



# FAMILY MEMBER'S GUIDE TO CONFERENCE

## Why should a caregiver or family member attend the conference?

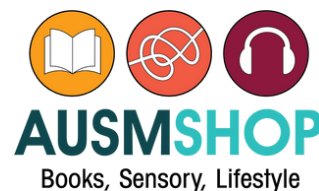
The Minnesota Autism Conference presents opportunities to connect with other caregivers, meet adults on the spectrum, find new resources, and get revitalized! You'll come away with new strategies, new resources, and a community of people who understand.

## Navigating Conference

To help you make the most of your conference experience, this guide includes recommendations for family members. Be sure you visit the AuSM Shop, a place where you can pick up reading materials on everything from the humor in autism to sexuality. Discover additional resources in the exhibit hall. You'll also be able to connect with other caregivers as well as educators, adults on the spectrum, and professionals if you join us for lunch on Thursday and Friday. Below is a guide to some suggested sessions.

## AuSM Shop

To help you keep growing throughout the year, we've stocked our AuSM Shop with hand-selected titles to address all ages and concerns, from behaviors to sensory issues to relationships. If you're looking for help with a particular topic, visit the AuSM Shop and we will help you find the right resource. We'll also have tons of fidgets ready for all needs.



## Wednesday, April 17, 12:30-4:30 p.m. Foundational Conference Workshop

### Conference Keynote Presentations

- ☐ Thursday, April 18, 8-9:30 a.m.  
You're Going to Love This Kid presented by Dr. Paula Kluth
- ☐ Thursday, April 18, 1:15-2:45 p.m.  
The Future of Autistic Self-Advocacy presented by Dr. Devon Price
- ☐ Friday, April 19, 8-9:30 a.m.  
Beyond Words: Exploring Autistic Multimodal Communication presented by Joyner Emerick

### Conference Breakout Sessions

#### Thursday, April 18

##### 10-11 a.m.

- ☐ How to Write a Neurodiversity-Affirming IEP presented by Maren Christenson Hofer, Joyner Emerick, and Ryan Haenze
- ☐ Trauma in Autistic Children and Young Adults presented by Beth Pitchford, Barb Luskin, and Sara Lahti
- ☐ Estate Planning For Families with Special Needs presented by Jason Schellack

##### 11:15 a.m.-12:15 p.m.

- ☐ Social Security Disability: What You Need to Know presented by Tanya Heitzinger and Sarah Dicks
- ☐ The Roots of Behavior: A Neurodiversity-Affirming Perspective presented by Elizabeth Duffy and Michelle Pettit
- ☐ Supporting LGBTQ+ Youth: Tools for Parents and Other Adults presented by Cat Hammond

## Conference Breakout Sessions (cont.)

**Thursday, April 18**

**3:15-4:15 p.m.**

- ☐ Taking a Person Centered Approach to ADLs presented by Nicole Ogren and Jake Archbold
- ☐ What's Behind the Mask: An Exploration of Masking, Burnout, and the Autistic Experience presented by Santanna Ficken and Sophie Tomskey

**Friday, April 19**

**10-11 a.m.**

- ☐ The Art of Coregulation: Strategies to Regulate Emotions from Neurodivergent Perspectives presented by Tiffany Schroeer, Chelsey Hendrickx, and Revel Weber
- ☐ Centering Joy: Lessons Learned from a Family Camp for Autistic Children in the Somali and Oromo Communities presented by Rufo Jiru, Delia Samuel, and Fatima Molas
- ☐ Accessible Healthcare presented by Dr. Rebecca Vaurio

**11:15 a.m.-12:15 p.m.**

- ☐ Let's Talk About 'It': Building Comfort Around Sexuality and Development presented by Elissa Marble and Alyssa Perau
- ☐ Bridging Silos presented by Sara Swan
- ☐ Autistic Mental Health: Preventing and Responding to Crisis presented by Amelia Maciejewski

**1:15-2:15 p.m.**

- ☐ "Subtle but Significant" Autism presented by Dr. Megan Helmen
- ☐ Beyond To-Do Lists: Executive Function from an Affirming Perspective presented by Elizabeth Duffy and Santanna Ficken

**2:30-3:30 p.m.**

- ☐ Gifted and Autistic: Unique Strengths, Challenges, and Therapeutic Considerations presented by Jaime Ascencio
- ☐ Research on Autism, Driven by Autistic Researchers (RADAR) presented by Isabelle Morris, Freya Roherty, and Jesica Sykes
- ☐ Sleep Well: Tips and Tricks for Effortless Sleep presented by Jeremy Goldberg

### WHAT'S NEXT

Stay involved with AuSM! Over the summer we have dozens of social and recreation opportunities that will let your loved one tap in to a special interest, make new friends, and engage with the community. Check out our upcoming AuSM Workshops, including 1.5 hour options or half day sessions. We invite you to join us at this year's Steps for Autism on May 19 at the ROC at the St. Louis Park Rec Center. Come together with your community for activities, a festival atmosphere, resources and more! Finally, consider visiting our Caregiver Support Group, a free place to develop and build meaningful relationships with this community.

To stay in the know, make sure you visit [www.ausm.org](http://www.ausm.org) to sign up for our twice monthly e-newsletter, AuSM Connections. You can find the sign up at the bottom of any page on AuSM's website.