

## *Conference Agenda 2009*

C.P. Conference VI

“Six Years and Growing”

October 16<sup>th</sup> – 19<sup>th</sup>, 2009  
DoubleTree Hotel  
Crystal City, Virginia

### OCT 16<sup>TH</sup> - FRIDAY

#### **3:00 PM - 7:00 PM --- REGISTRATION AND A FREE MASSAGE!**

Many conference attendees arrive at the DoubleTree Hotel after a long and arduous trip. You can banish your fatigue by enjoying a relaxing massage at the hotel. The massage is free and will help put you in a positive frame of mind as you begin the conference. You will be able to sign up for your massage at a registration table in the lobby. The time available for massage is limited, so be sure to register as soon as you reach the lobby.

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**DINNER** --- ON YOUR OWN - There are numerous restaurants in and around the DoubleTree, and attendees will be able to find one that satisfies their taste buds and their budgets.

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**7:00 PM - 10:00 PM --- OPENING RECEPTION. RENEW OLD ACQUAINTANCES AND MEET NEW FRIENDS.**

### OCT 17<sup>TH</sup> – SATURDAY

The theme for Saturday is relationships, primarily with family members but with others as well. How can you grow a relationship, how do you make it stronger? How do you end a bad relationship?

**8:00 AM – 9:00 AM -- CONTINENTAL BREAKFAST.**

**9:00 AM – 9:15 AM – Opening Remarks by Robert Watson, co-founder of the CP GROUP.**

**9:15 AM – 10:30 AM – Taking Care of Aging Parents, Coping with the Death of Family Members, Siblings, Significant Others.**

**10:30 AM – 11:00 AM – BREAK.**

**11:00 AM – 12:15 PM – The Dynamics of the Relationship between Siblings when one has CP and the other does not.**

**12:15 PM – 2:00 PM – LUNCH.**

**2:00 PM – 3:15 PM – Member of Extended Family with CP; is he/she left out of Family Events?**

**3:30 PM – 5:00 PM – Gender Issues: A Frank Discussion on Issues Related to Your Gender. Separate Sessions for Men and Women.**

**6:00 PM – Dinner in the Hotel. The cost of the Dinner is included in your Conference fee.**

**9:00 PM Until Whenever – PARTY AWAY**

### **SUNDAY, OCTOBER 18<sup>th</sup>**

Sunday's theme for the morning is scooters, wheel chairs, braces, augmentative communication devices, etc, etc. How do we know when we need one, how do we pay for it, what do we do when it breaks down?

**8:00 AM – 9:00 AM Continental Breakfast**

**9:15 – 10:30 AM What are our options when private insurance and/or Medicare/Medicaid refuses to Pay?**

**10:30 AM – 11:00 AM – BREAK.**

**11:00 – Noon – Repairs. Plan ahead for what you will do when the device breaks down because it surely will. How to make a game plan to handle these situations.**

**12:15 PM – 2:00 PM LUNCH**

**2:00 PM – 3:15 PM – Adults with CP and Sexuality**

**3:30 PM – 5:00 PM -- “Open Air Session” People post topics of conversations they would like to facilitate and other individuals select the conversations in which they would like to participate.**

**5:00 PM Dinner own your own.**

**7:00 PM Get Creative - Check out DC's night life, do some shopping, take in a movie, get a little crazy, it's your last night in town.**

**MONDAY, October 19<sup>th</sup>**

**The focus for the last part of the conference is on the life and health of The Group.**

**9:00 AM – 9:15 – Tips Concerning Checking out of the Hotel.**

**9:15 AM – 10:30 AM -- Life of the CP Group. Can we Stay Alive?**

**10:30 AM – 11:00 AM BREAK AND CHECK OUT.**

**11:00 AM – 12:15 PM – Planning for the 2010 Conference.**

**SPEAKERS – BIOS**

**DINA DROR**

**Dina holds a BS in Psychology from CSUN, Cal State University, Northridge, CA. She is an advocate for people with CP and other disabilities, and is active in Therapeutic Horseback Riding Programs in California. She currently helps edit newsletters and assists families with children who have various disabilities online through email groups and privately.**

**Dina researches therapies and alternatives as well as treatment protocols that are available for people with disabilities. She personally has done many alternative therapies such as Rolfing, EEG biofeedback, Intensive Suit Therapy, HBOT, Therapeutic Horseback Riding, NACD, Nutraceuticals, Acupuncture, Chiropractic treatments, and did a trial run of EMG biofeedback, Feldenkrais.**

