

MY PEOPLE
Event for Adults with a DCC
Melbourne Nov 24-28 2022



Welcome to the 'My People' Conference 2022

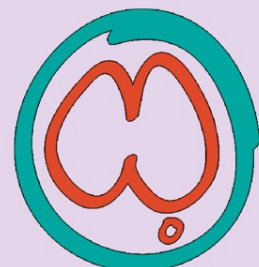
An event for adults with a corpus callosum disorder

We are all connected by a disconnection.

We all belong!



ausDoCC
australian disorders of the corpus callosum



HOUSEKEEPING

ALCOHOL AND DRUGS

This is an alcohol and drug free event.

SMOKE ALARMS & EMERGENCY PROCEDURES

-Strictly NO smoking or vaping on campus. You will need to be off the college grounds to do this.

-Strictly NO use of AEROSOLS they are banned campus wide.

Smoke detectors are extremely sensitive and you will incur a fine if a smoke alarm is activated through (cooking, vaping, smoking or aerosols).

In the event of an emergency, we will meet at the muster point.

NOISE

Quiet times are between 11PM and 8AM

NO yelling, running or group discussions in the corridors.

LOSS OF PERSONAL BELONGINGS

The College and AusDoCC take no responsibility for the loss of your personal belongings. Please don't leave items around the campus and always lock your room.

KEYS

Your room key allows you to access around the college. Always keep your key on you.

Report lost or misplaced keys to reception immediately. Don't hold main doors open.

There is a \$200 charge for unreturned keys. (Let Tina know if you lock yourself out)

CHECK OUT

Check out time is 10am on Monday morning. You can leave bags at reception if you are staying around.

DRESS STANDARDS

Footwear must be worn in the dining room and you must be appropriately dressed at all times.

BEHAVIOUR

Please maintain respectful behaviour at all times.

EXTRA SUPPORT

Maja is available to provide any extra support you may need.

MEALS

All meals are provided. Dietary options are available and labelled but there are no guarantees with allergens. Please ask the chef if you are not sure.

LANYARDS

Please wear your lanyards so you are easily recognised by the group.

COVID

If you feel unwell with cold or flu symptoms, please see Michael to obtain a Covid Rapid Antigen Test and follow the Covid protocol as per instructions. Masks and hand sanitiser will be available.

