

SAVE THE DATE!



*Disability,
Health & Wellness* conference
You and Your Life

**MAY 30 & 31, 2012 AT THE VICTORIA INN,
1808 WELLINGTON AVENUE, WINNIPEG, MB**

We will focus on You and Your Health, You and Your Rights, You and Your Community!

The conference builds on the momentum from the last three conferences, providing an opportunity for all persons living with disabilities, including those who are aging into a disability to come together and have their voices heard. The conference puts wellness goals front and centre and helps facilitate change on the road to a healthier life. It is an event where all persons living with disabilities will work side-by-side and hand-in-hand with health and wellness professionals, caregivers and policy makers to explore the themes of your health, your rights and your community.

May 30 Keynote Speaker:

Durhane Wong-Rieger, PhD is President and CEO of the Institute for Optimizing Health Outcomes. She is also president of the Canadian Organization for Rare Disorders and head of Consumer Advocare Network, which promotes consumer engagement in healthcare policy and advocacy. She will address the new role for healthcare professionals - to coach and support consumers to effectively self-manage. Learn how consumers and healthcare providers are "partnering" to co-create health in a variety of health settings, and the skills and strategies that lead to self-empowerment.

May 31 Keynote Speaker:

Barrier-Free Manitoba is a non-partisan, non-profit initiative that encourages effective legislation that requires the removal of existing barriers and prevents the creation of new ones. The initiative believes that Manitoba is poised to become the new leader in promoting and protecting the human rights of persons with disabilities. Effective accessibility-rights legislation promises to be a big step forward. What's already underway? What lies ahead?

Supports are in place to make the event affordable and accessible to all persons with disabilities, including those who are aging into a disability. Please mark your calendar and save this date! Over the next few weeks, check out www.smd.mb.ca or www.ilrc.mb.ca for registration and program information. Register online soon or contact Sonya at 204-261-7290.

Who should Attend?

- All persons with disabilities, including those who are aging into a disability
- Persons living with chronic conditions
- Supporters and caregivers
- Healthcare providers
- Policy-makers

FREE  **WEB**CONFERRING available.

Contact **Sonya Penner**, Planners Plus Inc.
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CONFERENCE AGENDA HIGHLIGHTS

You and Your Health will deal with such topics as:

- How does the primary health care system work
- Oral health
- How to partner with your health care provider
- Allied health – what are the benefits of other health services like occupational therapy or massage therapy or physiotherapy

You and Your Community will discuss such areas as:

- Self and Family Managed Care as an option for personal control in managing the resources you require for independent living
- A discussion on the opportunities and benefits of Self and Family Managed Care
- Self-direction – what does this mean to you?
- And how can the approach of more community involvement be encouraged

You and Your Rights will explain topics such as:

- Manitoba Human Rights Code – how does the code protect our rights
- Manitoba Accessibility Advisory Committee will update you and consult with you on the progress towards accessibility legislation
- You will hear the story of how the right to live where you choose was protected and supported
- An education session by the Public Interest Law Centre – how can the Centre advance an inclusive human rights agenda

Cost: Consumer/Student
One day: \$21.00
Two days: \$26.25

Non consumer/Professional
One day: \$131.25
Two days: \$236.25

Registration:

Registration forms will be available at www.smd.mb.ca or www.ilrc.mb.ca or you can call Sonya Penner at 204-261-7290