

Facing the Future

THE 2023 SFASA-STANFORD ADULT AUTISM/DD CONFERENCE

Saturday, October 14, 2023 • LKS Center, Stanford



Art by Ariel Baez, Evan Tavera, Shane Tarkington

Agenda

Session Descriptions – *please note the schedule is subject to change*

LK 101/102 (first floor)

9am **David Traver, MD**

Addressing Medical and Health-Related Issues in Adults with Autism

Adults with autism may suffer from both basic and specialized health conditions, including gastrointestinal, nutritional, biochemical, metabolic and immune issues. Not all practitioners may be aware of these issues. This session will help parents and caregivers of those who may not otherwise be able to communicate their health needs.

<https://www.dptmd.com>

10am **Inge Henderson, SLP, The Speech Tree**

Tips and Tools for Oral Care, at Home and in the Chair

Oral care for people with autism/DD can be a challenge. A special approach and alternative tools can improve collaboration of all parties involved. Parents, caregivers and professionals can work together to support sensory regulation, communication and information processing as well as establishing effective routines for better oral health.

<https://www.speechtree.net>

11am **Janani Venugopalakrishnan, MD, Stanford Medical Center**

Case Examples of Neuropsychiatric Presentations in ASD: What Parents Need to Watch For

And introduction and discussion, using case examples, of varying neuropsychiatric presentations in autism including overlap with several neurological disorders.

1pm **John Hegarty, PhD and Thuc-Quyen Nguyen, MD, Stanford Medical Center**

Research Updates on the Use of Transcranial Magnetic Stimulation (TMS) and N-Acetylcysteine (NAC) for Targeting Core Symptoms and Co-occurring Conditions in ASD

An update on the research for uses of TMS and NAC in autism spectrum disorders including active research studies.

2pm **Anna Wang, Friends of Children with Special Needs**

Creating Special Needs Housing with a Family Partnership LLC

In 2006, Peralta Dream LLC embarked on a groundbreaking journey by becoming the first to successfully implement the Family Partnership LLC in creating housing for individuals with special needs. For the past 17 years, this visionary endeavor has not only delivered happiness to our loved ones but also provided peace of mind to their families. Now in 2023, how has this model evolved? Come explore the possibilities with us.

<https://www.fcsn1996.org>

3pm **Susan Riggle**, Living Unlimited

The Ultimate DIY: Creating Housing and Community for Our Disabled Children

What do you do when you want something done? You do it yourself. Our presentation describes how some parents taking the reins and creating housing and community for their children who are unable to live independently. We describe our history, our housing concepts, what we've learned along the way, how we've adapted, how we are to expand this opportunity and what the future holds.

<https://www.living-unlimited.org>

LK 120 (first floor)

9am, repeats at 10am **Stephen Dale**, Attorney

A Person-Centered Approach to Special Needs Trusts

How the special needs trust (SNT) can give beneficiaries a voice through use of tools such as advisory committee distribution plans and trust protectors. Supported decisionmaking will also be addressed.

<https://dalelawfirm.com>

11am, repeats at 1pm **Lorna Drope**, Attorney

Protecting Loved Ones with Disabilities through Conservatorship, Supported Decisionmaking and Other Alternatives

Discussion will cover the types of conservatorships in California, the process for establishing a conservatorship alternatives to conservatorship, including supported decisionmaking; the benefits of conservatorship and how to determine if it is appropriate for your loved one.

<https://SpecialNeedsLawGroup.com>

2pm, repeats at 3pm **Sarah Fairchild**, Parent; **Fran Goodwin**, Parent; **Doug Pascover**, Imagine Supported Living Services; **Joe Shimpfky and Raul Rekow, Jr.**, Santa Cruz SLS

Supported Living Services (SLS): An Insider's Guide

SLS consists of a range of services for adults with developmental disabilities who, through the Individual Program (IPP) process, choose to live in homes or apartments they themselves own, rent or lease in the community. SLS designed to foster individuals' relationships, full membership in the community, and an opportunity to work toward a range of personal goals. Discussion will include experiences of individuals who have supported adults in transition to SLS, and the personal and practical challenges associated with expanding the circle of support providers for an individual's life outside the home.