The AusDoCC people behind My People 2022

Name

Looks like this

Name

Looks like this

Maree Maxfield
(AusDoCC
secretary)
Conference
Coordinator



Georgie Lamb
(Committee
member)
3 Minute
Speeches



Maja Palacios
(AusDoCC
treasurer)
Attendee Support



Margaret Krutli
(Committee
member)
Admin Assistance



Kristina Coburn
(AusDoCC
president)
Parent Liaison



Abbie Kinniburgh
(Committee
member)
Program Editor



Michael Shanahan
(AusDoCC vice-
president)
First Aid Officer



Jade Wright
(Committee
member)
Risk Management



Andrew Toplak
(AusDoCC IT)
Technology
Support

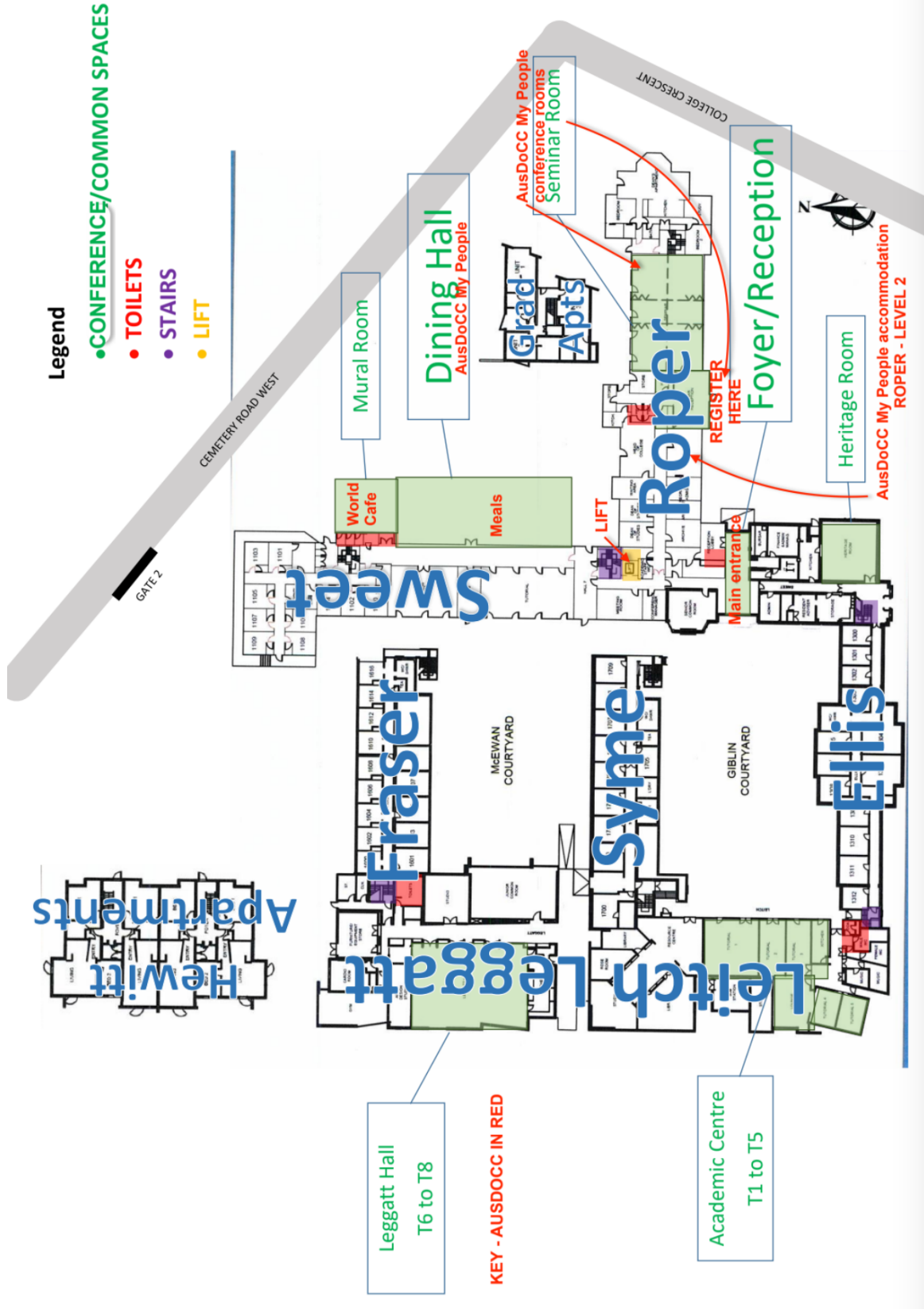


Natasha
Alexander
(AusDoCC
Relationships
Support advisor)



My People 2022 - The place where everyone belongs

College Map



Let the fun begin!

