Keys to Success Conference

Saturday, January 26, 2019
8:00 AM-4:30 PM

Overland Park Convention Center
6000 College Boulevard
Overland Park, KS 66211

$65 for one attendee/$100 for two attendees

Keynote Speakers

Rachel Osterbach is an inspirational and motivational speaker who enjoys being an advocate and role model for all people - showing that you can achieve your dreams if you set your mind to them, work hard, and believe in yourself! Rachel is currently a principal cast member on the Emmy Award winning A&E docuseries “Born This Way,” which has completed its’ fourth season. “Born This Way” follows the lives of eight individuals who have Down Syndrome as they strive to achieve their hopes and dreams.

Megan Bomgaars is a well known self-advocate with Down Syndrome, an artist and a rising entrepreneur. Loving to share her life experiences with others, she has developed her skills as a public speaker and travels across the country giving keynote speeches and presentations on a variety of topics. Recently, Megan wrote about her life experiences and her beliefs about being fully included in her community while overcoming limitations. Working with her teachers at school she composed a popular video called, “Don’t Limit Me”. Megan truly lives by her motto and she is an inspiration to her wide circle of friends and family. Megan loves starring in A&E’s Born This Way docuseries and she is the proud owner of megology.com

Laurie Osterbach is the proud matriarch of a close knit family who says Rachel has been the glue to keep them all grounded. Laurie has served on countless planning committees, attended thousands of Special Olympics, Best Buddies and DS org events and she continues to support Rachel in achieving her dreams. Rachel’s being cast on Born This Way has been a life changing experience for the entire Osterbach family. They are extremely proud of the difficult topics covered by the show and grateful that their story is inspiring families around the world.

Kris Bomgaars is an inspirational and motivational speaker who loves being mom to Megan. Kris says “We are just like any other family. We worked hard with early intervention and negotiated with the school systems for years and now we’re navigating the adult system. The platform for advocacy could not be any stronger than through Born This Way. We have such an enormous opportunity for education and the show has definitely educated more people than I ever imagined.”
Breakout Session 1  9:30-10:45am

**Basics of Behavior, Stacy Taylor**  Behavior can be frustrating and confusing, but the good news is that there is a science to learning and behavior that can help you better address any concerns you have. No matter what age or stage your child is in it is important to understand the basics of behavior because once you do, you can apply them to a variety of situations in your child’s life.

**National DS Clinical Research Updates, Vince Randazzo** - This session will feature national speakers conducting Down syndrome research. Topics will include: (1) policy initiatives to improve and expand DS research; (2) update on developments in clinical studies; (3) overview of DS Connect, the patient registry hosted by the National Institutes of Health, and why it is important for families to participate; and (4) information about how individuals can participate in a nationwide study to understand differences in learning and behavior among people with Down syndrome.

**Multi-Sensory Math Strategies, Courtney Heigele** – Educators and parents will learn strategies they can use with all learners to reinforce foundational math skills by making abstract concepts concrete and experiential. We will address number sense, early addition and subtraction, telling time, counting money, computation with regrouping, and introductory multiplication and division will be presented. We will also discuss incorporating tools into classroom learning and writing goals for IEPs.

**Mediocre Mom’s Guide to Parenting, Stephanie Meredith** - Parents of kids with Down syndrome don’t need to be superheroes to be great. Parents can allow their kids to eat junk food sometimes, watch TV, and play video games, and their kids can still be amazing by being treated like any other kid. I’m a slacker who used to skip therapy sometimes and didn’t always finish the round of antibiotics, but the one thing I’ve been consistent about is advocating for inclusion at school, church, and extracurricular activities. We always assumed he belonged wherever he wanted to be (and provided support where needed), and most people rolled with it.

**What You Need to Know About ABLE, Matt Syverson, Tom Treacy** - Learn more about ABLE accounts, which are a new opportunity for people with disabilities to supplement their SSI and Medicaid arrangements with tax free resources that they control for a wide array of disability related living expenses throughout their lifetimes.

Breakout Session 2  11:00-12:15pm

**Toilet Training Tips and Tricks, Stacy Taylor** - Toilet training is a definite rite of passage for children and parents. Don’t let this important skill become frustrating for your family. Come and learn some practical tips and tricks and set everyone up for success!

