



Disability, Health & Wellness conference









Options For Healthy Living

September 24 & 25, 2007 at the Victoria Inn, 1808 Wellington Ave., Winnipeg, MB

4

This conference will create awareness and kick-start the process of advancing the health and wellness of people living with a disability or chronic condition.

major themes

-   **1** **Healthy Living** – such as active living, healthy eating, community supports and mental health promotion
-   **2** **Health Services and Healthcare** – addressing access to primary healthcare services; opportunity to train and educate healthcare providers
-   **3** **Healthy Work** – including job accommodations, workload management, work-life balance
-   **4** **Supports and Information** – information and services that support achieving a healthy life for persons living with disability and chronic conditions.

who should attend?

People living with disabilities

People living with chronic conditions

Supporters and caregivers for people with disabilities/ chronic conditions

Healthcare providers

Policy-makers

*** You may participate via web conferencing**

Please register, it will be healthy for you!



Visit www.smd.mb.ca to register

975-3037 or
1-866-282-8041

TTY: 1-800-225-9108



*Disability,
Health & Wellness* conference
Options For Healthy Living

Agenda – Day One

Monday, September 24th, 2007

- | | |
|---------------------------|--|
| ● 8:00 a.m. - 9:00 a.m. | Registration |
| ● 9:00 a.m. - 9:20 a.m. | Minister of Healthy Living
Introductions |
| ● 9:20 a.m. - 10:30 a.m. | Panel Presentation and question period
Marcia Rioux, Zana Lutffiya, Jim Derksen |
| ● 10:30 a.m. - 11:00 a.m. | Coffee Break/Exhibits/Entertainment |
| ● 11:00 a.m. - 12:00 p.m. | Panel Presentation continued |
| ● 12:00 p.m. - 1:15 p.m. | Lunch/Exhibits/Entertainment
Percy Tuesday |
| ● 1:15 p.m. - 2:30 p.m. | Breakout Sessions - A |
| A1 | Active Living: Being Active in Many Ways |
| A2 | Transitions to Independence |
| A3 | Disability Rights in the Workplace |
| A4 | “I Need to Know!” Communication |
| A5 | Complementary/Alternative Health Options |
| A6 | Navigating the Information Highway 101 |
| ● 2:30 p.m. - 3:15 p.m. | Coffee Break/Exhibits/Entertainment
Wheelchair Line Dancing |
| ● 3:15 p.m. - 4:30 p.m. | Breakout Sessions - B |
| B1 | Active Living: Being Active in Many Ways |
| B2 | Visitability: How to Make Your Home Accessible |
| B3 | Disability Rights in the Workplace |
| B4 | “I Need to Know!” Communication |
| B5 | Complementary/Alternative Health Options |
| B6 | Direct Staff Supports in the Community |



*Disability,
Health & Wellness* conference
Options For Healthy Living

Agenda – Day Two

Tuesday, September 25th, 2007

- 9:00 a.m. to 10:15 a.m.
 - C1
 - C2
 - C3
 - C4
 - C5
 - C6
- 10:15 a.m. to 11:00 a.m.
- 11:00 a.m. to 12:15 p.m.
 - D1
 - D2
 - D3
 - D4
 - D5
 - D6
- 12:15 p.m. to 1:30 p.m.
- 1:30 p.m. to 2:45 p.m.
 - E1
 - E2
 - E3
 - E4
 - E5
 - E6
- 2:45 p.m. - 3:15 p.m.
- 3:15 p.m. - 4:30 p.m.