Thursday 24 th November		
TIME	SESSION	PRESENTER & LOCATION
2-4pm	ARRIVALS Check in Collect delegate bag Find your room	Abbie Kinniburgh Margaret Krutli Conner Coburn Michael Shanahan, Jade Write, Georgie Lamb Seminar reception
<p>When you arrive, a member of the AusDoCC My People crew will be around to help you with where to go. Come and get your name ticked off, get your delegate bag and be taken to your room. Free time until 5pm.</p>		
5pm	INTRODUCTION Welcome to My People Housekeeping from campus staff Speed chatting	Maree Maxfield The 'My People' crew Campus staff member Seminar room
<p>Welcome to the 'My People' Melbourne conference! Come and meet your fellow participants and get an introduction to the venue from campus staff and your 'My People' crew. Then participate in a fun, casual 'get to know each other' activity and get an introduction to the conference.</p>		
6:30pm	DINNER	On campus in the dining hall
<p>Free time for the rest of the night. Please stay on campus.</p>		
Friday 25 th November		
From 7:30am	BREAKFAST	On campus in the dining hall.
9am-10am	WELCOME FROM WASHINGTON Session is open to others	Linda Richards (and team) The 'My People' crew Seminar room
<p>A welcome and update from Professor Linda Richards. Linda is a professor of neuroscience at Washington University. Previously working at Queensland Brain Institute, she and her research team have been long time supports and friends of AusDoCC and adults with a CCD. She will Zoom in</p>		

from Washington to give us an update on her corpus callosum research and answer any questions people might have.

10am-11am	ALL THINGS NDIS	Kirsten Deane Tia Downey Seminar room
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Kirsten Deane is the deputy director of the Melbourne Disability Institute. She has been a long time advocate for the NDIS and people with a disability. She will talk about her past and present roles, give updates on the new path of the NDIS and answer any questions people might have. Tia Downey is an NDIS support coordinator who works with Ablelink in Melbourne. She will talk about her role as a support coordinator, how they can help people on the NDIS and answer any questions people might have.

11am-11:30am	MORNING TEA	On campus in the dining hall.
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11:30am-12:30pm	ELECTIVES.1 . 'Listen up' speaking to crowds- Michael . 'Bag it' art and craft- Maja . 'Watch it!' video creations- Maree and Sean . 'Mysteries and facts' of NDIS- Kirsten and Tia.	Michael Shanahan Maja Palacios Maree Maxfield and Sean Tia Downey and Kirsten Deane Seminar room and surrounding areas.
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You will choose a topic/activity you would like to join in. Participate in a small group discussion/workshop about that topic with a facilitator. Topics and activities include public speaking, art and craft, working on a video and NDIS.

12:30pm-1:30pm	LUNCH	On campus in the dining hall.
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1:30pm-2:30pm	EXERCISE PHYSIOLOGY	Grant Deutscher Seminar room
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Grant is an exercise physiologist from The Brain Train in Port Melbourne. He will do some light physical activities. He will then talk about exercise physiology and how it might help people with a CCD. He will have a casual discussion with the group and answer any questions people might have.

2:30pm-3:30pm	3 MINUTE SPEECHES Session is open to others	Adults with a CCD Seminar room
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Listen to some short speeches from other adults with a CCD about their life experiences.

3:30pm-4pm	AFTERNOON TEA	On campus in the dining hall
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4pm-4:30pm	RESILIENCE	Ebony Birch Hanger Seminar room
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Ebony is an autistic adult who has a diverse range of experience and knowledge. She has worked in many roles and areas. Ebony will talk about what she does and share some of her resources, which focus on developing and maintaining resilience.

Free time until dinner at 6pm. Please stay on campus.

6pm	DINNER	On campus in the dining hall.
7:30pm	NIGHT FUN Got a secret? Could you keep it?	The 'My People' crew Seminar room

A fun, easy guessing game revealing a fun fact about each participant.
Free time for the rest of the night. Please stay on campus.

SATURDAY 26TH NOVEMBER

From 7:30am	BREAKFAST	On campus in the dining hall.
9am-10am	FRIENDS, DATING AND RELATIONSHIPS	Natasha Alexander Seminar room

Natasha Alexander is a clinical psychologist and mental health practitioner. Her specific interest is around making and keeping safe and healthy relationships with others. Founder of Consentability in Brisbane, Natasha works with people who have intellectual and cognitive disabilities to discuss topics that can be confronting but very important. She does so in a very casual, gentle way. In her session with us, Natasha will talk about dealing with friendships, dating and relationships. She will have a casual discussion with us about what her work is about, share her experience in the area and answer any questions people might have.

