2008 Keynote Speaker

Conference Objectives
Feeling good about yourself and your work

Conference Sponsors

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

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

www.udel.edu/cds/dspconference

Dover, Delaware
Sheraton Dover Hotel

May 1, 2008 • 8:00 am - 3:00 pm

Feeling good about yourself and your work

Direct Support Professionals

Conference for

Join us for the 3rd Annual

Registration due by April 22nd!
2008 Keynote Speaker
Helping others to get a life – and keeping one yourself
Timothy Quinn, The Arc of Northern Chesapeake Region, Maryland

Direct Support Professionals are dedicated to providing assistance and support to people with disabilities to help them live the lifestyle they choose. Tim Quinn’s presentation will focus on how Direct Support Professionals can keep the meaning in their own lives while helping others to get a life.

Tim has found that when an individual or organization steps outside their own comfort zone to support someone, “cool and great things happen” to get services and support in ways that are not typical. These actions are enriching both to the recipient and provider.

A frequent presenter at state and national conferences and workshops, Tim’s presentations are fast-paced and entertaining. He is forthright about the challenges faced and mistakes made over the years and presents provocative and alternative thinking around how supports, community, friends, families, and individuals can come together to create thriving lives.

Since Tim joined The Arc in 1990, it has moved from a facility-based organization to a community building organization that counts among its accomplishments the closing of all group homes, day activity centers, and sheltered workshops.

Conference Objectives

Feeling good about yourself and your work

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

Center for Disabilities Studies, University of Delaware
Delaware Division of Developmental Disabilities Services
Delaware Developmental Disabilities Council
Delaware Division of Substance Abuse & Mental Health
2008 Conference Information

Date & Time
8:00 am - 9:00 am

Location Information

Special Accommodations

Scholarships

2008 Conference Registration

Workshop Selections
Registration

Mail registration form & check to:

Conference Agenda

2008 Conference Workshops

Session A 1 - 6

1. Advance Care Planning - How do you talk about it?
Muriel Foss, Tracy Toll, & Beth Zane
Delaware Hospice

Initiating and facilitating decisions related to the end-of-life wishes of clients/resi-
dents/family members can be challenging, if not downright uncomfortable. This ses-
sion will explore the concept of advance care planning, why it’s important, and what
makes it difficult to talk about. Participants will practice strategies anyone can use
to initiate and facilitate an end-of-life advance care planning discussion.

2. Intimate and Sexual Relationships and Adults with Developmental Disabilities
Jennifer Smith & Wanda Goldsborough
Community Systems, Inc.

This session will define sexuality, present data from interviews, discuss issues, identify
the role of family and staff, and discuss options and barriers for service develop-
ment in the area of intimate and sexual relationships.

3. You Want Fries With That?
Mark Bernstein
Mark One Communications

It is the responsibility of Direct Support Professionals to be responsive to the
to people they support and their families, the agency they work for, the community,
and each other. This entertaining and fast-paced session will enable participants
to examine their own level of customer service and offer strategies for using the
“tools of the trade” to ensure that customer satisfaction is “job number 1.”

4. Taking Care of Our Financial House
Nisha Thompson-Adams
Primencia Financial Services

Regardless of our age, marital status, career or financial position, we’re more
than capable of taking control of our finances and financial future, when all that
is required is the “right” tools. This session presents fundamental principles of per-
sonal financial management – principles we can use to turn our dreams of freedom,
security and independence into reality.

5. Zen-sational You!
Cory Nourse & Tia Riddle
Center for Disabilities Studies, University of Delaware

The demands of a DSP are intense and never-ending. You work off-hours, take
on other people’s problems, manage appointments, drive constantly, and are
responsible for supporting other people’s lives — not to mention trying to balance your
own personal life! These are all issues that impact your stress level and health. In this
workshop, we’ll show you some alterna-
tive ways to manage your stress. Find out
about relaxing even when it seems impos-
sible. Find out how to change your envi-
ronment to lift your energy and spirit. Find
out tips to become the Zen-sational you!

6. Morning Stretch
Lisa Becker
Center for Disabilities Studies, University of Delaware

Being stretched to the limit to support your career, your family and yourself
is something that occurs on a daily basis for you as a DSP. When is there time to
think of your goals, vision, or dreams? This workshop will provide you with the tools
to explore and use your talents to create a meaningful path. STRETCH your limits
positively to identify your professional and personal goals.

