



SIBLING LEADERSHIP NETWORK
2021 **STRENGTH**
THROUGH 
CONFERENCE **CONNECTION**

JUNE 18TH - 19TH, 2021
WITH POST-CONFERENCE WORKSHOPS
JUNE 22ND, 23RD & 24TH
ALL VIRTUAL

SIBLING 
LEADERSHIP
NETWORK



2021 Sibling Leadership Network Conference Strength Through Connection SCHEDULE AT-A-GLANCE

FRIDAY, JUNE 18

Pre-Conference – 2 1-hour sessions w/optional CEUS				
PT	MT	CT	ET	
9am	10am	11am	12pm	1A Understanding Perspectives 1B Research and Implications
10am	11am	12pm	1pm	2A Promise of Employment 2B Supporting and Engaging

FRIDAY, JUNE 18

Day 1 Conference Sessions				
PT	MT	CT	ET	
3pm	4pm	5pm	6pm	Welcome and The Sibling Movement
3:30	4:30	5:30	6:30	Sibling Happy Hour Multiple concurrent Interactive small groups
5:00	6:00	7:00	8:00	4 Concurrent sessions (45 mins) 1 Self-Care for Siblings 2 Where the Journey Leads: A Conversation with “Silver Sibs” 3 Special Needs Legal and Future Planning from a Sib Perspective 4 Supporting Families to Navigate the I/DD System
5:45	6:45	7:45	8:45	Mindfulness Strategies/Exercises
6:30	7:30	8:30	9:30	Conference closes

SATURDAY, JUNE 19

Conference Sessions				
PT	MT	CT	ET	
8am	9am	10am	11am	Optional Morning Yoga
9am	10am	11am	12pm	Welcome, Keynote Presentation
9:45	10:45	11:45	12:45	Engaging discussions – multiple concurrent small groups
10:45	11:45	12:45	1:45	Sibling Panel
11:45	12:45	1:45	2:45	Sharing our stories – multiple concurrent small groups
12:15	1:15	2:15	3:15	4 Concurrent Sessions (30 mins) 1 Supported Decision Making: Will it work for my family member? 2 Written Hearts: 3 books from a sibling’s perspective 3 From Your House to the White House 4 #HearOurVoices: Disabled People of Color & Allyship
12:45	1:45	2:45	3:45	Table Talks (30 mins) 10 facilitated concurrent conversations on specific topics
1:15	2:15	3:15	4:15	Conclude for the day

Special Event				
PT	MT	CT	ET	
5:00	6:00	7:00	8:00	Dinner with Don
6:00	7:00	8:00	9:00	Movie night and conversation with filmmaker

JUNE 22, 23, and 24

Post-Conference Workshops 2-hour sessions with optional CEU’s				
PT	MT	CT	ET	
4-6	5-7	6-8	7-9	June 22 – Future Planning: The Journey Forward June 23 – Supporting and Empowering Families: Using Charting the LifeCourse June 24 – Sibling Support in International Context



**2021 Sibling Leadership Network Conference
Strength Through Connection
Preliminary Schedule**

[PreConference Workshops \(Friday, June 18\) - \\$20 each or \\$40 for CEUs*](#)

Pre-Conference Workshops: June 18th (Two 1-hour sessions)

You will get to choose two 1-hour sessions. (Note: You do not need to decide in advance when you register, you can choose on the day of the Pre-Conference). Continuing Education Units (CEUs)* are available to professionals for an additional fee. While these sessions offer professional credits, they are also open to siblings, parents, and anyone interested in learning more about these topics.

9amPT/10am MT/11am CT/12pm ET (*Choose Session A or B*)

1A. Understanding Parent, Sibling and Self-Advocate Perspectives

All of us, including people with disabilities, deserve the opportunity to practice self-determination and make our own choices. Research shows this is key to a true quality of life. Parents and siblings can be important partners by offering valuable insight into a person's history, skills, interests, support needs and other important considerations. This panel discussion will feature an adult with a disability, a parent of a child with a disability and a sibling of a person with a disability. They will share how their life experiences shaped their perspectives on disability and family issues. Panelists will discuss how the self-advocate, parent and sibling perspectives can differ from each other and change over a person's life. They will also share recommendations for those who work with people with disabilities and their families about how to understand, respect and balance these differing roles and perspectives.