10am-11am	ELECTIVES.2 . Chat with Natasha . 'Squiggly Brains' Art and craft with Maja . 'Who am I?' Personal profiles with Maree . 'My journey' journaling with Michael	Natasha Alexander Maja Palacios Maree Maxfield Michael Shanahan Seminar room and surrounding areas.
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You will choose a topic/activity you would like to join in. Participate in a small group discussion/workshop about that topic with a facilitator. Topics and activities include relationships and friendships, art and craft, working on a personal profile and journaling.

11am-11:30am	MORNING TEA	On campus in the dining hall.
11:30am-12:30pm	MENTAL HEALTH AND PSYCHIATRY	Mark Walterfang Seminar room

Mark Walterfang is a professor of neuropsychiatry. He has done research in CCD and other psychiatric conditions. He will come talk about neuropsychiatry in relation to CCD, what he knows about CCD and answer any questions people may have.

12:30pm-1:30pm	LUNCH	On campus in the dining hall.
1:30pm-4:30pm	WORLD CAFE	The 'My People' crew Mural room
<p>Includes afternoon tea Join fellow adults with a CCD in a casual café style setting to have some small group discussions answering 3 important questions. Free time until dinner at 6pm. Please stay on campus.</p>		
6pm	DINNER	On campus in the dining hall.
7:15pm	THE MIGHTY CHALLENGE	The 'My People' crew Seminar room
<p>A fun, casual night of trivia... and some other small activities. Free time for the rest of the night. Please stay on campus.</p>		
SUNDAY 27TH NOVEMBER		
From 7:30am	BREAKFAST	On campus in the dining hall.
TIMES TO LEAVE WILL BE CONFIRMED BY THE 'MY PEOPLE' CREW	MEET TO LEAVE FOR SOCIAL OUTING Melbourne Zoo Queen Victoria market and explore city Artvo Glow in the dark mini golf	The 'My People' crew Meet in dining room
<p>Chose an outing to go on with fellow participants for some casual, fun, social time. Options include Melbourne Zoo, Queen Victoria market and explore city, Artvo and glow in the dark mini golf. You can also choose to stay on campus for a picnic lunch and free time. All people on social outings must be back by 5pm in time for dinner PACKED LUNCH WILL BE PROVIDED TO TAKE OUT WITH YOU.</p>		
TIME WILL BE CONFIRMED	PICNIC LUNCH	Somewhere nice on campus. (depending on weather)
<p>For those who do not wish to go on a social outing off campus, there will be a picnic lunch outside at the venue.</p>		
6pm	DINNER	On campus in the dining hall

7pm	CLOSING ACTIVITY AND CONFERENCE WIND UP	Valanga Khoza Natasha Alexander Seminar room
<p><i>Valanga is a south African musician. He shares a connection to his country with others through music, dance and cultural stories. Join in some African music and singing, hear some stories from Valanga. After this, spend some time with Natasha and get prepared to leave 'My People' the next day.</i></p> <p>Free time for the rest of the night. Please stay on campus.</p>		
MONDAY 28TH NOVEMBER		
From 7:30am	BREAKFAST	On campus in the dining hall.
10am	CHECK OUT	University staff will advise
<p><i>Please be out of your room by 10am. Bags can be left at the office.</i></p>		
12pm-1pm	END OF 'MY PEOPLE' MELBOURNE CONFERENCE	
<p><i>Thank you all for coming! Have a safe trip home and see you next time we can get together.</i></p>		

NOTES

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 one another
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



The other half of the 'My People' conference last year in Brisbane (2021).

Thank you...

To all the people who helped put the 'My People' conference together.

To all who came to present and run a session.

To Jody Mehlhopt from 'Sensory Oasis for kids' for her donation of sensory products.

To the staff at University College for their hosting us and helping us run smoothly..