**Local DS Research Updates; Talib, Kitchen, Funk, and Jones** - This session will focus on current and future opportunities in research conducted by local researchers at Children’s Mercy to ensure that the children with Down syndrome have access to the best treatments with minimum side effects of the medications, early diagnosis of associated conditions to allow for early intervention and improve the quality of lives of children with Down syndrome.

**IEP 101, Sarah Mai** - Are you new to the IEP process? DSG is here to assist you. Come to this session to learn the components of the IEP document and the steps of the IEP process; as well as gain tips for communicating with your IEP team and collaborating on individualized goals. Information will be presented by an occupational therapist on staff with DSG, who has 15 years of experience serving families of children with DS, and a decade of experience in the school setting. Time will be allotted for families to empower one another with positive tips and success stories.

**Q&A with Born This Way Cast Members; Laurie & Rachel Osterbach, Kim and Megan Bomgaars** - Learn more from our keynote speakers on how they became successful adults achieving their dreams. Facilitated Q&A will take place with cast members from Born This Way.

**Improving Feeding Skills in Children with Down Syndrome, Minnie Bray** - Children with Down syndrome often have difficulty with early feeding skills and transitioning from a liquid diet to table foods. Learn more about how caregivers can support the development of appropriate feeding skills from infancy through childhood. Gain an understanding of common maladaptive feeding behaviors seen in children with Down syndrome and how we can help adequate feeding skills develop. Learn more about how to make mealtimes successful for all family members.
Breakout Session 3
1:15-2:30pm

Developing Behavior Plans Like a Boss, Stacy Taylor - What do you do when problem behaviors occur? Are these behaviors dysfunctional? Absolutely not! Participants will learn how to find the function in what many consider “dysfunctional” behavior. We will discuss prevention and effective consequences, and how to develop and implement an effective behavior plan for your child.

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HELP! My Child Isn’t Talking, Betsy Sylvester - Is your child with DS older than 5 and still not talking? Do they have a few words they use but are easily frustrated because others don’t understand them? Attendees will learn how to enhance and facilitate communication, increase oral motor movements, build vocabulary, and lengthen utterances. Verbal communication is the ultimate goal, but along the way you may want to use sign language or Augmentative and Alternative Communication devices.

Fostering Independence in Children with DS, Amy Allison - Is your student/child with Down syndrome prompt, praise and reward dependent? Do you spend a significant amount of the day trying to keep your student/child on task? Learn strategies for structuring your classroom and schedule for success while promoting independence and on task behavior.

Medical Advances for Children/Adults with DS; Talib, Kitchin - Children’s Mercy Hospital physicians will provide an update on the Health supervision Guidelines for Adults and Children with Down Syndrome. Presenters will discuss medical advances in care of children with conditions such as regression, behavior problems, joint problems, respiratory illnesses, obstructive sleep apnea and obesity.

Breakout Session 4
2:45-4:00pm

Q&A with Born This Way Cast Members - Learn more from our keynote speakers and how they became successful adults achieving their dreams. Facilitated Q&A will take place with cast and their mothers.

Transition Planning and Entitlement Programs, Scott Adams - There are a number of issues to address between the ages of 16 and 25 for families who have a child with special needs. We will cover the transition from school to adulthood and outline why Social Security and Medicaid are critical components to enhancing the quality of life for our children. We will also review the regulations involved with retaining Social Security. Guardianship will be defined and alternatives to guardianship will be shared. Learn why you need to develop a continuity of care plan for when you are no longer able to take care of your child or children. We will explain Special Needs Trusts and how they help to ensure the quality of life for your child when you are no longer able to provide support.

Social Language Skills for People with DS, Betsy Sylvester - Individuals with Down syndrome are known for their openness and desire to be social with others. However, they often lack the pragmatic skills to appropriately engage in social situations. This presentation will discuss the basics of Pragmatic Language, how it is seen in our population, and strategies to address difficulties and improve social language skills across the lifespan.

Building Dreams and Skills for Employment, Stephanie Meredith - Learn how to start cultivating a child’s dreams for the future and employment skills throughout the school years by taking real, meaningful steps all along the way. This presentation will share strategies and examples for raising expectations and building employment skills as a youth through volunteer work, household responsibilities, and extra-curricular activities. You will come away with a list of employment resources and an action plan for what you can do today as the parent of a child in school for future employment.

