



**Women with Disabilities:
Generational Perspectives
on Disability and
Healthcare**

**May 14, 2009
8 am to 4 pm**

**Disability Empowerment
Center**

**Nina Mason Pulliam
Conference Room**

**5025 E Washington Street
Phoenix, AZ 85034**

There is NO registration fee!

**Online Registration:
www.azdisabilitypost.org**

**Contact: Donna Powers
Arizona Statewide Independent
Living Council
602-577-0517 or
donna@azsilc.org**

Materials in alternate formats are available upon request. Please make reasonable accessibility accommodations, such as sign language interpreters, at least 72 hours prior to the event. To accommodate those with allergies and other conditions, do not wear perfume or scented products to this event.

WORKSHOP AGENDA

8:00 am – 8:30 am Vendor Booths, Check-in and Continental Breakfast

8:30 am – 9:00 am Question Zero: A Group Exercise

9:00 am – 10:30 am Women with Disabilities: Generational Changes in Perspectives

An Overview and Panel Discussion on Living with a Disability: Includes demographics, the Personal Connection to Disability, Viewpoints of Disability Related Service & Program Use and the Role of Disability in Lifestyle

10:30 am – 10:45 am Break

10:45 – Noon Why Do I Get Out of Bed Everyday?

A Panel Discussion of Motivation, Personal Ethic and Needs Across Generations Some areas for consideration include spirituality, education, volunteerism, employment and recreation.

Noon – 1:00 pm Lunch and Vendor Booths

1:00 pm – 2:15 pm Nutrition, Self Esteem and Sexuality across the Lifespan

Changes in age, disability and personal responsibility will be a part of this session Obesity and diabetes will be highlighted and the media's perspectives and communication tools for healthy sexual encounters will also be included.

Presenter: Sonya Perduta-Fulginiti, St. Joseph's Medical Center

2:15 pm – 2:30 pm Break

2:30 pm – 3:30 pm Concurrent Hands-On Sessions

1. Healthy from Within: Addressing self esteem and personal barriers

Speakers: Amina Kruck, Arizona Bridge to Independent Living

2. Accessing Community Healthcare: What a woman with a disability should expect from her healthcare provider after the appointment has been made. Physical and attitudinal accessibility within the office as well as access to information will be included. Transfer issues and potential advocacy strategies to address the current requirement for personal transfer assistance during treatment.

Speakers: Panel of medical professionals including doctors, therapists, technicians and consumers

3:30 pm – 4:00 pm Commitment Exercise and Evaluation