Breakout Sessions - C

Mental Health Promotion
Transitions to Independence
Job Accommodations and Modifications
Art/Beat and Get Better Together
Asset Building Programs:
 Saving Towards Financial Wellness
Communicating Made Easier

Coffee Break/Exhibits

Breakout Sessions - D

Easy Access- Winnipeg Transit
Fire Protection in Your Home
Direct Staff Supports in the Community
Healthy Workplace Practices
Disability Tax Credit
Nutrition: Eating Your Way to a Healthier You

Lunch/Entertainment
Bipolar Buddha aka Big Daddy Taz

Breakout Sessions - E

Mental Health Promotion
Taoist Tai Chi Society of Canada
Navigating the Information Highway 101
Federal Tax Savings & Provincial Trust Accounts
Easy access- Winnipeg Transit
Asset Building Programs:
 Saving Towards Financial Wellness

Coffee/Exhibits

Wrap-up



Panel Presentation Speakers

- **Zana Lutfiyya, Ph.D.**, Associate Dean of Graduate Programs and Research, Faculty of Education, University of Manitoba.

Zana's longstanding research interest has been working with both community stakeholders and academia to examine issues and opportunities that affect how people with intellectual disabilities participate in community life, and to improve the lives of people with intellectual disabilities in Manitoba. She is also a member of a newly emerging research team focusing on vulnerable people and end of life care.

- **Marcia Rioux, Ph.D.**, Professor and Chair, School of Health Policy and Management, Director of the York Institute for Health Research, and graduate program director of the M.A. program in Critical Disability Studies at York University.

Marcia's research addresses a broad range of public and health policy issues including health and human rights, universal education, international monitoring of disability rights, the impact of globalization on welfare policy, literacy policy, disability policy, and social inclusion. She has written on the development of a theoretical framework of disability that is grounded in equality and the recognition of disability as a socio-political and human rights issue.

- **Jim Derksen**, Disability Policy Consultant based in Winnipeg.

Jim contracted polio at the age of 6 years, and uses a wheelchair. He helped develop the Manitoba League of Persons with Disabilities (MLPD), the Council of Canadians with Disabilities (CCD), Disabled Peoples' International (DPI) and the Canadian Disability Rights Council (CDRC). Jim was part of the Special Parliamentary Committee on the Disabled and the Handicapped, where he successfully lobbied politicians and Department of Justice officials for the inclusion of people with disabilities in Section 15 of the Canadian Charter of Rights and Freedoms. Canada became the first country to provide constitutional protection for the rights of persons with disabilities. Jim joined the Provincial Government, and following a long career that focused on disability issues, he retired from his position as the first Executive Director of the Disabilities Issues Office. He now works as a consultant.



*Disability,
Health & Wellness* conference
Options For Healthy Living

Sponsor Recognition

Special thanks to the following organizations for supporting this conference.



www.canadian-health-network.ca

www.reseau-canadien-sante.ca





*Disability,
Health & Wellness* conference
Options For Healthy Living

Conference Fee Schedule & Registration Form

	EARLY BIRD Prior to June 29	Plus GST	Total	After June 29	Plus GST	Total
Consumer/Student						
One Day	\$25.00	\$1.50	\$26.50	\$35.00	\$2.10	\$37.10
Two Day	\$30.00	\$1.80	\$31.80	\$40.00	\$2.40	\$42.40
Non Consumer/Professional						
One day	\$100.00	\$6.00	\$106.00	\$125.00	\$7.50	\$132.50
Two day	\$200.00	\$12.00	\$212.00	\$250.00	\$15.00	\$265.00

The EARLY BIRD special includes a reduced conference registration fee and confirms your participation. This conference will fill up quickly.

Final day for registration is September 7, 2007.

If you are interested in attending this conference as a consumer and you are unable to pay the conference registration fees please call 975-3037; or toll free 1-866-282-8041; or TTY 1-800-225-9108 and the committee will try to have your attendance sponsored.

Please indicate if you will be bringing an attendant, so meals can be ordered. _____

(All meals are available at no charge to the attendant.)

Attendants will be available for anyone who needs this service.

