

no one Alone

A conference to advance our understanding of the impact on isolation and loneliness on the lives of disabled people and their families, and how such isolation might effectively be addressed.

Conference Streams

- **Personal Lived Experiences**
- **Research**
- **Taking Action**
- **Support Circles**

INTERNATIONAL SPEAKERS

Ted Kuntz

Ted Kuntz is a psychotherapist, author, and community activist. He lives in Vancouver, British Columbia, has a Master's Degree in Counseling Psychology, and 25 years of clinical experience. Ted is recognised internationally for his work in assisting individuals, families, organisations, and corporations to manage the challenges, opportunities, and stresses of life more effectively and joyfully. Much of the wisdom that Ted shares in his work didn't come from his formal training, rather it came from his journey as the father of a child with severe disabilities. His best selling book, 'Peace Begins With Me' is a summary of the wisdom he acquired on his journey to make peace with life.

Ted's passion is to change the way we view ourselves and others. He assists us to become more accountable by taking responsibility for what we create in life, both personally and professionally.

Jayne Barrett

Jayne is a strong advocate for families who have a son or daughter with a disability. As a parent she was involved in initiating many community based services in the southern areas of Adelaide during the 1980's. She continues to have a deep personal commitment to work at inspiring people to think that a better life is possible for people with disabilities.

Jayne currently works with The Community Living Project Inc. - an agency in South Australia that facilitates highly individualised community living opportunities for people with disabilities. In this work she struggles to find the best ways to serve and individually support people with disabilities to be included in their own homes and community life. In her current role she manages the Circles Initiative which invites friends and extended family to be involved in safeguarding and to 'look out' for the vulnerable person into their future by forming a Circle of Friends. We hope that for some parents this may go some way toward addressing the question of; "when I die who will be there?"

Peter Dill

Peter Dill's work has involved him collaboratively with families and the larger community to bring about the full inclusion of people with an intellectual disability as equal citizens in society. He has spent time living in a L'Arche community and has held senior positions with the Canadian Association for Community Living in Toronto and Ajax Pickering Whitby. From 2002 to 2009, Peter was the Lead Facilitator with the Ubuntu Initiative (My humanity is inextricably bound up in your humanity. I am a person through you as a person) - a process of building relationships, friendships and interdependence with and among people who are labelled with an intellectual disability, their families and people within the community. Allying with families to advocate for opportunities for their sons and daughters to be contributing members of the community, he has been instrumental in assisting families to advocate for themselves in the design of support arrangements, allowing for the maximum opportunities for full integration. He has been a proponent of individualized funding for over twenty years and a member of the Coalition on Individualized Funding for Ontario since its inception. Currently, he is the Executive Director of the Durham Association for Family Respite Services.

Monday 20th September 2010

- 8.00am** Registrations open
- 9.00am** Powhiri
- 9.30am** Opening Address - **Hon Tariana Turia**
- 10.00am** Leona Gitman Te Aranga Award
- 10.30am** **Morning Tea**
- 11.00am** **Opening Plenary**

Ted Kuntz
"Peace Begins With Me"

When his son became disabled at five months of age, Ted Kuntz entered one of the darkest periods of his life. After years of anger, fear, and resentment Ted had a life-transforming experience. The result was Ted began an intensive journey to discover the source of anger, sadness and despair, as well as peace, joy and happiness. This experience changed his life. Peace Begins With Me is a summary of the wisdom Ted acquired on this journey. Learn to create peace, joy and happiness through the practice of simple yet powerful strategies.

11.45am **Plenary Session**
Alex Snedden & Mark Barratt
How Natural Supports Create the Best Opportunity for Friendship

This presentation will be centered around the lived experiences of a young man of 21 with an intellectual disability. He will share his personal story about friendship. The presentation team will show how over time, a support network has moved from a static directed team that focussed on day to day issues, to a more dynamic responsive team that looks for opportunities that are aligned with friendship and personal happiness.

12.30pm **Lunch**
1.30-2.30pm **Plenary Session**
Jayne Barrett
'Friends ARE There'

This presentation will include stories about the hopes and dreams of people who live in large institutions, group homes and in their own homes in the community. Some practical examples will be shared about the difference an intentionally invited group of friends can make to the life of a vulnerable person. The presentation will identify what has been learnt and the journey in partnering with the people and their family and friends.

2.30pm **Afternoon Tea**
3.00-4.30pm **WORKSHOP STREAMS**

Please choose 2 workshop groupings (e.g. 1A & 1B / 4A & 4B) for 1st and 2nd preferences. Participants are requested to remain in their workshop grouping for the full session.

