

**ausDoCC**

australian disorders of the corpus callosum

**presents**

A central image showing two halves of a brain in a glowing teal color, connected by a network of bright, jagged lightning bolts. The text 'Crossing the Bridge' is overlaid in red script across the center.

*Crossing the Bridge*

**Adults with a DCC**

**Brisbane 2018**

**May 24-27**

**Official Program**



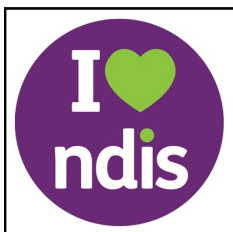
| <b>THURSDAY MAY 24</b>       |  |
|------------------------------|--|
| <b>12.00pm - 6.15pm</b>      | Airport arrivals. Group transfers to hotel. Room allocations. Settle in. Free time   |
| <b>6.15pm</b>                | <ol style="list-style-type: none"> <li>1. Meet in hotel lobby.</li> <li>2. Walk to Brewhouse Brisbane, 601 Stanley st, Woolloongabba for dinner</li> <li>3. After dinner - free time to return to the hotel or explore Brisbane at night.</li> </ol>   |
| <b>FRIDAY MAY 25</b>         |  |
| <b>From 6.30am</b>           | Breakfast at own leisure in hotel breakfast area   |
| <b>9.00am</b>                | Meet in conference area. Register and collect conference packs. Take a seat.   |
| <b>9.00 - 10:00am</b>        | <b>Welcome and introductions - Housekeeping</b> <ul style="list-style-type: none"> <li>• <b>Name that face.</b></li> <li>• How do we tackle the unknown? Messages to our younger selves.</li> </ul> <b>Presentation - NDIS</b><br>How to access the NDIS. Presentation followed by question time.  |
| <b>10:00 - 11.00 a.m.</b>    |  |
| <b>11.00 - 11.20 a.m.</b>    | Morning Tea break  |
| <b>11.20a.m. - 12.45p.m.</b> | <b>Presentation:</b><br><b>Warren Mayocchi - Wearing the mask</b><br>Are the things we are told we 'should' be doing really best for us?<br>What are our key life challenges and how can we face and overcome them in our own ways? <ul style="list-style-type: none"> <li>• Group activity.</li> </ul>  |
| <b>12.45p.m. - 1.30p.m.</b>  | Lunch  |
| <b>1.30pm - 3p.m.</b>        | <b>Presentations. Our DCC Stories:</b> <ul style="list-style-type: none"> <li>• <b>Anna Uther</b></li> <li>• <b>Emily Johnson</b></li> </ul> <b>Getting the message across.</b> <ul style="list-style-type: none"> <li>• What are the "Four Ws and 3 Hows?"</li> <li>• <b>Tell Your Story.</b> Workshops with Warren, Margie, Anna, Jen, Gabi, Maja</li> </ul> |
| <b>3p.m. - 3.15p.m.</b>      | Afternoon Tea  |
| <b>3.15p.m. - 4.45</b>       | <b>Getting on the right bus with the right people.</b><br><b>'Trains' workshop.</b> How do we get the right people to hear the right messages?   |
| <b>4.45p.m. - 5.45 p.m.</b>  | Free time  |
| <b>5.45 pm</b>               | Meet in hotel lobby.<br>Walk to Ben's Vietnamese and Chinese Restaurant next door for, dinner  |
| <b>After dinner 1-2 hrs</b>  | <b>Team Fun Trivia</b> at the hotel in breakfast area. Something for everyone. Prizes to be won.   |