Please indicate your special meal requirements:

___ vegan ___ vegetarian ___ kosher ___ diabetic

___ food allergies (explain: _____)



*Disability,
Health & Wellness* conference
Options For Healthy Living

Registration Information



- Full conference registration includes: official conference materials, coffee/snack and lunches for both days. One day Conference registration includes: official conference materials and coffee/snack and lunch.
- Cancellation/Refund Policy: If cancellation by consumer/student is received in writing before September 7th you will receive a total refund. Non-consumer/professionals will be refunded less \$50.00 administration fee. Substitution of delegates is acceptable. Please advise prior to the conference.
- Please send your cheque made payable to: SMD Self-Help Clearinghouse, 825 Sherbrook Street, Winnipeg, MB R3A 1M5. For information call 975-3037, 1-866-282-8041, TTY 1-800-225-9108 or visit www.smd.mb.ca.

(Please print clearly and ensure all information is provided)

Delegate Name: _____ Position: _____
Organization (if applicable): _____
Address _____
City: _____ Province: _____ Postal Code: _____
Phone: _____ Fax: _____ Email: _____

cheque enclosed (make payable to SMD Self-Help Clearinghouse)

Victoria Inn and Convention Centre – Conference Rate

\$95 per night (Standard Guest Room). To make reservations call 1-877-842-4667 and indicate block number 180077 for the Disability, Health and Wellness Conference. Victoria Inn has several rooms with accessibility features. Please book in advance to insure availability.



Disability, Health & Wellness *conference*

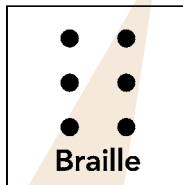
Options For Healthy Living

Registration Form

Delegate Name: _____

Please indicate what communication and other supports you will require:

ASL Interpretation	Notetaking	Braille Translation of Breakout handouts	Large Print	Attendant Supports	Intervenor Services
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Other supports: _____

Please indicate if you will be participating via web conference _____

In order to access the conference via web conferencing you will need an email address (please provide) _____, and speakers for audio.

For full participation a web camera and microphone are preferable.

If you have questions please call Marie-Lynn Hamilton at Independent Living Resource Centre at 1-204-947-0194, toll free at 1-800-663-3043 or mlh@ilrc.mb.ca



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

Please check **ONE** first choice and **ONE** second choice for each Breakout Session you will be attending:

1st	2nd	Designation	Breakout Sessions - A: Monday, Sept. 24, 1:15 p.m. - 2:30 p.m.
<input type="checkbox"/>	<input type="checkbox"/>	A1	Active Living: Being Active in Many Ways
<input type="checkbox"/>	<input type="checkbox"/>	A2	Transitions to Independence
<input type="checkbox"/>	<input type="checkbox"/>	A3	Disability Rights in the Workplace
<input type="checkbox"/>	<input type="checkbox"/>	A4	"I Need to Know!" Communication
<input type="checkbox"/>	<input type="checkbox"/>	A5	Complementary/Alternative Health Options
<input type="checkbox"/>	<input type="checkbox"/>	A6	Navigating the Information Highway 101
			Breakout Sessions - B: Monday, Sept. 24, 3:15 p.m. - 4:30 p.m.
<input type="checkbox"/>	<input type="checkbox"/>	B1	Active Living: Being Active in Many Ways
<input type="checkbox"/>	<input type="checkbox"/>	B2	Visitability: How to Make Your Home Accessible
<input type="checkbox"/>	<input type="checkbox"/>	B3	Disability Rights in the Workplace
<input type="checkbox"/>	<input type="checkbox"/>	B4	"I Need to Know!" Communication
<input type="checkbox"/>	<input type="checkbox"/>	B5	Complementary/Alternative Health Options
<input type="checkbox"/>	<input type="checkbox"/>	B6	Direct Staff Supports in the Community
			Breakout Sessions - C: Tuesday, Sept. 25, 9:00 a.m. - 10:15 a.m.
<input type="checkbox"/>	<input type="checkbox"/>	C1	Mental Health Promotion
<input type="checkbox"/>	<input type="checkbox"/>	C2	Transitions to Independence
<input type="checkbox"/>	<input type="checkbox"/>	C3	Job Accommodations and Modifications
<input type="checkbox"/>	<input type="checkbox"/>	C4	Art/Beat and Get Better Together
<input type="checkbox"/>	<input type="checkbox"/>	C5	Asset Building Programs: Saving Toward Financial Wellness
<input type="checkbox"/>	<input type="checkbox"/>	C6	Communicating Made Easier



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

1st **2nd** **Designation** **Breakout Sessions - D:** Tuesday, Sept. 25, 11:00 a.m. - 12:15 p.m.