DS and Autism, Natalie Haultain and Brian Belden - This presentation will review the scientific literature on individuals with DS-ASD, describing what is known about the prevalence, risk factors, developmental trajectory, and characteristics. Strategies and recommendations for evaluating autism in children with DS will be discussed, and the literature on intervention will be summarized. Finally, important avenues for future research in this relatively new field of study will be identified.
Parking for the Conference

Parking is FREE at the Overland Park Convention Center. Park and enter in the back of the convention center and follow signs to registration.

Meals during the conference

Continental breakfast and lunch are provided with your registration. We will have gluten-free options available. If you have any special dietary needs, please email them to info@kcdsrg.org by January 18th so we can accommodate you.

Need accommodations while in Kansas City?

DSG reserved a small block of rooms at the Sheraton Overland Park Hotel at the Convention Center for attendees who wish to stay overnight before or after the “Keys to Success” Conference. The conference rate is $109 per night for single or double occupancy. This rate is good January 25-27th. Contact the Sheraton Hotel reservations department at (866) 837-4214 and mention Down Syndrome Guild (DSG) to get the preferred rate. Rooms must be booked before January 4th.

Directions to Convention Center

The Overland Park Convention Center has over 1,000 FREE parking spaces. When you arrive, park and enter the front doors of the hotel and follow signs to registration.

Westbound From Interstate 70 West, take I-435 South to Nall Avenue. At the top of the exit, turn left and continue over the interstate. Turn right onto College Boulevard. Just over the top of the hill, you will see the hotel on the right.

Eastbound From I-70 East, take I-435 South to Metcalf. Turn right at the bottom of the exit. Follow Metcalf to College Boulevard and turn left. Follow College Boulevard to the top of the hill, and the hotel is located on the left.

Northbound From I-35 South, take I-435 East to Metcalf Avenue. Turn right at the bottom of the exit onto Metcalf Avenue. Proceed to College Boulevard and turn left. Follow College Boulevard to the top of the hill, and the hotel is located on the left.

Southbound Take Interstate 29 South/US Highway 71 South toward Kansas City. Merge onto Interstate 635 South for Exit 3B. Follow to Interstate 35 South. Take Exit 1A toward Wichita. Merge onto US-69 South and take Exit 225B. Merge onto Interstate 435 East. Take Exit 77B, Nall Avenue. Turn right onto Nall Ave. Continue to College Boulevard. Turn right at College Blvd. The hotel is on the right.
Attendee 1 Name: __________________________  Birth date: ________  Employer: _______________
Attendee 2 Name: __________________________  Birthdate: ________  Employer: _______________
Address:________________________________________     City,State,Zip:_______________________
Phone:_________________    Email:___________________________
☐ Parent  ☐ Sibling  ☐ Grandparent  ☐ Extended Family  ☐ Educator/Para  ☐ Administrator/Service Provider
Please List any Dietary Restrictions:

Breakout Session Choices: (PUT 1 FOR ATTENDEE ONE CHOICE AND 2 FOR ATTENDEE 2 CHOICE)

First Breakout Session 9:30 –10:45
I will attend the following session
☐ Basics of Behavior
☐ National DS Clinical Research Updates
☐ Multi-Sensory Math Strategies
☐ Mediocre Mom’s Guide to Parenting
☐ What You Need to Know About ABLE

Second Breakout Session 11:00 –12:15
☐ Toilet Training Tips and Tricks
☐ Local DS Research Updates
☐ IEP 101
☐ Q&A with Born this Way Cast
☐ Improving Feeding Skills in Children

Third Breakout Session 1:15– 2:30
☐ Developing Behavior Plans Like a Boss
☐ National DS Clinical Research Updates
☐ Help! My Child Isn’t Talking
☐ Fostering Independence in Children
☐ Medical Advances

Fourth Breakout Session 2:45– 4:00
☐ Q&A with Born this Way Cast Members
☐ Transition Planning and Programs
☐ Social Language Skills
☐ Building Skills for Employment
☐ DS and Autism

Registration closes January 19, 2019 so don’t delay, REGISTER TODAY!
Make check payable to DSG and mail to  5960 Dearborn Street, Suite 100, Mission, KS 66202
The goal of the conference is to provide all attendees with practical information and tools to help individuals with Down syndrome become successful in inclusive settings in the community and to enhance all attendees knowledge of Down syndrome and available local resources.

Who should attend the Keys to Success Conference?

- Parents
- Grandparents
- Other family members
- Educators
- Therapists
- Service providers

The National Down Syndrome Society is the leading human rights organization for all individuals with Down syndrome. NDSS envisions a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations and become valued members of welcoming communities.