

Champion Inclusion: Strategies for Including All Abilities

April 10th, 2025

To register for this event, contact Donna Hester, dhester@asahperd.org

Agenda

12:45pm – 1:00pm **Meet and Greet**

1:00pm – 1:15pm **Pre-Assessment Survey**

1:15pm – 2:15pm **Introduction to Disability: A Workshop Session Overview**

Presenters: Sherri Huff & Jonathan Thompson

Description: During this session, we will explore the broad and diverse world of disability, examining how it intersects with everyday life. The session aims to provide a foundational understanding of disability, including key concepts such as the social model of disability, the medical model, and various forms of disability (e.g., physical, sensory, cognitive, and invisible disabilities).

We will discuss the importance of inclusive language, accessibility, and the role of societal attitudes in shaping the experiences of disabled individuals. Through a combination of informative presentation, interactive activities, and open discussion, participants will gain practical insights into fostering a more supportive environment for people with disabilities, both personally and professionally.

The session will help participants reflect on their own perspectives, challenge common misconceptions, and understand the barriers people with disabilities face daily. By the end, participants will have a deeper awareness of disability as part of the human experience and be better equipped to advocate for greater inclusivity and accessibility in their communities and workplaces.

2:15pm – 2:30pm **Break**

2:30pm – 3:00pm **Key Laws and Policies Protecting the Rights of Individuals with Disabilities**

Presenter: Jeanine Fittipaldi-Wert

This session provides an overview of key laws and policies that protect the rights of individuals with disabilities, including the Americans with Disabilities Act (ADA) and Individuals with Disabilities Education Act (IDEA). Attendees will learn how these regulations apply in inclusive settings to promote equity and access for all.

3:00pm – 3:45pm

Fostering Empathy and Inclusion: Strategies to Support Individuals with Disabilities

Presenters: Jeanine Fittipaldi-Wert & Claire Mowling

Participants will explore strategies to foster understanding and empathy toward individuals with disabilities. This session aims to dismantle stereotypes, promote respectful communication, and encourage a culture of inclusivity through awareness-building activities and discussions.

3:45pm – 4:30pm

Designing for All: Practical Tools and Techniques for Inclusive Participation

Presenters: Jeanine Fittipaldi-Wert & Claire Mowling

This practical session equips participants with tools and techniques to adapt activities, environments, and materials to meet the diverse needs of individuals with varying abilities. Attendees will learn to design inclusive experiences that empower participation and success for everyone.

4:30pm – 4:45pm

Post-Assessment Survey

5:00pm -

Sitting Volleyball Tournament & Shrimp Boil

Portions of this retreat were funded by the National Center on Health, Physical Activity and Disability (NCHPAD). NCHPAD is a public health practice center providing inclusive health promotion programs and resources for people with disabilities. NCHPAD is funded by the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities (NCBDDD), Division of Human Development and Disability, Disability and Health Promotion Branch, Grant #NU27DD000022.