

The West Virginia People First Conference is designed to provide individuals with intellectual, cognitive, and related developmental disabilities knowledge and skills needed to successfully advocate for themselves on many issues. Adaptations and modifications of material and presentations are made to ensure participation and understanding by all participants.



17th Annual WV People First Conference
GETTING PREPARED....BEING PREPARED
PERSONAL SAFETY ✦ EMERGENCIES ✦ DISASTERS
September 8-10, 2010
Jackson's Mill, WV

Whether it is personal safety, self-defense, emergency planning, or disaster preparedness, this year's conference will provide attendees with many opportunities to increase their knowledge on these very important topics. They will leave empowered and encouraged to use their self-advocacy skills to improve their individual and community's ability to react to their very specific needs. We are very excited to announce the return of guest presenters, Barton and Megan Cutter, from North Carolina. This dynamic couple, who have an inter-ability relationship, will lead sessions on Safety in the Community, as well as work with other instructors to teach DISABLED PROTECTION, a course specifically designed for people with any level of ability. Barton is a third degree black belt and has over nine years experience training in Bujinkan Budo Taijutsu, a method that teaches people to express themselves with the tools they have. This allows each person to find ways to protect themselves and those around them through the use of their own body mechanics despite any limitations.

Break-Out Sessions and Activities

Being A Good Board or Committee Member
Time Management: Getting It All Done!
Money Skills: How Do I Budget & Spend
Volunteering: How Can I Help In A Disaster?
Respectful Relationships: What Does That Mean?
Problem Solving: Working Things Out

Communication: Handling Rude & Difficult People
Self-Defense: disAbled Protection
Home & Personal Safety: Using Assistive Technology
Fundraising: How Do We Do It?
Disability Awareness & Etiquette: Getting the Word Out
Learning to Speak Up For Yourself: Why Is It Important?

Art Projects, Sign Language, Choir, Corn Hole/Lawn Games, Nature Walk, Music for Relaxation, Swimming and Fishing are other activities being offered, with tours of the historical Jackson's Mill being available at participant's leisure.

Registration Fees and Lodging Cost

Stipend funds are made available to people with developmental disabilities and family members of people with developmental disabilities through funds from the WV Developmental Disabilities Council.

The total cost to attend the conference will vary depending on where you want to stay. The Registration fee is \$70 per person, and limited stipends are available for people with developmental disabilities who need them. The lodging fees vary depending on what option is best for you and range from \$25.00 (cottage) - \$50.00 (private room) - \$68.00 (lodge) per person.

For more information or to obtain a registration form visit www.peoplefirstwv.org; Call 304-422-3151 and ask for Lorraine Hamrick (ext 104), Christina Smith (ext 106), or Kevin Smith (ext 102); or email lorraine.hamrick@arcwd.org, christina.smith@arcwd.org, or kevin.smith@peoplefirstwv.org, or visit us on Facebook.com.