| <b>SATURDAY MAY 26</b>   |   |
|--------------------------|---|
| <b>From 7 am</b>         | Breakfast at own leisure in hotel breakfast area  |
| <b>8.45am</b>            | Meet in hotel lobby for group cab transfer to QBI   |
| <b>9.30am - 10.50am</b>  | <b>Presentations</b><br>1. <b>Dr Natasha Alexander</b> - relationships and sexuality.<br>2. <b>Jacquelyn Knight</b> - anxiety and DCC.  |
| <b>10.50am - 11.10am</b> | Morning Tea Break   |
| <b>11.10am - 12.40pm</b> | <b>•Adults with a DCC</b><br>Workshops & discussions - 3 rotating groups ( Jackie, Natasha & Jen)<br>1. <b>Jackie</b> - anxiety strategies workshop<br>2. <b>Natasha</b> - relationships. Questions and discussion.<br>3. <b>Jen</b> - book introduction. General discussion generated by group<br><br><b>•Carers and facilitators</b><br>Meet with <b>Professor Linda Richards, Dr Laura Fenlon and Dr Ryan Dean.</b><br>How can AusDoCC promote reliable DCC awareness?<br>How can we work more closely with QBI? General discussion. |
| <b>12.40 - 1.30pm</b>    | Pizza lunch   |
| <b>1.30pm - 3.30pm</b>   | <b>Prof. Linda Richards</b><br><b>Dr Laura Fenlon Dr Ryan Dean</b><br>• What's happening in corpus callosum research?<br>• Tour of Professor Linda's brain research laboratory<br>• QandA session<br>Afternoon tea break when suitable.   |
| <b>3.30pm - end</b>      | Travel to gymnasium. Science of Fitness, 15 Manning St, Sth Brisbane.   |
| <b>4.00pm (approx)</b>   | <b>Joseph Agresta &amp; Rory Maguire</b><br>Custom designed gym session for all conference participants and assistants. Joe owns the gym where Linda keeps fit.   |
| <b>Evening</b>           | Conference is officially over. You can choose to either have an Indian dinner, at Bengal Kitchen with Linda Richards and the group, or make your own arrangement for which you will be given a \$20 cash stipend.   |
| <b>SUNDAY MAY 27</b>     |   |
| <b>7.00am - 10.00am</b>  | Breakfast in the hotel breakfast area.  |
| <b>Morning</b>           | <ul style="list-style-type: none"> <li>• Group transport to Brisbane airport, according to flight times, to fly home.</li> <li>• Some people will go to QBI for tests and go straight to the airport from there.</li> </ul>   |

**NOTES.**

1. After presentations from guests presenters, there will be usually be an opportunity for some question time.
2. Please try to arrive on time for all sessions, especially where transport is involved.
3. Take your comfortable/sporty spice gym clothes/shoes with you to QBI for the gym session afterwards.
4. Some things may make you feel a little anxious and overwhelmed but we have tried to consider this in the planning. We hope you will be able to enjoy the conference and get as much benefit as possible.
5. We would love everyone to attend all sessions but there will be chill out spots to go to if you need a break
6. The Carers' TLC team, Tina, Gabi and Margie will be available for anyone needing a chat or some TLC.

## GUEST PRESENTERS & WORKSHOP LEADERS



The NDIS provides reasonable and necessary supports to help people with disability achieve their goals, including independence, community involvement, employment and wellbeing.

Supports may include personal care and support, access to the community, therapy services and essential equipment.



After Warren Mayocchi was diagnosed with Asperger Syndrome at age 43, he wrote a memoir called "Human," focused on the cause, effects and outcomes of being born different from others. It includes fascinating personal stories placed against technical information to give an understanding of autism that is wider than Warren's own story. Warren shares the plain truth of his life and the ways that he overcame adversity. He declares that self-understanding is critical to be the best version of



Dr Natasha Alexander is an experienced, registered clinical psychologist who has worked with people with intellectual disabilities since completing her clinical training at University College London, UK, in 2001.

She worked in multi-cultural east London for 13 years as a qualified clinical psychologist in community disability and mental health services and is now settled in Brisbane with her family. Natasha operates a practice called Consentability where she advises on sexuality and relationships.



Jacquelyn Knight is a provisional psychologist who is currently completing a Doctorate of Psychology (Clinical and Neuropsychology). Her research is investigating the neuropsychological functioning in individuals who have corpus callosum disorders. Jackie will present a session about anxiety and ACC as well as leading one of the workshop groups.



Jen was a teacher many careers ago. She has done a lot of traveling and moving in the years since then. She has a motor bike licence that she no longer needs as now she is too old to get broken. Her interests are the environment, people and she is a political tragic. Recently moved to Brisbane from Townsville... she is enjoying time in this great city.



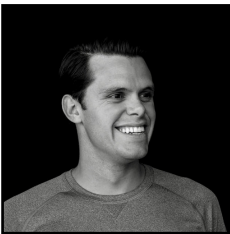
Dr Laura Fenlon is a member of Linda Richards's QBI research team. Laura was awarded a UQ Development Fellowship to carry out a research investigation into the factors driving long-range axonal plasticity. We welcome her participation in Crossing the Bridge, 2018, where she will explain some of her research.



Dr Ryan Dean is a member of Linda Richards's QBI research team and is often the first point of call for people who are participating in QBI brain research. He attended the AusDoCC Connections 2017 conference in Melbourne and we welcome his participation in Crossing the Bridge, 2018, where he will update us on some of the corpus callosum research being conducted at QBI.