**She lived overseas for many years, speaks English, and Hebrew and a little bit of Yiddish. Dina has tutored various subjects from elementary school level through College.**

**ELIZA RILEY**

**As the Disability Program Navigator at CONNECT! Job Seeker Center, Eliza has been able to build further upon her skills as a disability advocate. She has spent time working with staff on issues of disclosure and assistance and has been a guide to getting people back on the employment track. This was done with recommendations of services within the county and peer support and advice. As a CalSafe AmeriCorps fellow, she has worked in the emergency/disaster related fields. She is author of a PowerPoint entitled “Are You Ready to Rock and Roll?” which details the different particulars that a person with a disability must pay attention to. This year she**

**assumed a leadership position in the first annual Emergency Preparedness for Persons with Functional limitations. This conference, the first of its kind, focuses on disaster/emergency training for vulnerable populations and was responsible for outreach, logistics, training and representations at press conferences.**

#### **ROBERT WATSON**

**Robert is Executive Director of DateAble Inc., a non-profit dating service for people with and without disabilities. He has been with Dateable for 17 years. He is also Vice President of Independence Now, an ILC in Maryland and advises many other disability advocacy organizations. Through his exposure with DateAble and United Cerebral Palsy, Robert has delivered many presentations in the United States, Canada, Cuba, Australia and the Philippines on a variety of topics including disability awareness, advocacy, sexual intimacy issues, and dating with a personal care attendant present.**

#### **EDWARD WILLARD**

**Edward, having Cerebral Palsy, has run the complete circle of receiving services, providing them and working on policies around how services are delivered to people with disabilities. He resided in a ninety-six bed facility in Texas for five years and is a rabid advocate of building whatever supports individuals need to live in their communities. Doing policy change work in Texas for fourteen years, he co-founded the Texas Home of Your Own Coalition and Every Child of Texas. Every Child was started with the vision that no child with a disability be placed in an institution. When birth families are unable to care for their child having a disability, the organization matches up that child with a support family. Edward is currently working at DDA, coordinating Training and Advocacy for The New Directions Waiver. Outside of his career he loves being uncle to seven nieces and nephews and being with family and friends.**

#### **ROBERT WILLARD**

**Robert Willard has been in the construction field for twenty-five plus years. Most of his career he has worked as a superintendent for a custom homebuilder in Maryland. Robert is well known for building multi-million dollar homes on the Chesapeake Bay. Having a brother with Cerebral Palsy, Robert, brings 44 years experience to the conference.**

# **To register for the conference complete the form on our website.**

[www.TheCPGroup.org](http://www.TheCPGroup.org)

**The fee for the conference is \$300 which includes admission to all roundtable discussions as well as continental breakfast and lunch on Saturday and Sunday also dinner on Saturday. Additionally, hors d'oeuvres will be served at the opening reception on Friday evening.**

**Participants should call the DoubleTree Hotel for room reservations (1-800-222-TREE) and say they will be attending the CP conference in order to qualify for the special rate of \$124 plus tax a night. Our group code is "CPG" The DoubleTree (Crystal City)**

**PERSONAL ASSISTANTS WILL BE PROVIDED AT \$12.50 PER HOUR. YOU MUST OUTLINE THIS INFORMATION ON YOUR REGISTRATION FORM IN ADVANCE OR YOUR ACCOMMODATIONS MAY NOT BE MET.**

## **DIRECTIONS TO DOUBLETREE HOTEL-PENTAGON CITY**

### ARRIVAL BY CAR

Please check Mapquest for directions from your point of origin to the hotel.

### ARRIVAL BY AIR

If you are flying into Reagan National Airport, you can ride the DoubleTree van from the airport to the hotel. The van runs about every half hour. You can also take the Metro (going toward Washington) two stops to Pentagon City and follow directions below.

### ARRIVAL BY TRAIN

If you are arriving by Amtrak at Union Station in Washington, catch the Red Line Metro train at the station, and transfer to the Yellow Line at Gallery Place (two stops). Take the Yellow Line to the Pentagon City stop and follow the directions below. Be sure not to get off at the stop called "Pentagon".

### LOCAL ARRIVALS

If you are coming by Metro, take the Yellow or Blue Line Metro train going in the direction of Virginia. Get off at the Pentagon City stop (not the Pentagon stop).