<input type="checkbox"/>	<input type="checkbox"/>	D1	Easy Access – Winnipeg Transit
<input type="checkbox"/>	<input type="checkbox"/>	D2	Fire Protection in Your Home
<input type="checkbox"/>	<input type="checkbox"/>	D3	Direct Staff Supports in the Community
<input type="checkbox"/>	<input type="checkbox"/>	D4	Healthy Workplace Practices
<input type="checkbox"/>	<input type="checkbox"/>	D5	Disability Tax Credit
<input type="checkbox"/>	<input type="checkbox"/>	D6	Nutrition: Eating Your Way to a Healthier You

Breakout Sessions - E: Tuesday, Sept. 25, 1:30 p.m. - 2:45 p.m.

<input type="checkbox"/>	<input type="checkbox"/>	E1	Mental Health Promotion
<input type="checkbox"/>	<input type="checkbox"/>	E2	Taoist Tai Chi Society of Canada
<input type="checkbox"/>	<input type="checkbox"/>	E3	Navigating the Information Highway 101
<input type="checkbox"/>	<input type="checkbox"/>	E4	Federal Tax Savings and Provincial Trust Accounts
<input type="checkbox"/>	<input type="checkbox"/>	E5	Easy Access - Winnipeg Transit
<input type="checkbox"/>	<input type="checkbox"/>	E6	Asset Building Programs: Saving Toward Financial Wellness

Once you have completed your registration, please mail your registration and cheque to:

Disability, Health and Wellness Conference
204-825 Sherbrook St.
Winnipeg, MB R3A 1M5

Or fax it to 975-3027.

In two to three weeks, you will receive a confirmation and receipt for your registration.



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

- A1: Active Living: Being Active in Many Ways**
An interactive session that introduces innovative adaptations to include people with disabilities and seniors in various activities that enhance active lifestyles to promote healthy living.
Presenter: Judy Asker, Active Living Alliance for Canadians with a Disability
- A2: Transitions to Independence**
A panel presentation on independent living options available to people with disabilities who require support in their transitions to independence.
Presenters: Panel of agencies supporting community living options
- A3: Disability Rights in the Workplace**
This session will use the Disability Rights and Collective Bargaining manual to explore the many issues and review collective agreement language that allows greater participation and equality for workers with disabilities and people with disabilities. It will help community organizations to better understand the role of unions in advancing their disability rights.
Presenter: Canadian Labour Congress
- A4: “I Need to Know!” Communication**
This session is a result of focus groups conducted between persons with disabilities and healthcare providers on the necessity for improved communication.
Presenter: Rhonda Wiebe, Researcher with the Ethics Theme of the Vulnerable Persons New Emerging Team (VP-NET) through Community Health Sciences, Faculty of Medicine, University of Manitoba



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

A5: Complementary/Alternative Healthcare Options

This is a panel discussion on alternatives to the healthcare system and the challenges faced by Aboriginal persons with disabilities when accessing the healthcare system.

What are the alternatives and options to healthy living?

Presenters: Barry Lavallee, Physician; Don Shackle, First Nations Educational Resource Centre; and Trudy Lavalle, Assembly of Manitoba Chiefs

A6: Navigating the Information Highway 101

You will learn how to advocate for the right information and how to be clear about what you want to know. This presentation will be interactive and will give you the opportunity to practise researching information. Come prepared with a question.