Joseph Agresta is director and head trainer at The Science of Fitness gym. He has been active since childhood and his core beliefs are based on mental strength, teamwork and continual improvement. Joseph declares that he is very competitive and also believes in bringing out the best in people, both physically and mentally. He believes that we chase dreams and achieve goals by making them happen. Joseph will offer our group a gentle introduction to his gym.



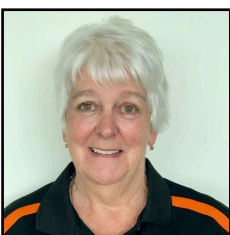
Rory Maguire is a director and functional neurologist at the Science of Fitness gym. He takes great pride in doing the best that he can and is dedicated and focused on improvement in all he does. He believes that he should never take his good health and fitness for granted and appreciates what he has. Rory will assist Joseph in the gym session.



Emily (left) and Gabi are sisters who prepared an audio-visual piece about Emily, who has ACC. They presented it at the 2017 national conference on disorders of the corpus callosum, Connections 2017. At this conference they will present their piece and facilitate a workshop with Maja and participants who would like to create their own presentation.



Anna is an adult with ACC and is member of the AusDoCC Committee. Recently she prepared and presented a speech, about AusDoCC and her life with ACC, to paediatricians at a major Sydney hospital. At this conference Anna will present her speech and co-facilitate a workshop on oral presentations, with



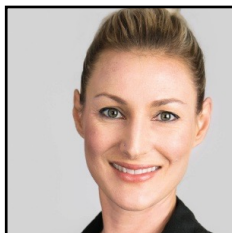
Margie Slater lives in Melbourne and has the role of Newsletter Editor on the AusDoCC committee. Margie has several years' experience with students with a disability, at East Gippsland TAFE. Margie built a strong rapport with the students while assisting them to pursue their goals while also completing her own studies in disability. She has coordinated courses, provided support services for students and taught across a range of adult education courses. Margie will cofacilitate a workshop with Warren

Professor Linda Richards



Professor Linda Richards is deputy director of the Queensland Brain Institute where she also directs a laboratory, researching corpus callosum disorders. Linda is passionate about informing the public about science and performs principal roles in several key national and international scientific organisations, in addition to stimulating school students to become scientists. In 2006 Linda founded the Australian Brain Bee Challenge, a program that inspires and excites high school students about science. AusDoCC has had a long and highly valued association with Linda. Linda has recently become AusDoCC's first patron and is our chief scientific advisor.

*Thanks  
for making this  
conference  
possible*



Dr Olivia Gatfield and Tori Haar both work at the Autism CRC based at Uni of Queensland's Longpocket campus. They are not attending our conference but deserve a mention as they have been fabulous in helping us with the preparations, particularly when the first hotel cancelled and we had to quickly find another. They checked out the Diana for suitability and helped us smoothly make the transfer. If you sit in a beanbag or enjoy occupying your fingers and mind with a sensory toy, they are also courtesy of Olivia, Tori and the CRC.



**Australian Government**  
**Department of Human Services**



# PROJECT TEAM

## FACILITATORS

Maree and Maja are the conference facilitators and are available if you have issues or questions about the conference and arrangements. They are very understanding but may be frantically running around in circles at times and will possibly send you to someone in the TLC team.



Maree Maxfield

Maree lives in Melbourne with her daughter, Abbie and Abbie's very spoilt dog, Scout! Maree is AusDoCC secretary and web manager and has been on the AusDoCC committee since it began in 2012. Maree passionately believes that we need to create greater awareness of corpus callosum disorders in Australia, both in their causes and management and is currently studying a Master of Public Health to better understand our health system, as her background career was mainly spent teaching primary school in the bush.



Maja Palacios

Maja lives in Perth, Western Australia with her husband, Andrew and two daughters Andie and Eva. Andie was born with complete agenesis of the corpus callosum which, in her case, is considered a part of an undiagnosed syndrome. Until discovering the AusDoCC Facebook group in 2013 the family had found it to be a very isolated and unknown journey.

Maja is a motivated person who has an artistic flair and holds the positions of treasurer and graphic designer on the AusDoCC committee.

## TLC SUPPORT TEAM

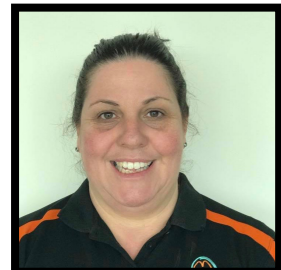
The TLC support team members are all here with participants as individual carers but they are also available for anyone who may need someone to chat to or may have an issue that needs an understanding ear. Tina is our current AusDoCC president.



Margie Slater



Gabi Meeson



Tina Coburn