LK 130 (first floor)

9am **Mark Jackson**, Consultant

Regional Center Services: Understanding the New California Vendor Rate Model

California has a long history of muddled rate structures for service providers. In March 2022, the state legislature a new rate model to set reimbursement levels for service vendors based on a 3-year study by Burns and Assoc (2019). The presentation will focus on: (1) an overview of the DDS funding mechanism, (2) IPP importance, (3) setting process, (4) detailed examples of how rates are set for some main DDS services such as residential living supports and day programs, (5) ongoing issues for advocacy and (6) how families can support vendors in maximizing funding for services. Mark is a co-founder of Sweetwater Spectrum in Sonoma.

10am, repeats at 11am **Alex Gillaspie**, NeuroNav

Live the Life You Want: Demystifying the California Self-Determination Program (SDP)

Are you curious about how to take control of your life and choices when it comes to your support services? We demystify essential steps required to enter the SDP, followed by Q&A. We're here to provide clarity and guidance you learn how to live the life you want through the Self-Determination Program.

<https://neuronav.org/>

1pm **Evan Gilliland**, San Andreas Regional Center

Self-Determination and SARC - An Introduction

The Self-Determination Program is an alternative way for the Regional Center to pay for services that are chosen individual and may be a good option for individuals who would like more flexibility regarding the services they are or who may want a different experience than those offered via traditional SARC services. In SDP, the participant has more control over how their allocated money is spent at the cost of additional responsibility for the individual and support systems. The participant may use agencies that are vendors of the RC, as well as agencies or persons who are not RC vendors. The flexibility of choosing services offers more opportunity for the individual to live their life as they determine.

<https://www.sanandreasregional.org/clients/self-determination-program/>

2pm **Valerie Montague**, Attorney

Self Determination Program Pros and Cons

Valerie is an attorney-advocate, Independent Facilitator and parent. She navigated the system which lead to her son being the first GGRC consumer to successfully switch from the traditional model to Self-Determination. Valerie will discuss fantastic opportunities and major pitfalls they experienced firsthand. She will help you understand the underlying stakeholders and pieces of this developing puzzle so your family member can live a self-determined life.

3pm **Myra Galt**, Galt Advocacy

California State Benefits and Resources for Developmentally Disabled Adults

Do you want to maximize the public benefits to which your disabled child is entitled? This is the session for you. And overview of benefits and resources available for developmentally disabled adults with a focus on Regional Center, SSI and transitioning to adulthood.

<https://www.galtadvocacy.com/>

LK 203/204 (second floor)

9am, repeats at 10am **Sharmean Heffernan and Felicia Lehner**, Life Services Alternatives

Creating New Homes for Adults with Intellectual and Developmental Disabilities

LSA is a provider of licensed group homes for adults with various levels of I/DD. This presentation will share LSA's business model, the different levels of licensed residential homes for I/DD, staffing issues, and what it takes to open a home.

<https://www.lshomes.org/>

11am, repeats at 1pm **Jennifer Wagstaff Hinton and Leslie Nordin**, The Big Wave Housing Project

The Big Wave Housing Project — How a Group of Determined Parents Developed an Innovative Model to Housing and Community for Adults with ID/D

Big Wave was started 20 years ago by parents worried about their children's future. As they watched their kids' Special Olympics basketball team play, they noticed how each member of the team benefited - and thrived - from their interactions and how athletes of different abilities pitched in to help others on the team. This sense of inclusion and community led to the formation of Big Wave Group, a nonprofit dedicated to building lifelong housing and a place to belong for adults with I/DD. Its mission is to enable social interaction, community engagement and personal development based on individual needs. The parent group has spent years working to make the Big Wave project a reality for 40 future residents in beautiful Half Moon Bay.

<https://www.bigwaveproject.org>

2pm, repeats at 3pm **Monica & Jerry Montgomery**, Golden State Residential Adult Program

All About the Family Home Agency

Golden State Residential Adult Program (GSRAP) is a Family Home Agency (FHA). An FHA is an alternative residential option for Regional Center adults ages 18+. GSRAP matches individuals with a trained family in the community. Some liken it to foster care, but the consumers live with a family and are recognized as full adults, receiving as much support and or privacy as desired. The FHA has a maximum of two consumers per home, each with a private bedroom. In addition to three daily meals and snacks, the home provides ancillary supports including assistance with medications, setting up and attending health appointments, and advocacy for consumers. Consumers can be part of a family and also appreciate independence as adults.