- Jeniece Dortch, Founder & Executive Director of Special Needs Siblings
- Emma Shouse Garton, SLN Chapter Development Committee Co-Chair; TN Adult Brothers and Sisters chapter leader; TN Council on Developmental Disabilities Public Information Specialist
- Eric McVay, Self Advocates Becoming Empowered (SABE) Board, Secretary; SLN Board, SABE representative

1B. Research and Implications for Siblings of Individuals with Disabilities Across the Globe

In this session, we describe the findings of two studies about siblings of individuals with disabilities. The first study examines the experiences and support needs of Canadian adult siblings during COVID-19. From this study, participants can learn about resources and initiatives during the COVID-19 pandemic. The second study will examine the experiences of adult siblings in the United States, South Korea, Japan, and Taiwan, with two specific aims: to (a) understand their future planning experiences and (b) identify any similarities and differences in future planning participation and relevant factors across four countries. From this study, participants will develop an understanding of the cross-cultural sibling experience.

- Chung Eun Lee, Ph.D., SLN Chair of Research Committee, Assistant Professor of Special Education, Chonnam National University
- Yona Lunsy, Ph.D., Director, the Azrieli Adult Neurodevelopmental Centre for Addiction and Mental Health
- Brianne Redquest, Ph.D., Postdoctoral fellow, the Azrieli Adult Neurodevelopmental Centre for Addiction and Mental Health
- Mayumi Hagiwara, Ph.D., Assistant Professor of Special Education, San Francisco State University
- Helen Ries, Co-Founder, Sibling Collaborative

10amPT/11amMT/12pmCT/1pmET (*Choose Session A or B*)

2A. The Promise of Employment First

This session will review best practice employment supports and the civil rights underpinnings of the current Employment First movement sweeping the nation. Current employment practices now allow people with significant employment barriers associated with disability to work. The promise of Employment First means that anyone who wants to work should be provided with the opportunity to be employed with appropriate ongoing supports. Our country’s civil rights and workforce laws (the ADA, the Supreme Court’s Olmstead Ruling & WIOA) require that state and locally-funded services be provided in typical employment settings, not segregated sheltered workshops or congregate work crews. Come to share your dreams for employment and create your dreams for the future!

- *Bob Lawhead, Policy Advisor, Colorado Developmental Disabilities Council*

2B. Supporting and Engaging Siblings of People with Disabilities in Today’s World

Please join us to learn about how to engage and support siblings of people with disabilities. Participants will learn about the important role of all siblings and how to collaborate with siblings from all different backgrounds. Brothers and sisters often have the longest relationships of their lives with each other but their experiences, input, and needs are often overlooked. Siblings’ experiences and insights may be different based on their race, culture, or background. There are many benefits to partnering with siblings including, but not limited to, increased family engagement, better outcomes for the person with disabilities, and sibling needs being met to promote fulfilled and thriving lives.

- *Shawwnita Buckner, SLN Vice Chair, Special Projects Director*
- *Shirley Valladares, SLN Secretary, Special Education Teacher*

11amPT/12pmMT/1pmCT/2pmET: Conclude Pre-Conference

**CEUs are provided for the following professions for an additional fee: Advanced Practice Nurses, Registered Nurses and Licensed Practical Nurses, Clinical Psychologists, Licensed Clinical Social Workers, Licensed Social Workers, Licensed Professional Counselors, and Licensed Clinical Professional Counselors, Licensed Dietitian Nutritionists, Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals, Speech Language Pathologists*

[Day 1 SLN Conference: Friday, June 18th - \\$25](#)
[\(Join BOTH Day 1 & 2 Day SLN Conference \(June 18 & 19\) and receive a \\$10 DISCOUNT: \\$45\)](#)

Day 1 SLN Conference: Friday, June 18

3pm PT/4pm MT/5pm CT/6pm ET

Day 1 Conference Welcome

- Kelsey Sullivan, Chair, SLN

The Sibling Movement

Learn about the history of the Sibling Movement and how it has brought together siblings for peer support and advocacy opportunities as well. Find out current ways to get involved and become a change agent.

- Katie Arnold, Executive Director, SLN

3:30pm PT/4:30pm MT/5:30pm CT/6:30pm ET

Sibling Happy Hour

A conference kick-off with a social twist! All attendees are encouraged to join us for a fun, interactive session where everyone will have opportunities to talk about their siblings and themselves. We will talk, listen and get to know each other while enjoying a favorite beverage. This will be a lighthearted way to start to make connections with kindred sib spirits and explore the diversity, creativity, humor, and strength of our amazing sibling community.