1A **Our Stories, Our Way**
Tegan Morris - Interactionz

In this presentation a group of people will tell their individual stories using a variety of person-driven formats - narrative, digital storytelling, and storybooks. Each story will provide an individual perspective on the impact of friendship and relationship necessary to achieve each person's own unique vision of a Good Life.

1B **Design for Living - Starting Early**
Andrea Ford - Children's Autism Foundation

Using the story of a personal journey the workshop will explore the significance of belonging in a community, meaningful roles, relationships and connections that will serve as the key to life skills and lifelong interdependence.

Stream: Personal Story

2A **We Could Not Do This Alone**
Lawrence Chok - FAST

This is an account of a personal journey of a family on a quest to seek the good things in life for their son. The journey starts in a Third World country and continues in New Zealand resulting in an outcome that they could not have believed possible.

Stream: Taking Action

2B **Relationships Through Roles**
Marlene Anderson - FAST

This presentation looks at the development of a small business role and how this one socially valued role has led to a community of relationships.

Stream: Personal Story

3A **Take a Moment to Connect**
Caroline Barnes & Julia Hawkins - IHC

People with intellectual disability consistently report that one of the biggest issues that face them is isolation, dislocation from neighbourhoods and lack of enduring friendships. This presentation will detail two personal journeys from young men with very different stories.

3B **Inclusive Leisure and Recreation**
Shirley Smith - DRC Southland

This presentation looks at a model, now in its fifth year of operation, delivering intensive short term assistance with community integration or reintegration on an individual basis which has proven very successful. Data about the model, returned by the Community Leisure + Recreation Service, will also be looked at.

Stream: Taking Action

4A **The Power of Space - Stories of the Diversityworks' Peer Support Network**
Philip Patston - Diversityworks

Diversityworks' Peer Support Network was born of a project that set out to design, test and develop an innovative solution to help disabled people and whanau/families support themselves and each other.

4B **Meaningful Relationships Inspire One to Dream**
Cameron Calkoen - Yes Disability Resource Centre

It is dreams that take the world forward and prepare it for the future. While dreams occur through creativity and initiative, these triggers are so often stimulated by the relationships we have in our lives. When people are asked to describe a meaningful life, there is one commonality among the diversity of dreams; this commonality is the impact of friendship and meaningful relationships.

Stream: Personal Story

5A **Our Story**
Frian Wadia, Buzin Mehta & Ainslie Gee
- Parent & Family Resource Centre, Belonging Initiative

This workshop will present the story of one family's experience of putting together a circle of support for themselves. They will discuss the parents' viewpoint - how was this process for them, what was difficult and what has come out of it?

5B **Torrin's Team**
Torrin Hona, Leonie Hona & Ainslie Gee

This workshop will present an aspect of Circles of Support that the presenters feel is important to know and understand. Circles take work and energy, deep listening and attentiveness, and a preparedness not to get it right all the time but a commitment to pursuing what it is that the person in the centre of the circle is saying.

Stream: Support Circles

6A **Seeing Beyond Isolation and Disability, Unlocking Potential**
Lyn Dew & Lynette Loye - Iris Rehabilitation

What happens when people with disabilities are empowered to overcome their own isolation and loneliness and supported to reach their true potential? Lynette will jointly present her journey from a "busy" but isolated life, to increased physical and emotional strength, with the confidence to achieve her aspirations.

6B **Anton's Journey to a Great Life**
Maree & Anton Hobern

This presentation will provide insight into one family's experience in building authentic and enduring relationships with a natural support network, and highlight the use of person-driven tools such as Circles of Support and PATH planning to identify, utilise and increase natural supports.

Stream: Taking Action

6.00pm **Cocktail Function**

Tuesday 21st September

9.00am **Plenary Session**
Peter Dill
The Power of the Story as told from One Heart to Another

Peter will focus on the unfolding story of support networks and independent, autonomous family governed groups in Durham Region in Ontario. Each group is designed by being members of each other based on predetermined principles and each circle is individually fostered. These stories are not the latest human service system craze, they are unique human stories where the purpose and developmental process of these groups and of the individual circles is revealed.

10.00am **Plenary Session**
Wendy Becker
"I've Got Lots of Friends - Got Five at our House Now!"

This presentation is based on an oral history project, 'Extraordinary Journeys', that looked at how the lives of 12 people with intellectual disabilities changed as they moved from institutionalised care to supported community living.

