



# Families

THE HEART OF  
COMMUNITY

ANNUAL FAMILY CONFERENCE  
April 5-6, 2019 | Fantasyland Hotel, Edmonton, AB

**Inclusion**  
Alberta

Supporting children and adults with  
developmental disabilities for 60+ years

# WORKSHOP

Friday, April 5 | 9:00 am - 4:30 pm

## From Barriers to Belonging: Supporting Inclusion in Secondary Schools using the Power of Peers

**Presenter: Erik Carter, Ph.D., Cornelius Vanderbilt Chair and Professor of Special Education at Vanderbilt University, author and researcher**

Far too often, the pathways we use to support inclusion in schools do not actually lead toward friendships and belonging. What can we do to move beyond the veneer of inclusion? How might prevailing practices stand in the way of rigour and relationships? This compelling workshop will address critical components for fostering social relationships and shared learning among students with and without developmental disabilities in inclusive classrooms, clubs, cafeterias, and other secondary school activities. Drawing upon nearly two decades of research, Dr. Carter will address promising

“...too often, the pathways we use to support inclusion in schools do not actually lead toward friendships and belonging.”

peer-mediated interventions that challenge us to rethink current practices in many contemporary schools. This workshop will address powerful—yet practical—approaches for supporting inclusion and peer relationships in middle schools and high schools. Learn step-by-step guidance for implementing peer support and peer network interventions, including how to develop strong support plans, recruit peers, equip paraprofessionals and educators, support students as they work together and evaluate the impact of these models.

*Erik Carter's research and teaching focuses on evidence-based strategies for supporting access to the general curriculum and promoting valued roles in school, work, community, and congregational settings for children and adults with intellectual disability, autism, and multiple disabilities. He cares deeply about designing effective peer-mediated supports that enable students with disabilities to flourish in the classroom and extra-curricular life. Prior to receiving his doctorate, Dr. Carter worked as a high school special education teacher and a transition specialist.*

*He has published widely in the areas of educational and transition services for children and youth with disabilities, including authoring or contributing to nearly 200 articles and book chapters and also writing six books, which include the following, among others: [I never truly thought about them having friends: Equipping schools to foster peer relationships](#) (2017), [Implementation and generalization of peer support arrangements for students with significant disabilities in inclusive classrooms](#) (2016), [Promoting inclusion, social relationships, and learning through](#)*

*[peer support arrangements](#) (2015) and [Effects of peer networks on the social interactions of high school students with autism spectrum disorders](#) (2014).*

*He has been the recipient of numerous awards, including the Distinguished Early Career Research Award from the Council for Exceptional Children and the Research Award from the Division on Autism and Developmental Disabilities.*

*More information can be found on Eric's website: [erikwcarter.com](http://erikwcarter.com)*

## Children and Teens Welcome

Childcare and Teen Club have been a part of the Family Conference since its inception. Each day will be a new adventure filled with fun, inclusive play and hands-on experiences. The staff are professional, quality caregivers and play consultants who will add a touch of magic to the day, while parents participate in the conference.

A limited number of childcare spaces are available for children 12 and under and Teen Club spaces for children aged 13 to 19. Registration is a 2-step process. **First, you absolutely must indicate on the registration form that you require a Childcare and/or Teen Club space. Second, you must also fill in a separate Childcare and/or Teen Club request form for each child and/or teenager.** This form is available at [inclusionalbarta.org](http://inclusionalbarta.org), by emailing [mail@inclusionalbarta.org](mailto:mail@inclusionalbarta.org) or calling 1.800.252.7556 ext. 400. Spaces are limited and will be filled on a first-come basis

Friday, April 5 | 9:00 am - 4:30 pm

## Reducing the Risk of Abuse and Addressing its Impact: Developing an Individual Response Plan

**Presenter: Nora Baladerian, Ph.D., Clinical Psychologist; President, Spectrum Institute; Director, Disability and Abuse Project**

Both the reality of abuse and the fear of it happening appears to be a “constant” in the lives of people with developmental disabilities, their families, friends and those providing support. This workshop will address the issues related to abuse, provide participants with the knowledge needed to take effective action, and offer practical steps for individuals with disabilities, support staff, supervisory staff and families. The workshop will include information on the current extent of abuse, with an emphasis on what can be done to reduce the incidence of abuse and its impact. Topics include: the possibility of abuse, addressing sexual abuse, the emotional challenges of having a frank and open discussion; and healthy sexual development and relationships.