<https://gsrap.org>

LK 205/206 (second floor)

9am, repeats at 10am **Dennise Jauregui**, Housing Choices

Options for Living Outside the Family Home (focus on ILS/SLS models)

Housing Choices will provide an overview on independent living options outside the family home with either Independent Living Services (ILS) or Supported Living Services (SLS) support. You will learn what those options are, what you need to know to get started and how you can prepare for the process as it can take several years to get into an affordable place, in a desirable location with proper support in place.

<https://www.housingchoices.org/>

11am, repeats at 1pm **Heidi Cartan & Philippe Habib**, Coastal Haven and Common Roots Farm

Seven Years In: Santa Cruz's Coastal Haven Pocket Neighborhood and Common Roots Farm Today

Seven years ago, parents came together to create an inclusive residential community and adjacent farm near downtown Santa Cruz. Residents have now moved into their pocket neighborhood for 20 adults with I/DD plus support, and the farm is up and running. The community integrates UCSC students as well as two families onsite. Learn key lessons and what to expect from an equity-based option for addressing the problem of when parents can no longer be primary carers. Heidi will also speak about Common Roots Farm where people with and without disabilities frequent the farm 5 days/week to enjoy a non-traditional approach to purposeful work, social and vocational opportunities on our 4-acre farm campus.

<https://coastalhavenfamiliesllc.com/>

2pm, repeats at 3pm **Raymond Magpantay**, Bay Area Housing Corp

What Happens to Your House After You Are Gone? The BAHC Legacy Home Program

You own a home, and you would like your disabled child to be able to continue living there after you pass away. But how might you make that work? Who will manage the home? A Legacy Home Program is a way for you to donate your home to a nonprofit for the benefit of the lifespan residential needs of your child and also fulfill your altruistic intention of sharing the home with others with I/DD and create a sense of community. This presentation explains how the new Legacy Home Program, operated by one of the Bay Area's largest I/DD housing nonprofits, works in providing a safe, secured and affordable living environment for individuals with I/DD and continue live a purposeful and meaningful life.

<https://bahc1.org>

LK208 (second floor)

9am, repeats at 10am **Denise Bradley**, Harambee Consulting

Programs for Clients with Multiple and Complex Challenges

Denise has managed or originated several programs serving adults with autism and challenging behaviors. She will review old and new program possibilities for these individuals who need flexible programming.

denise@harambeekc.org

11am **David Traver**, MD

Addressing Medical and Health-Related Issues in Adults with Autism

See above

1pm **Dylan Alto**, CA START

The START Model

The SARC START program, with its sister program associated with the GGRC The training will be a partial overview of the START model and a training on a related concept, such as positive psychology, de-escalation strategies, executive functioning, etc.

<https://www.yai.org>

2pm **Donna Feingold**, HireAble

The Value of Work and Understanding How Earnings Impact Your Benefits

Employment is an important and rewarding part of most people's lives, including people with disabilities. However, the Social Security system is complex and can be hard to navigate. Also, the fear of losing public benefits is real. In this presentation, you will gain a greater understanding of how the Social Security system works and learn how to manage disability-related benefits such as SSI and SSDI while working; and how to utilize work incentives to minimize the impact earnings will have on your benefits. You will also learn where to get help, and what tools and resources are available to you. <https://www.hireable.org>

3pm **Trudy Grable**

What Does it Mean to Be 'Person-centered'?

Now a federal mandate, person-centered planning is a focused approach to delivering services focusing on the individual. This can be a conceptual change for service providers and individuals needing support, away from a system, and service focus that often constrains our actions. Person-centered thinking is about the person being at the center of thinking, actions, and planning, and the support they need to achieve a life where services are focused on their vision and dreams of what should be in their lives. Being person-centered includes understanding the person's gifts, talents, abilities, preferences, resources, and priorities.

<https://www.personcenteredplans.org>

LK209 (second floor)

9am **Jason Matthews**, Matthews Financial and Insurance Solutions

First Things First Financial Planning

Financial strategies to help our children with special needs to live out their dreams — whether we are here or not for them. What are potential pitfalls in financial planning and what are the options you should consider?

