8:00 - 8:30 AM ET

Opening Plenary

Debbie Revels, Executive Director, Down Syndrome Association of Jacksonville
Kandi Pickard, President & CEO, National Down Syndrome Society
Tiffany Barfield, Board Chair, National Down Syndrome Society

8:45 – 9:45 AM ET

Mark Oliver, Specially Fit Foundation

Join Mark Oliver as he starts off the day by making fitness a fun! This comforting environment is built for all individuals and aims to foster connection. “Individuals with developmental disabilities deserve the opportunity to thrive in environments that can meet their social, physical, and emotional needs.”

9:50 – 10:50 AM ET

Ask the Expert about Emotional Well-Being

Anna Esbensen, PhD, Clinical psychologist

This session will be interactive and will accept questions submitted in advance. Common questions will be address on topics such as mental health, emotional wellness, grief and aging.

10:55 – 11:55 AM ET

What Are Your Dreams and How Do You Make a Plan To Reach Them? Going Beyond Just Living to Thriving With a Dream Future.

Sarah Sullivan, Director of Life Path Planning and Management, The ARC Jacksonville

As a self-advocate, your platform for communicating your needs—and getting them met—is larger than ever. But, have you thought about where you want to be in 10 years, 20 years, or in retirement? Going beyond how you can afford to live--explore where you live, how you want to live and how you need to plan now to reach those dreams. Start the conversation, put your thoughts to a plan and put the plan to action.
1:30 – 2:30 PM ET

**Going Beyond Just Living to Thriving With a Dream Future.**

**Dr. Beth Marks,** Co-Director of the HealthMatters Program in the Department of Disability and Human Development, University of Illinois at Chicago, Principal Investigator of the CDC’s Healthy Brain Initiative for People with Intellectual and Developmental Disabilities (IDD), and Past President, National Organization of Nurses with Disabilities

**Jasmina Sisirak,** PhD, MPH is Co-Director of the HealthMatters Program in the Department of Disability and Human Development at University of Illinois at Chicago (UIC) and Co-Investigator of the CDC’s Healthy Brain Initiative for People with Intellectual and Developmental Disabilities (IDD)

How are self-advocates creating new options for person-centered healthcare in brain health initiatives across the lifespan? Expectations are changing as people age in terms of living meaningful and purposeful lives where they live, learn, work, play, and pray. This presentation will discuss ways in which people with intellectual and developmental disabilities are addressing the following negative social determinants of health (SDOH): 1) healthcare access and health promotive opportunities; 2) social circumstances – income, education, employment, support; and, 3) environmental issues – inclusive and accessible health promoting communities.

2:45 – 3:45 PM ET

**Authentic and Successful Aging: How to Make Aging All About You!**

**Ley Linder,** BCBA, MA, M.Ed., Executive Director @ Crescent Behavioral Health Services

Authentic and successful aging should be a goal for every person, but how do we personalize our aging experience? This self-advocacy-focused session will discuss areas promoting successful aging (e.g., physical, cognitive, and social health), as well as means of defining and enacting plans for personalized and authentic aging.