Of greatest importance will be the development of an Individual Response Plan. The plan, developed with the individual, focuses on empowerment and safety.

“It is essential to work with agencies to review and strengthen their skills, knowledge and corporate strategies to address abuse.”

Where many people ordinarily feel “at a loss” as to what to do before abuse occurs, during and afterwards, this workshop will review essential information for families and staff, so that they will be more confident as the primary resources for the individual they care about and support. Participants will learn what skills to develop and practice with their “plan partner” and how to keep skills and knowledge fresh. It is essential to work with agencies to review and strengthen their skills, knowledge and organizational strategies to address abuse.

*Dr. Nora Baladerian is the 2018 recipient of the American Psychological Association's Division 56, Rehabilitation and Disability for Distinguished Contribution to the field and is also a recipient of the U.S. Attorney General's award for excellence in service to victims, receiving the National Crime Victim Services Award. She is the author of*

*[How to Reduce the Risk of Abuse for Those with Developmental Disabilities](#), a guide that has been successful in reducing both the incidence and impact of sexual assault. She is also the author of [A Risk Reduction Workbook for Parents and Service Providers](#) and [The Rules of Sex: For those who have never been told](#). She has a private practice in Palm Springs, CA where she provides psychological services.*

*Nora is a national trainer for law enforcement and forensic interviewers, focusing on adapting basic interviewing skills for those with intellectual and developmental disabilities. She works with attorneys who represent children and adults with developmental disabilities and is Certified in Clinical Trauma Treatment and Critical Incident Stress Debriefing (CISD). Her primary focus is addressing the trauma of victims of crime with both developmental and physical disabilities.*

*For more information please visit: [norabaladerian.com](http://norabaladerian.com)*

## President's Reception

Friday night, from 7pm – 10pm, Inclusion Alberta hosts its annual President's Reception – a casual evening opportunity to visit with friends and make new ones. There will be an awards ceremony to honour several individuals and organizations that have made extraordinary contributions to the lives of children and adults with developmental disabilities. Soft drinks and finger foods will be available, as will a cash bar. Children are welcome to attend with their parents but please note childcare and Teen Club will **NOT** be available during the reception. Many find the President's Reception to be an inspiring celebration of community inclusion.

# WORKSHOP

# OPENING PLENARY

## Pathways to Belonging

*Presenters: Nora Baladerian, Ph.D. and Erik Carter, Ph.D.*

Both of our keynote presenters will share their personal perspectives and reflect on the ways in which communities might welcome and weave

**Saturday, April 6**  
9:00 am - 10:00 am

children and adults with developmental disabilities into the relationships and activities that make up a life of flourishing for us all.

# YOUTH FOR INCLUSION

Last year, Inclusion Alberta held its second annual Youth Conference which was attended by approximately 50 youth with and without developmental disabilities from across the province. We were very pleased to have a number of Indigenous youth participate. We want to continue to build upon this

success and further develop the voice of Youth for Inclusion, Inclusion Alberta's youth wing, and welcome youth to attend this year's Youth for Inclusion Forum. The Forum will be of interest to youth with and without disabilities interested in social justice, action and inclusion, and will include planning for the next Youth

**Saturday, April 6**  
10:30 am - 3:00 pm  
(ages 16-22)

Conference as well as developing action strategies to further inclusion in schools and communities.

Lunch is provided but space is limited so please ensure any interested youth complete the necessary registration forms.

# CLOSING PLENARY

## Multi-Generational Leadership

*Moderator: Trish Bowman, CEO, Inclusion Alberta*

Most people do not think of themselves as leaders. Yet leadership is absolutely essential, not only on an individual or family level but collectively, if we are going to have any chance of creating needed societal change. Without the capacity for sustained leadership over generations every tomorrow will mean parents, individuals with developmental disabilities and their families will repeat the same struggle for inclusion and belonging

time and time again. Thus, a good and meaningful life will escape many. Inclusion Alberta, as a multi-generational organization, has created multiple avenues for leadership development, including: Family Leadership Series, Emerging Leaders, local association development and Youth for Inclusion. Together, these multiple means have enabled hundreds of families, individuals, youth and staff to discover their own leadership potential and role in collective advocacy. Come and listen to the representative voices of family members, individuals, youth and staff and be inspired as to your own capacity for leadership and potential contribution to collective action.