Presenters: Independent Living Resource Centre and Canadian Health Network

B1: Active Living: Being Active in Many Ways

An interactive session that introduces innovative adaptations to include people with disabilities and seniors in various activities that enhance active lifestyles to promote healthy living.

Presenter: Judy Asker, Active Living Alliance for Canadians with a Disability

B2: Visitability: How To Make Your Home Accessible

A panel presentation on the concept and design features of 'visitability', taking into account the needs of the consumer and advocacy for change.

Presenters: Dave Rapson, Community Planner and Accessibility Consultant; and Glen Manning, Landscape Architect



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

B3: Disability Rights in the Workplace

This session will use the Disability Rights and Collective Bargaining manual to explore the many issues and review collective agreement language that allows greater participation and equality for workers with disabilities and people with disabilities. It will help community organizations to better understand the role of unions in advancing their disability rights.

Presenter: Canadian Labour Congress

B4: “I Need to Know!” Communication

This session is a result of focus groups conducted between persons with disabilities and healthcare providers on the necessity for improved communication.

Presenter: Rhonda Wiebe, Researcher with the Ethics Theme of the Vulnerable Persons New Emerging Team (VP-NET) through Community Health Sciences, Faculty of Medicine, University of Manitoba

B5: Complementary/Alternative Healthcare Options

This is a panel discussion on alternatives to the healthcare system and the challenges faced by Aboriginal persons with disabilities when accessing the healthcare system. What are the alternatives and options to healthy living?

Presenters: Barry Lavallee, Physician; Don Shackle, First Nations Educational Resource Centre; and Trudy Lavalle, Assembly of Manitoba Chiefs

B6: Direct Staff Supports in the Community

A presentation on the availability, variety and training of direct staff supporting people with disabilities.

Presenters: Panel of trainers and providers of community staff supports



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

C1: Mental Health Promotion

This panel presentation on consumer-focused mental health promotion will include the Recovery Model as it relates to mental health and addictions, depression and self-advocacy.

Presenters: Tina Holland and Candice Shaw are both volunteers and consumers who give of their time for education purposes. Facilitated by Amber McBurney, Independent Living Resources Centre

C2: Transitions to Independence

A panel presentation on independent living options available to people with disabilities who require support in their transitions to independence.

Presenters: Panel of agencies supporting community living options

C3: Job Accommodations and Modifications - A Key Ingredient for a Healthy Workplace

Healthy workplaces accommodate the needs of its employees – and everyone benefits. How do you prepare and discuss workplace accommodation needs? This session will explore how potential employees, existing employees and their employers can work together to implement successful disability-related job/workplace accommodations.

Presenters: Reaching E-Quality Employment Services

C4: Art Beat/Get Better Together - Having a Positive Outlook and Control of One's Healthier Life

This is a dual presentation from two programs that bring people together who are facing similar health challenges. Both programs offer unique methods of encouraging self reliance and self determination while participants develop their own options to a healthier life.

Presenters: Nigel Bart, Art Beat; and Caitlin Keyzer, Get Better Together



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

C5: Asset Building Programs: Saving Towards Financial Wellness

Learn about SEED's Asset building programs that assist low income participants to save for those productive assets or household necessities. Program supports include money management training, one-on-one financial counselling, and matched savings credits that are added to the funds the participants save on their own.

Presenter: SEED (Supporting Employment and Economic Development) Winnipeg Inc.

C6: Communicating Made Easier

This is a presentation on the latest communication devices and electronic communication aids that enable people with speech impairments to communicate more effectively. The lending services of the Open Access Resource Centre will also be highlighted.

Presenter: Lori Wiebe, Open Access Resource Centre (OARC). Lori has been with OARC since 1994 and will share her extensive knowledge of communication devices.

D1: Easy Access

This is a presentation and demonstration of the Winnipeg Transit's Easy Access bus. Learn how to use the Easy Access bus, read transit timetables, and plan a trip on Navigo. An Easy Access bus will be on hand to try loading and unloading.