- Don Meyer, Creator of Sibshops and Founder of the Sibling Support Project
- Emily Holl, Director, Sibling Support Project

5:00pm PT/6:00pm MT/7:00pm CT/8:00pm ET

Breakout Session Presentations (Choose 1 of the 4 sessions below on the day of the Conference)

Session 1: Self-Care for Siblings

“Self-Care for Siblings” will look beyond bubble baths and face masks to examine what it really means to care for ourselves as siblings and caregivers. We will discuss the challenges we face, how to prevent and handle burnout, and what it means to show up fully for ourselves as much as others. Please note this session is presented by a passionate sibling but not a mental health professional.

- Kaley Day, Advocate for Adults with AdvocacyDenver and Board president of Rocky Mountain Sibs

Session 2: Where the Journey Leads: A conversation with “Silver Sibs”

Baby Boomers are living longer, are healthier, earning more and working longer than any generation before them. For Baby Boomers who happen to have a sibling with a developmental disability (Silver Sibs), their siblings are also living much longer than in previous generations. For Silver Sibs caring for their disabled sibling, they are a generation potentially facing the unprecedented challenges of caring for their children, their parents and their sibling who has a disability.

The confluence of these life events can be as overwhelming as it sounds. How Silver Sibs cope or succeed depends a great deal on how prepared they were for the caregiver role, their personal health, financial circumstances, cultural status, and whether the needed supports are in place (or attainable). And while these factors are weighty in their own

right, the relationship a Silver Sib has with their sibling who has a developmental disability matters as well. In my personal experience, success in this role also depends on your ability to laugh out loud! We invite you to join a panel of Silver Siblings as they share how their caregiving journey began, it's joys, lessons, challenges, and reflect how systems can adjust to better support them. We hope this conversation will also provide information for younger siblings as they consider their lives as "Silver Sibs."

- Lynne Calloway, Silver Sib
- Panelists: Barbara Corley, Debbie Kunick & Bruce Handler

Session 3: Special Needs Legal and Future Planning from a Siblings Perspective

Special needs legal and future planning is often considered something only parents worry about, but it is the siblings who have to actually carry out the plans the parents make (or in many cases don't make). We will be discussing these topics.

- Benjamin Rubin, JD LLM (Taxation), President of Supporting Illinois Brothers and Sisters

Session 4: Supporting Families to Navigate the I/DD System

How do I navigate the complicated system of intellectual and developmental disability (I/DD) supports? Come learn strategies to help understand how to get the supports you want and need for your loved one with disabilities and ways to build an inclusive community that supports the whole family.

- Richard Mullen, African American Family Support Coordinator, The Arc of King County

5:45pm PT/6:45pm MT/7:45pm CT/8:45pm ET

Mindfulness Techniques to Enhance Well-being

Learn and practice various mindfulness skills, which can help you become more aware of what is going on in the present moment and observe your thoughts and feelings in a nonjudgmental manner. Mindfulness-based techniques have been shown to improve memory, attention, and concentration while promoting overall health and well-being in persons with and without disabilities. This session will provide attendees with an overview of mindfulness-based techniques and how to practice mindfulness yourself and share with others such as your siblings and family members.

- Mark Dixon, PhD, BCBA-D, Faculty director of the Cognition, Behavior, and Mindfulness Clinic (CBM Clinic) at the University of Illinois at Chicago (UIC)
- Jessica Hinman, M.S., BCBA, Graduate student at CBM Clinic at UIC
- Zhihui Yi, M.S., BCBA. Graduate student at CBM Clinic at UIC

6:30pm PT/7:30pm MT/8:30pm CT/9:30pm ET: Day 1 of the Conference Concludes

[Day 2 SLN Conference \(Saturday, June 19th\) - \\$30](#)
[\(Join BOTH Day 1 & 2 Day SLN Conference \(June 18 & 19\) and receive a \\$10 DISCOUNT: \\$45\)](#)

Day 2 SLN Conference: Saturday, June 19th

8am PT/9am MT/10am CT/11am ET

Yoga For the Rest of Us

Forget all the myths regarding yoga. This class is truly for everyone. You can expect learning a new mantra, eye exercises, postures accessible to anyone, and a guided relaxation.