**Saturday, April 6**  
3:15 pm - 4:30 pm

## The Closing Plenary will follow the Afternoon Sessions.

See page 6 for details.

**Saturday, April 6**  
10:30 am - 12:00 pm

## Individual Response Plans: Reducing Risk and Responding to Abuse

*Presenter: Nora Baladerian, Ph.D.*

This session will provide an overview of how to design an individualized plan to reduce the risk and impact of abuse. Using an open discussion format, Nora will engage participants in discussing topics such as: what to do or say or not do or say when abuse is suspected; potential perpetrators and their relationships to individuals; responding to disclosure of abuse; and plans based on enhancing individual strengths.

## Inclusive Education: Being a More Effective Advocate

*Presenter: Bruce Uditsky, M.Ed. CEO Emeritus, Inclusion Alberta; Associate, Inclusive Education Canada*

Achieving quality inclusive education from kindergarten to high school requires parents to be knowledgeable and effective advocates. Parents need to know what constitutes quality inclusion in addition to understanding their rights, how to exercise them, how funding actually works and what needs to change systemically. This session will provide parents and other advocates for quality inclusive education with the understanding and knowledge to be more successful in obtaining a quality inclusive education.

# MORNING SESSIONS

## Registered Disability Savings Plans (RDSPs) and Discretionary Trusts: Achieving Financial Security

*Presenters: Doris Bonora, Partner, Dentons Canada LLP, representatives from ATB Financial, and others*

RDSPs and discretionary and other trusts are two avenues that offer future financial security to individuals with developmental disabilities, particularly when their parents are no longer alive. Only 25-30% of eligible individuals are accessing RDSPs, which is one of the best disability-related savings plans in the world. The benefits of RDSPs are likely to continue to improve, and when an RDSP is established early, for example, during childhood this can result in tremendous financial gains. In addition, Alberta now allows trusts to be established for individuals with disabilities that will not affect their AISH or other disability-related supports. This session provides the opportunity to learn how to apply for the Disability Tax Credit in order to be eligible for an RDSP, the benefits of an RDSP and the ins and outs of establishing a trust.

## First Nations Challenges and Possibilities

*Presenters: Arnold Fox, Director, Blood Tribe Social Development, Kainai First Nation; Kathleen McHugh, Director, Siksika Nation Disability Services; Tracy McHugh, Vice-President, Inclusion Siksika and Karen Running Rabbit, President, Inclusion Siksika*

Indigenous and First Nations children and adults with developmental disabilities and their families experience many additional challenges over and above those common to non-Indigenous individuals with developmental disabilities and their families in general. Very few Indigenous families are able to access FSCD or the resources available through an FSCD contract, contributing to unnecessarily high rates of child apprehension. In addition, PDD is not available on First Nations, resulting in individuals and families either trying to make it through life without supports or having to leave their communities to access supports. First Nations family members and leaders will share how, in partnership with Inclusion Alberta, promising avenues to change are being created while much more remains to be done.

## Family Celebration Dance

Join us on Saturday evening from 7:30 to 11:00 pm in the Fantasyland Hotel Ballroom for a 'fantastic' family dance, finger foods and celebration. Even if you don't like to dance, it's a great opportunity to connect and celebrate. A spectacular band will keep everyone entertained and active. Although there will be entertainment for children, parents are responsible for their supervision – Childcare and Teen Club are not provided. If you wish to attend this event, please indicate this on the registration form and make the appropriate payment when submitting your registration. **Please note dinner will NOT be provided but snacks, finger foods and soft drinks will be available along with a cash bar.** For dinner, there are numerous restaurants and a food court in the mall if you'd like something to eat before the family celebration dance.

# AFTERNOON SESSIONS

Saturday, April 6  
1:30 pm - 3:00 pm

## Changing the Conversation: Engaging Local Communities in Expanding Inclusive Practices

Presenter: Erik Carter, Ph.D.