<https://www.mfis.biz>

10am, repeats at 11am **Ken Prodger**, Special Needs Planning Group

Special Needs Financial Planning - It's a Lot More than Just a Trust!

A parent-focused presentation on how to navigate the complex realities of special needs financial planning. We focus on the issues that must be addressed, what they can do now and how to prepare for the future - including when they are gone.

<https://www.snpg.org>

1pm **Kyle Daniels**, Stonebridge Financial

Financial Planning for the Special Needs Community

Important considerations and planning topics to be aware of and consider when planning for a loved one with disabilities.

<https://www.stonebridgefinancialgrp.com/>

2pm **Jeanette Martinez**, Attorney, Special Needs Law Group

SPANISH LANGUAGE – Protecting Loved Ones with Disabilities through Conservatorship, Supported Decisionmaking and Other Alternatives – Tutela y alternativas

Discussion will cover the types of conservatorships in California, the process for establishing a conservatorship, and the alternatives to conservatorship, including supported decisionmaking; the benefits of conservatorship and how to determine if it is appropriate for your loved one.

<https://SpecialNeedsLawGroup.com>

3pm **Alicia Mesa**, Parent, with **Valerie Montague**, Attorney

SPANISH LANGUAGE – Self-Determination Program Discussion Group (Spanish language) – el Programa de Autodeterminación

An introduction to the regional center Self-Determination Program with Q&A with a parent and experts.

Conference Speakers (LKS Center classrooms)

Stephen Dale, attorney - Protection for a special needs trust, and the challenges of supported decisionmaking

Lorna Drope, attorney - Protecting loved ones with disabilities through conservatorship, supported decision making and other alternatives

Jeanette Martinez, attorney - Protecting loved ones with disabilities through conservatorship, supported decision making and other alternatives (Spanish)

Sarah Fairchild, parent, **Doug Pascover**, Imagine Supported Living Services; **Joe Shimpfky**, Santa Cruz Supported Living Services; **Raul Rekow, Jr.**, Santa Cruz Supported Living Services -Supported living services: an insider's guide

Myra Galt, Galt Advocacy- California state benefits and resources for developmentally disabled adults

Mark Jackson - Regional center services: Understanding the new CA vendor rate model

Evan Gilliland, SARC - Self Determination and SARC - An Introduction

Dora Alston, NeuroNav - Live the life you want: Demystifying the California Self-Determination Program

Valerie Montague, attorney - Self Determination pros and cons

Spanish language group on Self-Determination Program

Dana Hooper, Life Services Alternatives - Creating new homes for I/DD

Monica & Jerry Montgomery, Golden State Residential Adult Program - All about the Family Home Agency

Jennifer Wagstaffe Hinton, Big Wave - Building the Big Wave intentional community in Half Moon Bay

Raymond Magpantay, Bay Area Housing Corp - BAHC Legacy Home program

Dennise Jauregui, Housing Choices - Options for living outside the family home

Susan Riggle, Living Unlimited- The ultimate DIY, creating housing and community for our disabled children

Heidi Cartan & Philippe Habib - Seven years in: Coastal Haven's pocket neighborhood and Common Roots Farm today

Anna Wang, FCSN - Creating housing with a family partnership LLC

Denise Bradley, Harambee Consulting - Programs for clients with multiple and complex challenges

Dylan Alto, YAI Start - START Model

Trudy Grable - What does it mean to be 'person-centered'?

Jason Matthews, financial planner - First things first financial planning

Ken Prodger, financial planner - Special needs financial planning - It's a lot more than just a trust!

Kyle Daniels, Stonebridge Financial Group - Financial planning for the special needs community

Donna Feingold - The value of work and understanding how earnings impact benefits

David Traver, MD - Addressing medical and health related issues in adults with autism

Inge Henderson, speech pathologist - Tips and tools for oral care, at home and in the dental chair

John Hegarty, PhD and Thuc-Quyen Nguyen, MD, Stanford - Research update on NAC and TMS in ASD

Janani Venugopalakrishnan, MD, Stanford - Neuropsychiatric presentations in Autism Spectrum Disorders