- Cheryl Albright, OTR/L, Soul To Soul Yoga, Sibling

9am PT/10am MT/11am CT/12pm ET

Day 2 Conference Welcome

- Katie Arnold, Executive Director, Sibling Leadership Network

Keynote Presentation: Strength through Connection: Finding My Voice and My Space in the Sibling Community

The sibling experience can be a lonely, uncharted path. Isolation and self-doubt can challenge our best efforts to support our families and ourselves. Connecting with other siblings of people with disabilities and people who care about sibs can bring comfort, knowledge, validation and empowerment. Building those connections is not always easy. While many sibling's stories share common themes, culture, race, and other life experiences can present barriers to connection. Lisa Matthews, the DC Chapter Representative of the Sibling Leadership Network, will share her story of navigating complex systems and searching for connection in order to support her brother, her family, and herself. Lisa will share her experiences as a sibling who was often the only person of color in this space, and insights on how embracing differences and appreciating commonalities helped shift her trajectory from isolation, uncertainty, and fear to empowerment and finding her voice.

- Keynote Speaker: Lisa Matthews. D.C. Chapter Representative, SLN Board
- Q & A with Keynote Speaker, Lisa Matthews, moderated by Richard Mullen.

9:45am PT/10:45am MT/11:45am CT/12:45pm ET

Engaging Discussions

Attendees will be put into small facilitated groups using Zoom breakout rooms to engage in discussions related to the themes that are presented in the keynote presentation.

10:45am PT/11:45am MT/12:45pm CT/1:45pm ET

Sibling Panel

Listen to a wide range of sibling experiences and perspectives from this diverse panel of siblings.

- Moderator: Jeniece Dortch, Founder & Executive Director of Special Needs Siblings
- Sibling Panelists: Adanna Abakporo, Atikah Bagawan, Kimrah Brotherson, Karree Lee, and Richard Mullen

11:45amPT/12:45pmMT/1:45pmCT/2:45pmET

Sharing our Stories

After listening to the stories of siblings on the panel, you will have the opportunity to share some of your story and hear from others in small facilitated Zoom breakout groups.

12:15pm PT/1:15pm MT/2:15 CT/3:15pm ET

Breakout Session Presentations (Choose 1 of the 4 sessions below on day of Conference)

Session 1: Supported Decision Making: Will it work for my family member?

While Supported Decision-making (SDM) has become increasingly recognized as an option for decision-making support, it is not always easy to determine if it is the right choice for a given person. Understanding the differences between SDM and other options can be important for making this assessment. This session will explore practical strategies for working directly with people who have disabilities to assess the type of supports best suited to their needs and develop the skills and experience needed for decision-making over time. The presenter will also explore some practical and legal issues to consider in determining which support option to try.

- Tina Campanella, CEO Quality Trust for Individuals with Disabilities

Session 2: Written Hearts: three books from a sibling's perspective

Three writers come together to share their experiences of how writing about their siblings with a disability has strengthened their relationships and connected them to a larger community. Find out how their books have been a springboard for inclusion, advocacy, and joy.

- Dianne Bilyak, Author of *Nothing Special: the Mostly True, Sometimes Funny Tales of Two Sisters*
- Angela West-Brown, IEP “Adult Transition” Coach, Author of *Lost and Found: Educating Parents of Intellectually Disabled High School Students How to Navigate Through College and Beyond*
- Jessica Gonzalez, Author of *Luna, Yes!/ Luna, ¡Sí!*

Session 3: From Your House to the White House

In this breakout session participants will receive essential updates on policies impacting community living. We will provide an overview of the current gaps in Home and Community Based Services (HCBS) and Family Medical Leave Act (FMLA) and the ongoing efforts to resolve inequity. Participants will leave with an understanding of policies impacting family caregiving and how to impact real systems change.

- Tiffany Banks, MSW, LCSW, SLN Co-Chair of Policy and Advocacy, Executive Director of Rocky Mountain Sibs
- Nina Bihani, MD, SLN Co-Chair of Policy and Advocacy, Advisory Board Member, Center for Dignity in Healthcare for People with Disabilities, Psychiatry Resident, Wayne State University Department of Psychiatric and Behavioral Neurosciences

Session 4: #HearOurVoices: Disabled People of Color & Allyship

This session addresses the intersection of disability and racial justice. Participants will gain awareness and understanding about the lived experience of disabled people of color. Information will be shared about the challenges as well as recommendations for allies and providers on what they can do to support disabled people of color.