A "community conversation" is a unique, asset-based approach for engaging a cross-section of diverse citizens—including people from both within and (especially) beyond the service system—in making local changes that enhance the lives of individuals with disabilities. This workshop will focus on the practice and power of this approach to spurring community-level changes in areas as diverse as inclusive education, inclusive employment, and congregational inclusion. Learn a practical and creative approach for launching local movements that invite ordinary citizens (not just the "usual suspects") to be part of expanding inclusive opportunities and supports for community members with disabilities.

## A House is Not a Home

Presenters: Robin Acton, Parent, Past-President, Inclusion Alberta, Vice-President, Inclusion Canada; Caitlin, Murray and Trudy Hames; Barbara Nish, Parent, Past-President, Inclusion Alberta; Darryl Watt, former County Reeve; and others

Most individuals with developmental disabilities have access to housing but many do not have a home; a home truly of their own making, as is typically true for people without

a developmental disability. Home is a universal human need, essential to every person's well-being, sense of security and self, and the place from which we extend our lives into work, community and friendships. This session will link the new federal housing initiative, that has specific provisions for individuals with developmental disabilities, the experiences of families and community members in developing home in the truest sense of the word, and how this knowledge can be utilized by families and communities to create a future where more and more individuals with developmental disabilities have a home, not just housing.

## Creating and Facilitating Relationships through Community Engagement

Presenters: Darren Beach, Inclusive Post-Secondary Coordinator at MacEwan University, Inclusion Alberta; Shawna Francis, Regional Coordinator of Inclusive Post-Secondary Education, Inclusion Alberta; and individuals and families

Relationships are an essential and intimate part of everyone's daily life, including individuals with developmental disabilities. Relationships and friendships not only encourage individual expression, dreams and passions but also provide important natural supports. Whether supporting a child or an adult, a principle role of support staff must be to facilitate community engagement, membership and belonging to allow for the emergence of freely-given relationships and friendships.

This session will explore: the power of natural pathways, strategies for community engagement and inclusion, how to identify individual interests, how families and staff can facilitate and encourage community connections and how families can train staff they employ through FSCD or FMS.

## Trends, Opportunities and Advocacy Challenges: A Look Ahead

Presenter: Bruce Uditsky, M.Ed., CEO Emeritus, Inclusion Alberta

In this annual session, Bruce will offer his perspective on future trends, challenges and opportunities for individuals with developmental disabilities and their families. Topics to be explored include, but are not limited to: the current and future political environment given the upcoming provincial election; the PDD Review; subtle challenges to full inclusion; scaling up proven inclusion strategies; the continuing importance of multi-generational family leadership; the new Disability Advocate and the Vulnerable Persons Standards (VPS). Participants will be invited to raise topics that they would like to discuss.

**Grants available**  
CONTACT INCLUSION ALBERTA FOR DETAILS

# YOUTH FORUM REGISTRATION

Family Conference | Saturday, April 6, 2019

**Registration deadline: March 22, 2019. To register online visit [www.inclusionalberta.org](http://www.inclusionalberta.org)**

Inclusion Alberta • 11724 Kingsway NW, Edmonton, AB T5G 0X5 • Fax: 780.453.5779 • [mail@inclusionalberta.org](mailto:mail@inclusionalberta.org)

For Fantasyland Hotel Inclusion Alberta rates call hotel reservations directly at 780.444.5541, or toll-free at 1.800.737.3783, by March 5, 2019. Callers MUST mention they are attending the "Inclusion Alberta conference" to receive the negotiated rate, or provide the group code number 6155953.

Please be advised that this is a participatory workshop focused on social justice, inclusion in schools and communities and planning for the next Youth Conference. Support should be provided if necessary to facilitate participation, and can be made available if required. (See Youth Forum details on page 4.) Youth not interested in participating can be enrolled in Teen Club (see Conference Registration).

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

Age: \_\_\_\_\_ Do you have a disability?  no  yes

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

To be completed if the youth is under the age of 18:

Parents' Names: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Thank  
YOU

Pembina Pipeline Corporation is supporting Inclusion Alberta's dream of meaningful family life and community inclusion for individuals with developmental disabilities. The \$1-million Lorne and Patricia Gordon Legacy Fund will enable us to support individuals and families for decades to come.