11.00am **Morning Tea**
11.30-12.30pm **WORKSHOP STREAMS**
Please choose 2 options

7 **Circles of Support - What We Have Learned that Works**
Jayne Barrett - Community Living Project

Practical Steps for a Circle of Support begin with intentionally identifying, asking and inviting people to become involved in a person's life. This session introduces people to some tools and gives them an opportunity to start some practical steps.

Note: This is a two part, practical workshop. People registering for this session will also be required to register for workshop 13. Numbers to this workshop will be limited early registration will best secure a place.

Stream: Support Circles

8 **People Keep People Safe**
Some Key Learnings about Circles of Support
Julie Van Oosten - Pave the Way, Mamre Assn Inc

Our work with families is teaching us that there are some simple processes which support the function of a circle which may lead to the long term safeguarding of the circle and the long term positive impact that a circle can have in increasing a person's confidence, networks, safety and opportunities.

Stream: Support Circles

9 **No Man is an Island**
Gayleen MacKereth - Disabled Person

This presentation will examine the importance of contacts and relationships from the point of view of personal experience after an accident. Gayleen will speak of the feelings of helplessness and isolation that can occur and will look at the role of family - when support is and is not forthcoming, the significance of friendships and existing support networks and the role played by cyber contacts. She will examine the ways to reach out beyond the confines of self to the wider world.

Stream: Personal Story

10 **What Will Happen When I Am No Longer There?**
Verity Doak - Personal Advocacy Trust

Whether the person with a disability lives in care or at home parents are always concerned about what will happen when they die. The Personal Advocacy Trust was set up by parents concerned about who would be able to advocate for and keep an eye on their disabled son or daughter after they died.

Stream: Taking Action

11 **He's Like a Brother to Me - Friendships and Relationships in Residential Group Homes**
Brigit Mirfin-Veitch & Sue Gates - Donald Beasley Institute

This presentation will explore how those living in group homes perceive the relationships that they have with their flatmates. It will also consider the extent to which group home relationships have potential to impact either positively or negatively on a person's mental health and wellbeing.

Stream: Research

12 Use or Abuse? Exercising legal powers as an attorney, welfare guardian, property manager or trustee

Tony Banks - Solicitor

This is a practical workshop that will cover the issues of guardianship, welfare guardians, property managers, family trusts and wills, enduring Powers of Attorney, relevant to people with physical disabilities and aged people.

Note: This is a two part, practical workshop. People registering for this session will also be required to register for workshop 18. Numbers to this workshop will be limited, early registration will best secure a place.

Stream: Taking Action

12.30pm Lunch

1.30-2.30pm WORKSHOP STREAMS
Please choose two options

13 Circles of Support -What We Have Learned that Works
Jayne Barrett - Community Living Project

Part 2. Practical Steps for a Circle of Support begin with intentionally identifying, asking and inviting people to become involved in a person's life. This session introduces people to some tools and gives them an opportunity to start some practical steps.

Note: This is the second part of a practical workshop. People registering for this session will have participated in workshop 7.

Stream: Support Circles

14 Disabilities' Hidden Gifts
Ted Kuntz

This workshop is an opportunity to discover and share disabilities' hidden gifts. Come prepared to share your story of how the experience of loving an individual with a disability has transformed your life in a good way.

15 Inclusion and Exclusion, Finding the Middle Ground
Brian Hunt - Community Connections

Loneliness and disempowerment are experienced by many as society rejects what is inappropriately considered as "not whole". Being different is unacceptable. Many experience isolation as society rejects people as having "no value". Brian's presentation will offer insight on how we as a community can find other ways to influence the field in supporting people with impairments to have better lives.

Stream: Taking Action

16 I Love to Have a Beer with Duncan
Mark & Chris Grantham

During more than seven years of nouveau institutional life, Mark was rarely alone - and really lonely. Now in his own home for six years, Mark is often alone - but rarely lonely. In his life - and in this presentation - Mark demonstrates the value of having friends, and being a friend, along with some of the experiences: good, bad, fun - and plain ugly.

Stream: Personal Story

17 Circles Of Support: The Challenges and Benefits. Recent New Zealand Research
Ainslie Gee

A recent piece of local research has been completed exploring existing circles of support in New Zealand, looking particularly at what have been the challenges or difficulties, and what have been the benefits of putting together and having a circle.

Stream: Research

18 Use or Abuse? Exercising legal powers as an attorney, welfare guardian, property manager or trustee
Tony Banks - Solicitor

Part 2. This is a practical workshop that will cover the issues of guardianship, welfare guardians, property managers, family trusts and wills, enduring Powers of Attorney, relevant to people with physical disabilities and aged people.

Note: This is the second part of a practical workshop. People registering for this session will have participated in workshop 12.

