



Welcome to 'My People' 2021!

THURSDAY 17th June		
TIME	SESSION	PRESENTER
2-4pm	ARRIVALS Check in Collect delegate bag Find your room and your roommates	SUPPORT- Abbie Georgie Margaret Tanya
<p><i>When you arrive, a member of the AusDoCC My People crew will be around to help you if needed. You can also collect your delegate bag around this time too.</i></p>		
4:30pm	INTRODUCTION Welcome to My People Getting to know Your People	Maree Maxfield The My People Crew
<p><i>Welcome to the 'My People' conference! Come and get to know each other and get an introduction to the conference.</i></p>		
6:30pm	PUB DINNER Brewhouse Brisbane (very close to the hotel)	
<p><i>Meet downstairs in the lobby to go to the Brewhouse for dinner. Meals are paid for but please buy your own drinks. Free time after dinner.</i></p>		

FRIDAY 18th June		
9-10am AwDCC ONLY	MOVE YOUR BODY (Carers- Tanya and Samantha Connor)	Kieran Maguire
Kieran is from 'Science of Fitness', a local gym. He will start the day off with us doing some easy, relaxing body 'movement' and activities.		
10-10:45am AwDCC ONLY	BLOODY NDIS The Good. (Carers- Tanya and Melo)	Samantha Connor
Samantha Connor is a disability rights activist and president of the PWDA (People with Disabilities Australia) from Perth. She is highly knowledgeable about disability and NDIS rights, wrongs and empowerment. There are some great things about the NDIS. Those not in the scheme may feel empowered to apply or to assist and advocate for others		
BREAK: 10:45-11:00am		
11:00am-12:00pm AwDCC ONLY	BLOODY NDIS The Bad MY AGED CARE (Carers- Tanya and Kieran Maguire)	Samantha Connor Hilary Bustillo
Samantha will outline some of the issues and relate them to adults with disability. Hilary Bustillo works as a nurse for Queensland Health, specialising in community and aged care. She is highly knowledgeable in assessments and case management for support and services in the community. Hilary is also mum to 5 year old Karina, who has a Disorder of the Corpus Callosum.		
12-1pm AwDCC ONLY	ELECTIVES 1. Bloody NDIS- And The Ugly! 2. Healthy Bodies, Healthy brain 3. Journaling to overcome challenges 4. Who are we? Personal profiles. (Carers- Tanya and Melo)	Samantha Connor Kieran Maguire Michael Shanahan Maree Maxfield
<ol style="list-style-type: none"> 1. Samantha - discussion and answering questions regarding support, advocacy and challenges when dealing with the NDIS. 2. Kieran - discussion and answering questions about the body, the brain, health and fitness. 3. Michael - discussion group on journaling. What is it? How can we use it? 4. Maree - brainstorm how we could put together a personal profile summary. What's the important stuff we need to keep telling professionals without saying it over and over again? 		
LUNCH: 1-1:30pm		

1:30-2pm	TRAVEL TO QBI	
2-4:15pm	MEET THE QBI TEAM...	Linda Richards and team
<p>Meet Professor Linda Richards and her team from QBI. They will answer questions about their research on DCC. Different members on the team will talk about areas they are focusing on.</p>		
<p>AFTERNOON TEA at QBI COME INTO THE LAB Tours of the corpus callosum research lab at QBI</p>		
4:15-4:30pm AwDCC ONLY	DEBRIEF Regroup	Maree Maxfield
4:30pm	Head back to the hotel ready for an early dinner booking	Everyone
5:30pm	RESTAURANT DINNER Boos Thai restaurant (very close to the hotel) Meals must be pre ordered	Everyone
7pm	GET YOUR TRIVIA ON- PJs optional	Maree Maxfield & The Crew Everyone
SATURDAY 19th June		
9-9:30am AwDCC ONLY	MOVE YOUR BRAIN (Carers- Tanya and Natasha Alexander)	Francesca
<p>Francesca works with Kieran at the Science of Fitness and will gently kickstart our brains for the day</p>		
9:30-10:30am AwDCC ONLY	YOUR BODY AND YOUR FRIENDS- (Carers- Tanya and Toby Reinberger)	Natasha Alexander
<p>Natasha Alexander is a clinical psychologist and mental health practitioner. Her specific interest is around sexuality and relationships. Founder of Consentability in Brisbane, Natasha supports people with a disability to advocate for and express their sexuality in an informed and empowered way. Natasha works with people with intellectual and cognitive disabilities to discuss these topics that can be confronting but important. A casual session about a tricky topic.</p>		

