GREEN MOUNTAIN
SELF-ADVOCATES
VOICES & CHOICES
CONFERENCE
May 30-31, 2013
Burlington, VT
We Are ALL Vermont Strong
www.gmsavt.org
Vermont’s 15th Annual
Self-Advocacy Conference
## CONFERENCE AGENDA

### Thursday, May 30
- **Registration** 3:00 - 6:00 pm
- **Check-in to hotel**
- **Drumming, Art Project, Theater Workshop & more** 4:00 - 6:00 pm
- **Dinner, Performance & Cash Bar** 6:30 - 8:00 pm
- **Music & Dancing** 8:00 - 11:00 pm

### Friday, May 31
- **Registration and Continental Breakfast** 8:30 - 9:30 am
- **Opening and Keynote** 9:30 - 10:30 am
- **Workshop Session 1** 10:45 - 12:00 am
- **Lunch & Awards Performance** 12:00 - 1:30 pm
- **Workshop Session 2** 1:45 - 3:00 pm
- **Closing** 3:00 pm

## CONFERENCE HIGHLIGHTS

### LOCATION
Sheraton Burlington Hotel and Conference Center
870 Williston Road · Burlington, VT
Phone: (802) 865-6600

### Directions
Take Interstate 89 to Exit 14W. The hotel will be just off the exit.

### Open Mike
Star in a video for the GMSA YouTube Channel. Tell us how self-advocacy makes a difference in your life.

### Get Your Souvenirs Here!
Don’t forget to bring extra spending money so you can buy your conference T-shirts, hats, bags & more!

### Awards Ceremony
Come and celebrate as we honor outstanding self-advocates and our allies.

### Entertainment
Thursday: Dance! Dance! Dance! The DJ from Peak Entertainment is back again by popular demand.

### Exhibit
"Living Connections: Voices and Visions from Shared Lives" The exhibit is photographed by Mary Claire Carroll, and written by Deborah Lisi-Baker.
REGISTRATION FORM

This conference is for people with developmental disabilities and their supporters. Every person who attends *(including a support person)* must register and pay.

Name: ______________________________________________________________
Address: _____________________________________________________________
Town: ____________________________________ State: _______ Zip: __________
Your Telephone Number ________________________________________________
Your E-mail Address ___________________________________________________

THE ONLY WAY YOU CAN REGISTER IS TO FILL OUT THIS FORM AND SEND IT IN WITH A CHECK. We will not accept registrations faxed or over the phone.

ACCOMMODATIONS: Tell us what accommodations you need by 4/30/13

☐ Sign Language Interpreter ☐ Braille or Large Print
☐ Vegetarian Meals ☐ Diabetic Diet ☐ Gluten Free

CONFERENCE REGISTRATION OPTIONS: *CIRCLE ONLY ONE!*

<table>
<thead>
<tr>
<th>PLAN</th>
<th>DESCRIPTION</th>
<th>Early Registration</th>
<th>Late Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>FULL CONFERENCE&lt;br&gt; All events and meals on Thursday &amp; Friday&lt;br&gt; <em>(does not include hotel)</em></td>
<td>$120&lt;br&gt;If payment received BY May 12</td>
<td>$140&lt;br&gt;If payment received After May 12</td>
</tr>
<tr>
<td>B</td>
<td>MAY 31ST - FRIDAY ONLY&lt;br&gt; Friday events and meals.</td>
<td>$65&lt;br&gt;If payment received BY May 12</td>
<td>$85&lt;br&gt;If payment received After May 12</td>
</tr>
</tbody>
</table>

CONFERENCE HOTLINE
If you have questions call us at: (800) 564-9990 or email us at: info@gmsavt.org

Make checks payable to “ARIS” and include payment with this form. (Do not send to ARIS.)

Mail to: GMSA
2 Prospect Street, Suite 6
Montpelier, VT 05602
HOTEL REGISTRATION

The cost for a hotel room is $120 for Thursday night. Rooms have 1 bed or 2 beds or 1 bed and a couch with sleeper bed. If you are going to share a room, **YOU MUST FIND YOUR OWN ROOMMATES** and write their names on this form. Please remember that support staff must also pay and register.

HOTEL REGISTRATION OPTIONS: **CIRCLE ONLY ONE!**

<table>
<thead>
<tr>
<th>Plan</th>
<th>How many people will be in your room?</th>
<th>Who will be staying in the room?</th>
<th>You Pay</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 person in a room</td>
<td>Just me, I am staying alone</td>
<td>$120</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Your name: _____________________</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>2 people in a room</td>
<td>Your name: _____________________</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>each person pays $60</td>
<td>Roommate:</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>3 people in a room</td>
<td>Your name: _____________________</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>each person pays $40</td>
<td>Roommate 1:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roommate 2:</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>4 people in a room</td>
<td>Your name: _____________________</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>each person pays $30</td>
<td>Roommate 1:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roommate 2:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roommate 3:</td>
<td></td>
</tr>
</tbody>
</table>

Hotel reservations will be accepted on a first-come, first-served basis, so hurry and get your form and check in! Once the Sheraton is sold out, you will have to make your own hotel arrangements at another hotel.

☐ Need a room with 2 beds (only 100—once those are gone you will get a room with 1 bed and a couch with a sleeper bed if available)

☐ Need a wheelchair accessible room (only a few)

☐ Need a room located **near** another guest (name of guest): ______________________

☐ Need a cot placed in this room (only a few). **Add extra charge of $25 per cot.**

Make checks payable to “ARIS” and include payment with this form. **Send to:** GMSA, 2 Prospect Street, Suite 6, Montpelier, VT 05602

My conference fee is: (Plan A or B) $_____

My hotel fee is: (Plan 1, 2, 3 or 4) $_____

**Total Amount Due and Enclosed:** $_____
This conference is for **ALL** people with developmental disabilities and their friends, families, teachers, providers and allies. We want to share our enthusiasm for encouraging youth and adults with disabilities to speak up for themselves. As always, we will have 20+ different workshops about our experiences with self-advocacy.

**Here’s a partial list of workshops** under consideration. You do not need to sign up for workshops now. You will pick your workshops at the conference.

- Sister Act: Siblings in the Self Advocacy Movement
- Getting Your Own Apartment
- Social Media Safety
- There’s An App for That! Apps That Boost Your Independence!
- Speak Up
- Look Through Our Eyes
- Date Like A Pro
- I Have A Right To Communicate
- Love and Marriage
- African Dance and Drumming
- Theater Workshop
- Art

This conference is hosted by **Green Mountain Self-Advocates**
Self-advocacy is...

- speaking up for yourself and others
- getting to know yourself, being proud and feeling good
- getting to know the people around you, making friends
- realizing you are not alone, that there are other people just like you
- learning new things, solving problems, making your case, negotiating for what you want
- making your own decisions and knowing your responsibilities
- thinking of all the other civil rights movements and preserving your rights
- being part of your community

Self-advocacy is teamwork...

- listening to people’s ideas and respecting their opinions
- NOT judging people because of the way they look or speak
- meeting politicians and telling them like it is
- spreading the word and getting others involved in self-advocacy, especially teens.
- helping others become leaders. Feel the Power!