

Old Dominion University/Joann Ervin  
Virginia Assistive Technology System SE  
Your Power, Your Choice 2009  
Hampton Blvd., Education Bldg  
Norfolk, Virginia 23529

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**Sponsored by:**

Eggleston Services  
Independence Center/VA ADA Coalition  
Insight Enterprises, Inc Peninsula Center for Independent Living  
Norfolk Community Services Board  
Norfolk State University  
Old Dominion University  
Virginia Assistive Technology System Southeast/ODU

*“Your Power, Your Choice 2009”  
Conference*

Webb Center  
Old Dominion University  
Norfolk, VA  
March 13, 2009

“A conference on disability related issues to help people make informed choices for an independent and productive life.”

This year’s emphasis is on:

**Avoiding Scams, Fraud, and Identity Theft**

**Who should attend:**

Consumers, caregivers, educators, or anyone who is interested in finding out more about community resources available to people with disabilities.

**Keynote Speaker:**

**Ben C. Garrett, III**

**Virginia Department on Aging**

- The conference web site is:  
[www.lions.odu.edu/org/vats/conference.htm](http://www.lions.odu.edu/org/vats/conference.htm)

**Workshops of interest:**

- Special Needs and Disasters: How Can We Prepare?
- Assistive Technology Reuse in Virginia (Recycling of AT)
- Would YOU Know How to Help...?
- My Life, My Choices: Life Planning As An Alternative to Guardianship

Need additional Information about the conference?

Contact  
Joann Ervin  
[Jervin@odu.edu](mailto:Jervin@odu.edu)  
757-683-3639

## **Directions to ODU Parking Garage and Webb Center**

### **Directions from the North:**

- Pick-up I-64 east to Norfolk
- Drive through the Hampton Roads Tunnel
- Approximately 6 miles after leaving the tunnel, you will see a sign saying "TO TERMINAL BLVD, TO ODU/NEXT RIGHT"
- As you bear right there will be another sign saying "I-564/TO TERMINAL BLVD/ TO NAVAL BASE"
- Follow Terminal Blvd until you reach Hampton Blvd. (3rd traffic light)
- Turn left onto Hampton Blvd.
- Drive down Hampton Blvd. To 43rd street (9th traffic light)
- Turn right on 43rd Street
- The parking garage will be on your right about 1/4mile down 43rd Street.
- Webb Center is located off Elkhorn and 49<sup>th</sup> Street

### **Directions from the South:**

- Take I-85 north or I-95 north to Route 58 east.
- Follow Route 58 east through the Midtown Tunnel in Portsmouth
- Bear left out of the tunnel onto Hampton Blvd
- Follow Hampton Blvd. To 43rd Street (4 traffic lights, about 3 miles)
- Turn left onto 43rd Street, the entrance to the University
- The parking garage will be on your right about 1/4 mile down 43rd Street.
- Webb Center is located off Elkhorn and 49<sup>th</sup> Street

**DO NOT park in reserved parking spaces!!!**

**Attendees are responsible for their own transportation.  
The date for the conference is during ODU's spring break so parking  
should not be a problem.**

# “YOUR POWER, YOUR CHOICE 2009”

March 13, 2009

## Registration

Webb Center  
Old Dominion University

|   |                 |                        |
|---|-----------------|------------------------|
| Name _____  |                 |                        |
| Name for Nametag _____  | Job Title _____ |                        |
| Address _____   |                 |                        |
| City _____  | State _____     | Zip _____              |
| Phone _____   | FAX _____       | E-mail _____           |
| Large Print _____   |                 | Interpreter/CART _____ |
| Special Needs__ (Accommodations)_Braille Grade 1 or 2 _____   | Other _____     |                        |
| Those requested after <b>February 9, 2009</b> cannot be guaranteed  |                 |                        |
| <input type="checkbox"/> If handicapped parking is <u>required</u> , please <input type="checkbox"/> this line and additional parking directions will be sent to you. |                 |                        |

### Conference Registrations

Registration fee includes: registration, lunch, and resource information.

**Pre-registration** (through 2/09/2009) **\$25** \$ \_\_\_\_\_  
Pre-registrations must be postmarked by *February 9, 2009*.

**Registration** (from 2/10– 3/06/2009) **\$30** \$ \_\_\_\_\_  
*Pre-registrations must be pre-paid.*

**On Site Registration** **\$40** \$ \_\_\_\_\_

*A limited number of scholarships are available*

**Call 683-3639 for application.**

Registrations must be made with a check or money order - made out to:

Old Dominion University Research Foundation

Send registration form and payment to:

**Old Dominion University/Joann Ervin  
Virginia Assistive Technology System SE  
Your Power, Your Choice 2009  
Hampton Blvd Education Building  
Norfolk, Virginia 23529**

### Cancellations

The following rules apply to individuals who have registered for the *Your Power, Your Choice Conference* and wish to cancel their registrations. **All cancellations must be in writing.** A cancellation received by March 4, 2009 will receive a full refund. Cancellations received after March 4, 2009, as well as conference no-shows, will be responsible for the full registration fee.

On the back of this page, be sure to select 1 workshop for the AM session. PM session is a general session open to everyone.

# Workshops and Presentations

Put an "X" next to the workshop you plan to attend in the morning.  
The afternoon workshop is a general session for everyone.

**8:00AM — 9:00AM — Registration**

**9:15 — Welcome and Introductions**

**9:30AM — 10:30AM Keynote :**

**Ben C. Garrett**

Virginia Department on Aging

*Avoid Scams, Fraud, and Identity Theft*

**10:30AM -10:50AM – Who are the vendors?**

**11:00AM - 12:00noon**

**CHOOSE ONE:**

**( ) AT Reuse in Virginia –**

Reusing assistive technology is essential to improving the independence and quality of life experienced by Virginians with disabilities. This presentation will provide participants insight into AT reuse efforts in Tidewater, Virginia and nationally. Participants will become aware of the local and regional resources for gifting and receiving reused AT.

**( ) Special Needs and Disasters:  
How Can We Prepare? –**

The significance of emergency preparedness for those with medical, functional or social needs will be addressed, and a briefing on Hampton Roads' goals to meet these needs as well as ideas on how we all can help as a community will be given. The National Weather Service will also be part of this presentation.

**( ) Would YOU Know How to Help..?**

**\*\*Please note:** This IS NOT a certification class!!  
It is designed to be informational ONLY!

We are all ABLE to HELP!! Get information about giving first aid; how to help someone who is hurt or sick; and what to do if you are the only one around to help.

**12:00 Noon -- 1:15PM**

Lunch will be in Webb Center, Cost included in registration fee.

**1:30PM — 3:00PM General session**

**My Life, My Choices: Life Planning  
as an Alternative to Guardianship –**

We value the right to make our own decisions, and nowhere is this more true than in the area of healthcare. What if something happens and you can no longer make your own decisions because of illness or injury? Who will make these important decisions? This presentation will discuss tools such as advance directives that can be used to plan for the future and inform your loved ones and physicians of your wishes at such a time when you can no longer voice those wishes. Such advance planning will protect your wishes, relieve your family of the burden of uncertainty, and possibly avoid the need for guardianship.

**Make checks payable to:**

**Old Dominion University Research  
Foundation**

**Mail check and registration form**

**to:**

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**VENDORS will be available all day.**

**Be sure to visit them in the exhibit area.**