BREAK: 10:30-10:50am		
10:50-11:50am AwDCC ONLY	AAA- ALL ABOUT ANXIETY- (Carers- Tanya and Linda Richards)	Toby Rheinberger
<p><i>Toby is a student working at UQ (University of Queensland) in the psychology department as part of the team researching and testing people with a DCC. He is exploring how anxiety affects people with a DCC. He will talk to our group about his work, managing anxiety and answer any questions.</i></p>		
12-12:45pm AwDCC ONLY	ELECTIVES- <ol style="list-style-type: none"> 1. ACC Matters 2. Managing our time 3. Anxious moments 4. You CAN ask that! (Carers- Tanya and Melo)	Linda Richards Michael Shanahan Toby Rheinberger Natasha Alexander
<ol style="list-style-type: none"> 1. Linda will discuss research into the corpus callosum and adults with a DCC. 2. Michael is a Qld adult with a DCC. He is interested in discussing and working on ways to help people with a DCC in a range of different areas from his lived experience. 3. Toby will discuss ways to manage anxiety. He will answer any further questions people may have. 4. Natasha will run an informal chat on sexuality and relationships, answering any further questions people may have. 		
LUNCH: 12:45-1:30pm		
1:30-2:30pm	WELCOME TO THE WORLD CAFE - Pt 1 Come in with an open mind and heart	Maree Maxfield & unsuspecting others
<p><i>Come and meet at the World Cafe! An innovative session of small groups answering big questions. Meet new friends and chat with old ones from near and far, in a casual cafe environment.</i></p>		
BREAK: 2:30-3pm		
3-4pm	THE WORLD CAFÉ - Pt 2 Taking the backroads	Maree Maxfield & unsuspecting others
Continue the discussion.		
4:15-4:45pm AwDCC ONLY	DEBRIEF- Deflating the balloon	Natasha Alexander

FINISH: 4:45pm		
6pm	TAKE AWAY DINNER AT THE HOTEL Fish and Chips & Chinese food	
7pm	BOARD GAMES NIGHT AT HOTEL- PJs optional	Hosted by the QBI team
<i>A fun, casual night of boardgames run by our friends from the QBI research team.</i>		
SUNDAY 20th June		
9.30-12pm	Appointments with Natasha Appointments with Samantha People with appointments will be advised of a time and place. Please add your name to a list.	Natasha Alexander Samantha Connor
FREE TIME		
4.30pm	MEET IN HOTEL FOYER	Everyone
4.45pm	LEAVE FOR EAGLE PIER	Everyone
6pm	BOARD RIVERBOAT CRUISE	Everyone
6:30pm	DINNER AND RIVERBOAT CRUISE	Everyone

THE AIMS AND PURPOSES OF THE 'MY PEOPLE' CONFERENCE-

1. To form an identity of self and our collective group as adults with a disorder of the corpus callosum
2. Empowering ourselves and our group as adults with a disorder of the corpus callosum.
3. To learn from each other
4. To reduce the isolation we may feel as adults with a disorder of the corpus callosum
5. To exchange ideas, aspirations and share challenges
6. To develop independence
7. To learn about what others may expect from us and what we may expect from others

Remember the five Cs - Connection, communication, collaboration, community, capacity

3 Minute Speeches will be dotted throughout the conference. You will be given an approximate time for your speech. Thanks to all the willing volunteers.