Presenter: Winnipeg Transit personnel

D2: Fire Protection in Your Home

In addition to a 15-minute video on the impact of fire, learn about the risks involved in fire safety, exit plan recommendations and fire safety for people of all abilities.

Presenter: Brian Everton, Design for All



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

D3: Direct Staff Supports in the Community

A presentation on the availability, variety and training of direct staff supporting people with disabilities.

Presenters: Panel of trainers and providers of community staff supports

D4: Healthy Workplace Practices - Achieving a Healthy Work Life Balance

Workplaces can create a healthy environment by adopting practices that promote work life balance, workload management, respect, and ongoing learning. Find out what some Manitoba workplaces are doing and how your workplace could adapt some of these practices to improve your work environment.

Presenter: Occupational Health Centre, Manitoba Federation of Labour

D5: Disability Tax Credit - Are You Eligible and How do You Apply?

This is a presentation on the ins and outs of applying for the disability tax credit along with tips on how to advocate for yourself with your accountant, doctor and Revenue Canada.

Presenter: Susana York, CEO of Brematson and Associates. Susana's experience in navigating the Federal Government departments gives her the leading edge in the process of mastering the Disability Tax Credit

D6: Nutrition: Eating Your Way to a Healthier You

A presentation about what's happening in the area of nutrition and healthy eating that will have a positive impact on your health and wallet.

Presenters: Independent Living Resource Centre's DINE trainers and Carolyn Somerville, Dietitian at The Wellness Institute



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

E1: Mental Health Promotion

This panel presentation on consumer-focused mental health promotion will include the Recovery Model as it relates to mental health and addictions, depression and self-advocacy.

Presenters: Tina Holland and Candice Shaw are both volunteers and consumers who give of their time for education purposes. Facilitated by Amber McBurney, Independent Living Resources Centre

E2: Taoist Tai Chi Society of Canada

An interactive demonstration of Taoist Tai Chi, focusing on the health benefits to the muscular, skeletal and circulatory systems, as a stress reducer, and cultivating the body and mind, for people of all ages, health conditions and disabilities.

Presenter: Cliff Yerex, Instructor TTCS of Canada

E3: Navigating the Information Highway 101

You will learn how to advocate for the right information and how to be clear about what you want to know. This presentation will be interactive and will give you the opportunity to practise researching information. Come prepared with a question.

Presenters: Independent Living Resource Centre and Canadian Health Network

E4: Federal Tax Savings and Provincial Trust Accounts

Learn how these two savings plans can help provide financial security for you or for a family member with a disability.

- Disability Trust Fund Employment and Income Assistance recipients
- Registered Disability Savings Plan Federal Government program for people eligible for the disability tax credit or their parent or legal representative.

Presenter: To be announced



*Disability,
Health & Wellness* conference
Options For Healthy Living

Session Information

E5: Easy Access

This is a presentation and demonstration of the Winnipeg Transit's Easy Access bus. Learn how to use the Easy Access bus, read transit timetables, and plan a trip on Navigo. An Easy Access bus will be on hand to try loading and unloading.

Presenter: Winnipeg Transit personnel

E6: Asset Building Programs: Saving Towards Financial Wellness

Learn about SEED's Asset building programs that assist low income participants to save for those productive assets or household necessities. Program supports include money management training, one-on-one financial counselling, and matched savings credits that are added to the funds the participants save on their own.

Presenter: SEED (Supporting Employment and Economic Development) Winnipeg Inc.

List of Organizers

SMD Self-Help Clearinghouse

**Canadian Health Network - Living with
Disabilities Affiliate**

Independent Living Resource Centre

Manitoba Federation of Labour

Assembly of Manitoba Chiefs

Winnipeg Regional Health Authority

First Nations Disability Association Inc.

Safe Workers of Tomorrow

Public Health Agency Canada

University of Manitoba- Disability Studies

**Canadian Mental Health Association-
Manitoba Division**

Manitoba Health and Healthy Living

Manitoba Family Services and Housing

Seniors and Healthy Aging Secretariat