7. The Resilience Factor: How To Bounce Back from Life’s Never-Ending Challenges
Carol Barnett
Delaware Division of Services for Aging and Adults with Physical Disabilities

Direct Support Professionals to be responsive to the people they support and their families, the
agency they work for, the community, and each other. This entertaining and fast-paced session will enable participants
to examine their own level of customer service and offer strategies for using the “tools of the trade” to ensure that customer satisfaction is “job number 1.”

8. What Lights Your Light and Trips Your Trigger?
Joan Sneider, Margaret Moffitt & Eileen Marvel Eleyo, Inc.

This session includes a very interactive “radio” presentation where “field reporters”
look at what Direct Support Professionals want to get out of their jobs and how to
capitalize on these goals. Participants will also learn to change the way they deal with
difficult situations and conflicts by altering their perspective.

9. Pampering the Person Inside of the Professional
Lisa Winus & Ray Drummond
KenCrest Services Delaware

This session will highlight the importance of self-care and balance when you are a
direct Support Professional. You will learn how to identify when you are stressed and
how that affects you and your work envi-
ronment. Also included will be simple tech-
niques to help lower your level of stress
both in and away from the workplace.

From Fitcher
Institute for Public Administration,
University of Delaware
Communication and conflict management
DO go hand-in-hand. In this session you
can use your personal style of managing conflict to your advantage. Plus, add a few
techniques to your tool box for when
your personal style needs some conflict
management!

11. Be Healthy Delaware
Marianne Carter
Delaware Center for Health Promotion

Despite the fact that we are “The First State,” we rank 34th in the nation when
it comes to the health of our residents! This session will review some of the health
issues prevalent in our state and highlight
how Delawareans can take personal
responsibility for maintaining their health
through their day-to-day habits.

12. Intimate and Sexual Relationships and Adults with Developmental Disabilities
Jennifer Smith & Wanda Goldsborough
Community Systems, Inc.

This session will define sexuality, present data from interviews, discuss issues, identify
the role of family and staff, and discuss options and barriers for service develop-
ment in the area of intimate and sexual relationships.
**2008 Conference Information**

**Date & Time**
Thursday, May 1, 2008 • 8:00 am - 3:00 pm

**Location Information**
Sheraton Dover Hotel
1570 North DuPont Highway
Dover, Delaware 19901
(302) 678-8500

**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.

---

**2008 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.

Session A: Workshops 1-6
1st Choice ___ 2nd Choice ___

Session B: Workshops 7-12
1st Choice ___ 2nd Choice ___

---

**Conference 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 Speech

---

**2008 Conference Workshops**

<table>
<thead>
<tr>
<th>Session A: 1-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Advance Care Planning - How do you talk about it?</td>
</tr>
<tr>
<td>5. Zen-sational You!</td>
</tr>
<tr>
<td>9. Pampering the Person Inside of the Professional</td>
</tr>
<tr>
<td>2. Intimate and Sexual Relationships and Adults with Developmental Disabilities</td>
</tr>
<tr>
<td>6. Morning Stretch</td>
</tr>
<tr>
<td>3. You Want Fries With That?</td>
</tr>
<tr>
<td>7. The Resilience Factor: How to Bounce Back from Life’s Never-Ending Challenges</td>
</tr>
<tr>
<td>11. Be Healthy Delaware</td>
</tr>
<tr>
<td>4. Taking Care of Our Financial House</td>
</tr>
<tr>
<td>8. What Lights Your Light and Trips Your Trigger?</td>
</tr>
<tr>
<td>12. Intimate and Sexual Relationships and Adults with Developmental Disabilities</td>
</tr>
</tbody>
</table>

---

Registration Fee $25
Please make checks payable to the Center for Disabilities Studies.
Registration due by April 22nd.

Vegetarian Lunch Option

Mail registration form & check to:
Nancy Freedman, Center for Disabilities Studies, 2008 DSP Conference
461 Wyoming Road, Newark, Delaware 19716

Office Use: Date Received: _____ Amount Remitted: _____ Check No. _______