- Timotheus Gordon Jr., Institute on Disability and Human Development at University of Illinois at Chicago and Chicagoland Disabled People of Color Coalition
- Jae Jin Pak, Illinois Self-Advocacy Alliance, Institute on Disability and Human Development at University of Illinois at Chicago and Chicagoland Disabled People of Color Coalition

12:45pm PT/1:45pm MT/2:45 CT/3:45pm ET

Table Talks

This opportunity allows participants to come together around a single issue of their choice, to participate in a facilitated discussion. Topics will include but are not limited to: sibling grief, juggling multiple roles, the needs of siblings in their 20's, the role of caregiver, and long-distance siblings. In the past, when our Conference occurred in-person, we would gather around tables for these conversations. This year there won't be a table, but we expect the discussions will be meaningful and important.

Table Talks (Choose One)

Title: Supporting Young Siblings

Description: Siblings need information, support, and opportunities to build on their many strengths throughout their lives. Supporting siblings in childhood can help them develop coping skills, positive feelings toward their brothers and sisters with disabilities, and stronger relationships into adulthood. Adult siblings and those who care about siblings can make a powerful difference in the lives of young siblings by supporting them with authenticity, enthusiasm and care. This discussion will center around how we can support young sibs through Sibshops and other small but effective ways every day.

Facilitator: Emily Holl, Director, Sibling Support Project and Board Member Sibling Leadership Network

Title: From Self-Doubt to Self-Care: Knowing it's OK to Back Away

Description: Adult siblings as caregivers sometimes do not realize how they neglect their own well-being until they are able to take a step back and make themselves a priority. This will be a discussion about setting boundaries by making the sometimes difficult decision to build a life that you do not have to escape from in order to find balance and peace in your life.

Facilitator: Lisa Matthews, DC Sibs, DC Chapter Representative and Board member Sibling Leadership Network

Title: "Voting - The More You Know the More You Can Support Your Sibling"

Description: Bernard Baker, President of SABLE (Self Advocates Becoming Empowered) says

"Voting has become easier for some of us but not all of us". Does your sibling

know their rights and responsibilities to vote? Are they registered? Are they prepared (know about candidates and issues)? Do they know how to use voting equipment? The SABLE GoVoter Project has developed a GoVoter Toolkit to teach self advocates and their families about voting rights and responsibilities. Democracy only works if we all vote! Learn how you can support your sibling.

Facilitators: Teresa Moore, Director and Essie Pederson, Partnership Liaison, SABLE GoVoter Project

Title: The Experiences of Siblings in their 20s: Networking, Stories, and Resources

Description: As siblings enter their 20s, they often face a range of new and unique experiences. This session has three important goals. First, we will meet and connect with other siblings who have brothers and sisters with complex health conditions and developmental disabilities. Second, we will exchange stories about various shared experiences, including navigating education, work, caregiving, sibling roles, social relationships, and future planning. We will conclude the session by sharing national and international resources that help support siblings in their 20s.

Facilitators: Nathan Grant, President and Founder of Siblings with a Mission, Board of Directors of the Sibling Leadership Network, and Lyle Lasala, Behavioral/Mental Health Technician, Rehab Without Walls – Neurosolutions, University of Washington Seattle - BA Medical Anthropology & Global Health

Title: Growing an SLN State Chapter in your state

Description: Join this open and informal brainstorming Table Talk to learn about Sibling Leadership Network state chapters! We will chat about the process of starting a state SLN chapter (if your state does not already have one), what types of opportunities SLN chapters can offer siblings, and how to build support for your chapter by connecting to key leaders in your state's disability communities.

Facilitator: Emma Shouse Garton, Sibling Leadership Network Chapter Development Committee Co-Chair; TN Adult Brothers and Sisters chapter leader; TN Council on Developmental Disabilities Public Information Specialist

Title: Role of a Sib-in-law to a Person with Disability: Experiences, Expectations, Responsibilities and Challenges

Description: The relationship between the sib-in-law, the spouse's sibling with disability and his/her parents-in-law is complex and complicated. The complexity arises not only because of how the in-laws raised their children (the spouse and the spouse's sibling with disability) but also because of the functional abilities/behavioral issues of the person with disability and sib-in-law's knowledge of disabilities. Sib-in-laws have the potential to play a positive role in improving family dynamics, planning for the future of their spouses' siblings with disabilities and advocating for them. This discussion will focus on the experiences of sibs-in-law, the ways in which they can support their spouses' families, and the challenges that they might face in their day-to-day lives as sibs-in-law.