**PEMBINA**

# CONFERENCE REGISTRATION

Annual Family Conference | April 5-6, 2019

Registration deadline: March 22, 2019. To register online visit [www.inclusionAlberta.org](http://www.inclusionAlberta.org)

Inclusion Alberta • 11724 Kingsway NW, Edmonton, AB T5G 0X5 • Fax: 780.453.5779 • mail@inclusionAlberta.org

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Adult 1 - Full Name: \_\_\_\_\_ Adult 2 - Full Name: \_\_\_\_\_

I'm in need of childcare, and have attached Childcare and/or Teen Club Registration forms (available at [inclusionAlberta.org](http://inclusionAlberta.org))

Support Person (if applicable): \_\_\_\_\_ Association (if applicable): \_\_\_\_\_

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

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ PC/Zip: \_\_\_\_\_

Home Ph: \_\_\_\_\_ Work Ph: \_\_\_\_\_ Cell Ph: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ First time attending Family Conference?  yes  no

Do you or a family member have a developmental disability?  yes  no If yes, what age? \_\_\_\_\_

Conference Fees Please choose one	<input type="checkbox"/> Attending Friday Only Please choose one Friday workshop: <input type="checkbox"/> Secondary School Inclusion <input type="checkbox"/> Risk of Abuse	<input type="checkbox"/> Student: \$150 \$ _____ <input type="checkbox"/> Individual: \$200 \$ _____ <input type="checkbox"/> Family: \$250 \$ _____
	<input type="checkbox"/> Attending Saturday Only	<input type="checkbox"/> Student: \$150 \$ _____ <input type="checkbox"/> Individual: \$200 \$ _____ <input type="checkbox"/> Family: \$250 \$ _____
	<input type="checkbox"/> Attending Both Days Please choose one Friday workshop: <input type="checkbox"/> Secondary School Inclusion <input type="checkbox"/> Risk of Abuse	<input type="checkbox"/> Student: \$225 \$ _____ <input type="checkbox"/> Individual: \$275 \$ _____ <input type="checkbox"/> Family: \$375 \$ _____
Child and Teen Programming Fees	You must complete a Childcare and Teen Club registration form for each child participating. Please note that Childcare and Teen Club will not be available during lunch hours. Children must be picked up at noon. Registration forms available at <a href="http://www.inclusionAlberta.org">www.inclusionAlberta.org</a> or by calling 1.800.252.7556 ext. 400.	Childcare and Teen Club participants: (Please note cost is \$25 per child/teen each day) Friday: \$25 each x ____ = \$ _____ Saturday: \$25 each x ____ = \$ _____ Total for both days = \$ _____
Youth Forum Sat: 10:30 am - 3 pm (Lunch Provided)	You must complete a Youth Forum registration for each person registering. Space is limited. We will be unable to accommodate anyone who has not registered. Forms are available at <a href="http://www.inclusionAlberta.org">www.inclusionAlberta.org</a> or by calling 1.800.252.7556, ext 400.	Youth Forum participants (ages 16-22): \$30 each x ____ = \$ _____ <b>Grants available upon request.</b>
President's Reception Friday: 7 pm - 10 pm (Cash Bar)	Join us for an awards ceremony to honour the extraordinary contributions that several individuals have made to the lives of children and adults with developmental disabilities. This is a casual event with the opportunity to mingle with friends new and old.	President's Reception participants: Adults x ____ = no charge Children x ____ = no charge
Family Dance Celebration Saturday: 7 pm - 11 pm (Snacks & Cash Bar)	Each registered family member is invited to join us for the Family Dance Celebration. Please note dinner is not provided. Snacks and drinks will be available as well as a cash bar.	Family Dance Celebration participants: Adults x ____ = no charge Children x ____ = no charge
Total Fees	Lunch is not provided. Persons attending to support another registrant are not charged registration fees.	<b>Total Due</b> \$ _____ <b>Total Enclosed</b> \$ _____
Payment Options		Inclusion Alberta has a limited number of grants available to individuals and families to assist with costs associated with attending the conference. For grant criteria or forms, call 1.800.252.7556 ext. 400 or download from <a href="http://www.inclusionAlberta.org">www.inclusionAlberta.org</a> . Grant application deadline: March 8, 2019
To register online visit <a href="http://www.inclusionAlberta.org">www.inclusionAlberta.org</a>		
<input type="checkbox"/> Cheque payable to Inclusion Alberta <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> AMEX		
_____	_____	_____
Card Number	CVV	Expiry Date
_____		Signature