered planning. This two-part interactive session will explore what is important to each of us, as well as what is important to those we support. Through stories and personal reflection you will learn how little things play a big role in the quality of all of our lives.

Session A

2A. Communication: The Problem and the Answer

Al Condeluci, United Cerebral Palsy, Pittsburgh, PA; 2007 Keynote Speaker
Regardless of where we find ourselves in the scheme of things one thing is certain; we will be more successful (and unsuccessful) based on how well we communicate with others around us. This interactive presentation will explore the basics of communications and then offer ways we can communicate more effectively.

3A. Stress Management

Sally Van Schaik, Easter Seals
Everyone experiences stress at one point or another. It is important that one finds a balance between positive and negative stress so that it does not cause damage to one's health and well being. Knowing your body and recognizing the signals your body sends you to slow down to take time for yourself are important to managing life's stressors. This session will teach you how to recognize the symptoms of stress burn-out and assist you with learning how to find your limitations and to take the proper steps to minimize the pressures that we deal with each day.

4A. Build A Home

Shannan Boggan, Chris Bell, Eileen Marvel, Margaret Moffitt; Elwyn, Inc.
Teamwork is a crucial part of a Direct Support Professional's everyday job. This session will demonstrate the techniques needed to build a strong team including: communication, persistence, a clear understanding of the "rules" (or regulations) and a clear understanding of each staff

person's roles on the team. This session will use the activity of "Building A Home" to identify and practice techniques that support a team to achieve their goals.

5A. Coming Together: Steps in Implementing a Networking Organization

Mark Bernstein, Center for Disabilities Studies, University of Delaware
This session will explore establishing a statewide networking organization for Direct Support Professionals (DSP) in Delaware. Come and hear the experiences of others who have started such an initiative. This is a true working session involving DSPs, both as presenters and participants, offering an opportunity for participants to get in on the "ground floor" of an exciting new movement in the professional development of DSPs.

6A. Being an Advocate for DSPs

Carol Barnett, Delaware Division of Services for Aging & Adults with Physical Disabilities
Becoming an effective advocate in your private and professional life – how to express your point of view and gain the support and admiration of others. This session will exemplify ways of advocating for yourself and others. This session will include practice techniques of your advocacy skills by presenting them in your point of view on issues of interest as we review the effectiveness of your approach.

Session B

7B. Communication Tips to use for co-workers, bosses, friends, family, neighbors Life

Fran Fletcher, Institute for Public Administration, University of Delaware
Communication can be a natural process...but are we really being heard? Are you saying what you really mean? In this interactive session, you will learn several basic communication strategies that can help shed light on the mystery of why we sometimes are misunderstood and why we misunderstand others.

8B. Workplace Wellness: Using Wellness Recover Action Planning (WRAP) to Prevent and Manage Burnout

Bart Dunn, Bertha Lingham, Ann Schlosser; Connections Community Support Program
This presentation will provide Direct Support Professionals with tools to prevent work

related burn-out, using a methodology called Wellness and Recovery Action Planning (WRAP). The goals of WRAP are to decrease and prevent troubling feelings and behaviors, increase personal empowerment, improve quality of life and assist people in achieving their goals and dreams. As such, WRAP methodology is easily applicable to the management of almost any situation or illness – from mental illness to diabetes to workplace burnout.

9B. Together Everyone Achieves More – The Rockstar's Guide to Stardom

Kia Dreggs, Lisa Flowers, Janita Foser, Melinda Gardner, Michelle Habingreither, Jeff Kueny, Lisa Sassany, Linda Odenath; Bancroft NeuroHealth

This presentation will outline key factors to building a cohesive and productive team. It will include anecdotal stories of success, effective ways of troubleshooting negativity and keeping the morale up when outside factors bring staff down. This session will outline suggestions on solving morale issues and give a brief background of the team and type of program, how the problem started, or when it was identified, the thought process on solving it, and the results.

10B. The Art of Networking

Nate Beasley, Independent Resources, Inc.; Joyce E. Edwards, Practice Without Pressure
This workshop will focus on providing meaningful suggestions to Direct Support Professionals indicating how to use networking as a useful tool for working with people with disabilities. With some simple adjustment in methods and mentality, a DSP can collaborate with other people on behalf of themselves, their consumers and their organization.

11B. Critical Thinking and Decision Making

Harriet Ann Litwin; Delaware Division of Vocational Rehabilitation
Decision making is part of our lives everyday. This workshop will take a look at how we make decisions now and how we might make better ones in the future. It involves the use of critical thinking, which can be described as "thinking about our thinking while we are thinking" to identify how and why we are making choices and decisions. Group interactions will be used to discuss critical thinking and opportunities to make decisions in scenarios faced by DSPs.

2007 Conference Registration

First Name: _____ Last Name: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Number: _____ Work Number: _____

Email: _____

How did you hear about this conference? _____

Workshop Selections

Please select 1st & 2nd choices. If you choose the double session, you must register for both times and also select a 2nd Choice for Sessions A & B.

Session A: Workshops 1AB, 2-6

1st Choice ___ 2nd Choice ___

Session B: Workshops 1AB, 7-11

1st Choice ___ 2nd Choice ___

Registration

Early Bird Registration \$20 \$_____ (postmarked by April 19th)

Registration Fee \$25 \$_____ (after April 19th)

TOTAL \$_____

Please make checks payable to the Center for Disabilities Studies.

Vegetarian Lunch Option

Mail registration form & check to:

Nancy Freedman, Center for Disabilities Studies, 2007 DSP Conference
461 Wyoming Road, Newark, Delaware 19716

Office Use: Date Received: _____ Amount remitted: _____ Check No. _____