Facilitators: Sumithra Murthy, Project Coordinator, Doctoral Candidate in Disability Studies, Department of Disability and Human Development, University of Illinois at Chicago and Bruce Handler

Title: The multiple roles of sibling/caregivers and self-care

Session Description: What roles do you play as a sibling or caregiver? Your answers may vary and may include teacher, protector, provider, day habilitator, job coach, mentor, friend, and roommate. Having a sibling with disabilities almost always has a crucial impact on your life. The experience of being a sibling can affect your daily living and impact major life decisions including college, jobs, parenting, and social life. The experience also often impacts other family members. This Table Talk will allow participants to discuss strategies and experiences for how to help themselves and their siblings, in their many roles.

Facilitator: Kimrah Brotherson, Disability Advocate and Caregiver

Title: Sibs Supporting Sibs with Grief:

Description: Join our discussion about what is grief and what it is not. Come listen to fellow siblings talk about how they have dealt with their own grief. We will share resources that grieving siblings can use to work through their own losses. There will be an open conversation with participants to discuss their support needs.

Facilitators: Shruti Tekwani, LMHC, BCC, Uddina LLC and

Tara Conley, M.A., Supporting Illinois Brothers and Sisters and

Nora Handler, Board member Supporting Illinois Brothers and Sisters and Sibling Leadership Network

Title: Long Distance Sibs

Description: This table talk is for people who want to talk about what it's like to live far away from your sib. Many of us move away from our hometown, or our sibs move away, and like most of our lives, there are unique challenges and opportunities that come with this! Sometimes we can help our sibs learn about new places and help them have new experiences if they come to visit! Other times, living far away can make the guilt we feel even worse and make it more difficult to answer questions about our sibs' care. Who will take care of my sib when my parents are gone? Will my sib be able to move closer to me without losing their services? Will I have to give up my life here and move back? Come join us to talk about the good, bad, and the ugly about being a long distance sib! **Facilitators:** Alison Whyte and Peter Edmonson

1:15pm PT/2:15pm MT/3:15 CT/4:15pm ET: Day 2 Conference Sessions Conclude

[Special Event: Dinner & Movie Night \(Saturday, June 19th\) - \\$30](#)

Dinner and a Movie Night!

5pmPT/6pmMT/7pmCT/8pmET

Dinner with Don

Join Don Meyer as we cook the dinner he'd make you if you came to his home! We'll make Pasta Puttanesca, a delicious pasta with a slightly racy backstory. Puttanesca has a sunny, southern Italian taste that can be enjoyed year-round—even in the middle of winter! It's easy to make and can be easily tweaked for vegetarian and vegan eaters. We'll provide you with a list of ingredients and kitchen tools to have available. Once we're on air, we'll enjoy a favorite beverage, chat, and get busy cooking!

- Don Meyer, Founder and former Director of Sibling Support Project, Creator of Sibshop model
- Moderator: Emily Hill, Director, Sibling Support Project

6pmPT/7pmMT/8pmCT/9pmET

Movie and Conversation with Filmmaker

The film called “3Conversations in April” is an 11 minute portrayal from the perspective of a sibling recorded in April 2020 at the beginning of the pandemic. Susan Hamovitch, the filmmaker, shares recordings of the first phone calls she's ever made to her brother — an older man with autism, who does not use words to communicate — as she attempts to find ways to provide something familiar in her brother's upended life. Her quest to communicate has been made ever more urgent because her brother has just recently been diagnosed COVID positive and placed in complete isolation in his group home, miles away.

As Susan gives Alan ever cheerier pep talks from her apartment in Brooklyn, she is never certain about whether he understands that it's she whose voice he is hearing at the other end of the phone. Meanwhile, the viewer will watch as darker themes emerge — the series of illogical and unfeeling policy decisions made by a system that governs the care of those with intellectual disabilities, the worried lives of the staff. Through a steady interspersing of titles and reenactments, the film gradually reveals some unsettling realities.

- Susan Hamovitch, Filmmaker
- Moderator: Sheena Brevig

7pmPT/8pm MT/9pmCT/10pm ET: Conclude Special Event

Post-Conference Workshops \$18 each or \$40 each for CEU's

For the Post-Conference Workshops, Continuing Education Units (CEUs)* are available to professionals for an additional fee. While these sessions offer professional credits, they are also open to siblings, parents, and anyone interested in learning more about these topics.