2.30pm Afternoon Tea

3.00pm Plenary Session
Mark Benjamin
Family Whanau - Friend or Foe

Family/whanau can provide: identity, belonging, connection to environment and a wider social network - a sense of purpose and direction. It is time to genuinely restore relationship with family/whanau. Re-establishing trust with family/whanau will enable them to resume being "gateways to community".

Wednesday 22nd September

9.00am Plenary Session
Jane Sherwin

Friendship is a Problem Worthy of a Solution: Roles as a Path to Relationship

This paper will explore the power of using 'roles thinking' to raise expectations of what's possible in someone's life and to provide a sense of direction, the difference between 'roles thinking' and filling people's time with activities and programmes and the link between valued roles and community presence, participation and belonging.

10.00am Plenary Session
Peter Dill
Developing Communities From the Inside Out

- i.e. The Gathering, The Coming together of people who are committed to one another and to their own goodness, vision and welfare. Peter will call on his experience with hundreds of circles to uncover their power and effectiveness - where hope lives and is generated. The co-creator of hope comes from the support of families to and with one another particularly in the context of family groups.

11.00am Morning Tea

CONTACT DETAILS

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11.30-12.30pm WORKSHOP STREAMS
Please indicate 2 options

19 Believing in Community Capacity
Robin Acton and Wendy McDonald
- Alberta Association for Community Living

For people with developmental disabilities, there is an over reliance upon paid supports as a substitute for real friendships. This presentation will profile two innovative initiatives from Alberta, Canada, that through a community development approach, have worked to pave natural pathways for relationships to develop.

Stream: Taking Action

20 "It Gets a Bit Lonely": The Importance of Relationships for the Mental Health of Women with an Intellectual Disability
Sue Gates & Jenny Conder - Donald Beasley Institute

During 2009 and 2010 the Donald Beasley Institute conducted a qualitative research project that was focused on mental health and wellbeing with adult women with an intellectual disability. This paper will present initial findings from this research.

Stream: Research

21 We Are All Friends
Cindy Johns and members of People First

This will be a panel discussion presented by people with an intellectual disability with a focus on personal experiences of loneliness, making and keeping friends, what support is needed, should paid staff be friends, does having a volunteer help, what do we need to do to assist.

Stream: Taking Action

22 The Dream Carriers
Bridget Snedden

This presentation will discuss how, as a family, we began to address the very difficult reality of loneliness for our son who has an intellectual disability, and at the same time realised that we needed a village around us to craft a good and fulfilling life for him.

Stream: Support Circles

23 Crafting Meaningful, Supportive Friendships - A Disabled Mother's Story
Anna Jameson - Disabled Person

This presentation will identify the vulnerability and isolation experienced when, as a disabled person, you choose a life course outside of what is ordinarily accepted.

Stream: Personal Story

24 Inviting Others In. Planning for Good Lives in the Company of Others
Sharon Bourke - Pave the Way, Mamre Assn Inc

This presentation is about planning for a good life: A good, safe future requires deliberate planning and actions including inviting people into the lives of families who have a member with a disability.

Stream: Taking Action

12.30pm Lunch



"That which makes our life worth living"

The Development and Maintenance of Meaningful and Supportive Relationships for People with Disabilities

When and Where

Waipuna Hotel and Conference Centre
58 Waipuna Road
Mt Wellington
Auckland
New Zealand
20th - 22nd September 2010

The conference is seeking to address the issues of isolation and loneliness as a major disabling factor in the lives of people with disabilities

"The only disability is having no relationship" (Judith Snow)

This Conference will be co-hosted by:



1.30pm CLOSING PLENARIES
Matthew Whiting
Is There Anyone Out There?

Many people see me as successful, a high achiever, who is socially connected. The reality is that I have a significant disability with a speech impairment that often socially isolates me from the mainstream. In this presentation I'm going to take the audience with me on my journey. It will begin at a time when I had few enduring relationships and cover the effect of that on my social interactions and the cravings I had to relate to people in more meaningful ways. It will bring us to today when I have lasting personal relationships and a wider social network.

2.30pm Ted Kuntz
How Disability Saved the World

What if the experiences and lessons we acquire in caring for and loving an individual with a disability are exactly the lessons needed to save the world? What if our journey with "disability" has the potential to transform the world into a kinder and gentler place for everyone to live?

3.30pm Poroporoaki & Closure

DISPLAYS:

- 1) People First
- 2) Parent to Parent
- 3) Parent & Family Resource Centre
- 4) Diversityworks
- 5) Voice Through Your Hands
- 6) Up2Date

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