June 22 (Tuesday) 4-6pmPT/5-7pmMT/6-8pmCT/7-9pmET

Future Planning: The Journey Forward

According to a study conducted by the University of Illinois by sibling Dr Megan Burke, only a small fraction of parents of children with disabilities ages 3-68 have completed a plan for the future. While up to a third have taken some steps, most have left important details and arrangements to the next generation...and that generation is the Club Sandwich Generation; siblings who are between raising their own children, caring about their aging parents, and worried what the future may be for their sibling with disabilities. That's what this practical, interactive 2-hour workshop is all about. This workshop is filled with tools to help you assess your future planning journey, get started or get back on track, tips for talking with your parents and your sibling with disabilities, and a "take-home" Journey Forward workbook to help you map it all out.

- Harriet Redman, M.S. Ed. is Executive Director and founder of WisconSibs, a non-profit organization dedicated to children and adults who have siblings with disabilities.

June 23 (Wednesday) 4-6pmPT/5-7pmMT/6-8pmCT/7-9pmET

Supporting and Empowering our Families: Using Charting the LifeCourse

The Charting the LifeCourse (CtLC) framework and tools were developed by and for people with disabilities and families. You can use the tools to organize thoughts, identify a vision and goals, as well as problem solve, plan and advocate. The panel will share some common tools and resources, provide guidance on how to use them, and share personal stories of use and impact. The tools and resources support person centered thinking which is the focus and outcome of all service systems and can be used by ALL people and families, regardless of age or ability. The resources and tools also assist professionals in their roles to support and empower people and families: discover information, plan, coordinate, identify supports and communicate effectively and efficiently.

You will leave with tools to use, resources to support you, and functional practical ideas to support everyone.

- Facilitator: Barbara Sapharas, Nisonger Center-The Ohio State University, Charting the LifeCourse Nexus Team Member-Univ. of Missouri-Kansas City (UMKC)
- Panelists: Steve Beha, Lynne Calloway, and Emma Shouse Garton

June 24 (Thursday) 4-6pmPT/5-7pmMT/6-8pmCT/7-9pmET

Sibling Support in International Context

This panel is about sibling support in international context. It includes participants from Nigeria, India, Canada, the United Kingdom, Taiwan, Australia, and the United States. A range of topics related to running sibling support in each location will be up for discussion on the panel, potentially including:

- what is currently happening for siblings in each country;
- common areas of practice, e.g. supporting child and young adult siblings;
- intended future developments in sibling support in each location; and

- the policy and resourcing context for siblings in each country, including with regard to national disability/family policies, future planning and COVID-19 experiences.

As the conversation develops, panelists will also be asked to reflect on the similarities and differences between their experiences of running sibling support and on what future opportunities exist for international collaboration and capacity building for sibling support.

- Moderator: Dr Ariella Meltzer, Centre for Social Impact, University of New South Wales, Sydney Australia
- Panelists: Piyush Mishra, Co-Founder, SAARTHI (Sibling Support Network, India)
- Barr Ify Philippa Peterkins, Founder - Siblings of Special Needs Foundation Nigeria (SOSNEEDS) (Lawyer & Social Impact Consultant)
- Helen Ries, Co-Founder, Sibling Collaborative
- Kate Strohm, Founder/CEO Siblings Australia
- Caya Chiu, National Taiwan Normal University/ Sibling Information Network in Taiwan
- Clare Kassa, Chief Executive, Sibs, United Kingdom
- Emily Holl, Director, Sibling Support Project and Board Member, The Sibling Leadership Network, United States

**CEUs are provided for the following professions: Advanced Practice Nurses, Registered Nurses and Licensed Practical Nurses, Clinical Psychologists, Licensed Clinical Social Workers, Licensed Social Workers, Licensed Professional Counselors, and Licensed Clinical Professional Counselors, Licensed Dietitian Nutritionists, Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals, Speech Language Pathologists*

**Special thanks to our
PRESENTERS, PANELISTS, TABLE TALK FACILITATORS,
AND SMALL GROUP FACILITATORS**

- Adanna Abakporo, anabakporo14@gmail.com
- Cheryl Albright, cheryl@soultosoulyogasrq.com
- Katie Arnold, katie.arnold@sibingleadership.org
- Atikah Bagawan, bagawana@msu.edu
- Tiffany Banks, tiffany.banks@sibingleadership.org
- Steve Beha, Steven.Beha@dodd.Ohio.gov
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