

#### ABOUT THE 2008 ADULT CONFERENCE

*Know Yourself: The Key to a Better Life* is AANE's second annual conference designed exclusively for adults (post-high school and older) with Asperger Syndrome (AS) and related conditions. Headlined by a dynamic keynote speaker and combining a diverse program of workshops, interest groups, networking, and social connection, we hope this conference will leave you knowing yourself better, knowing practical strategies to improve your life and, most importantly, knowing that you are not alone. We look forward to seeing you at the conference!

Important! To maintain an atmosphere where the adults can feel comfortable and interact with their peers, only adults with AS and related conditions may attend this conference. There will be a designated area where parents and friends who wish to stay at Bentley can wait for the day.

#### ABOUT THE KEYNOTE SPEAKER

Dr. Valerie Paradiz is the co-founder of the Open Center for Autism. She develops educational programs for children with Autism Spectrum Disorders (ASDs), including the pioneering ASPIE School, and has been featured in the New York Times, Redbook Magazine, The Guardian, Autism Spectrum Quarterly, and on Japanese Public Television.



Her memoir, *Elijah's Cup: A Family's Journey into the Community and Culture of High-Functioning Autism and Asperger's Syndrome*, is the compelling story of the author's experiences raising her autistic son, their involvement together in the advocacy community, and her own ultimate diagnosis with Asperger Syndrome.

Dr. Paradiz speaks nationally and internationally on topics relating to Asperger Syndrome and autism. A member of the Board of Directors of the Autism Society of America (ASA), Dr. Paradiz also co-chairs the ASA's Panel of Individuals on the Spectrum and serves as an advisory board member to the US Autism & Asperger Association. For more information, visit [www.ValerieParadiz.com](http://www.ValerieParadiz.com).

#### ABOUT THE KEYNOTE PRESENTATION

Dr. Paradiz will share personal stories of both her own diagnosis and of raising her son Elijah, a teen with AS. She will offer a picture of the life span, placing more emphasis on her own trajectory as a person with AS. She will discuss what a difference it makes to finally pursue a diagnosis and then work on strengths and challenges. Topics covered will include relationships, employment, and taking care of oneself, anxiety reduction, self-regulation and self understanding. She will also speak about her involvement in adult groups and how adults with AS inspired the philosophy of the school she founded.



WE WISH TO EXPRESS OUR APPRECIATION  
TO OUR CONFERENCE UNDERWRITERS:



THE NANCY LURIE MARKS FAMILY FOUNDATION

THE SHAMUS FAMILY

ASPERGER'S ASSOCIATION OF NEW ENGLAND  
85 MAIN STREET, SUITE 101  
WATERTOWN, MA 02472

NON-PROFIT  
ORG  
U.S. POSTAGE  
PAID  
BOSTON, MA  
PERMIT NO. 56276

ASPERGER'S ASSOCIATION  
OF NEW ENGLAND  
PRESENTS:

## KNOW YOURSELF: THE KEY TO A BETTER LIFE 2008

2nd Annual Conference for  
Adults with Asperger Syndrome

Keynote Speaker:

Valerie Paradiz, Ph.D.  
"Making the Invisible Visible"

Saturday, July 26, 2008  
9:00 AM - 5:30 PM

LaCava Campus Center  
Bentley College  
175 Forest Street  
Waltham, MA 02452

For more information, please contact:

Jamie Freed  
Director of Adult Services  
(617) 393-3824, ext. 310  
Email: [jamie.freed@aane.org](mailto:jamie.freed@aane.org)  
[www.aane.org](http://www.aane.org)



# KNOW YOURSELF: THE KEY TO A BETTER LIFE 2008

**LOCATION:** LaCava Campus Center, Bentley College, 175 Forest Street, Waltham, MA

CONFERENCE SCHEDULE - SATURDAY, JULY 26, 2008:

9:00-9:30 AM Check-in and Continental Breakfast  
9:30-9:45 AM Welcome (Executive Dining Room)  
9:45-11:45 AM Keynote Address by Valerie Paradiž, Ph.D.: Making the Invisible Visible  
12:00-1:00 PM Lunch and Interest Groups  
1:00-2:30 PM Workshop Session One  
2:45-4:15 PM Workshop Session Two  
4:30-5:30 PM Ice Cream Social (optional)

**Important!**  
**This conference is only for adults with AS and related conditions (post-high school and older). There will be a designated area where parents and friends who wish to stay at Bentley can wait for the day.**

CONFERENCE FEE, PER PERSON: AANE members: \$50; Non-members: \$55 Conference fee includes continental breakfast, buffet lunch, and ice cream social. Financial aid is available; please contact Jamie Freed at (617) 393-3824, ext. 310.

REGISTRATION: Advance registration with payment is required by July 16, 2008.

INTEREST TABLES: We would like to seat people together who share interests or life experiences. Please indicate your interests/experiences on the registration form and we will try to seat you with others who share them. Also, please send trivia questions for our tables (for fun and to spark conversation).

WORKSHOP SESSION ONE (Please indicate 1st and 2nd choice on the registration form.)

WORKSHOP A: SUCCESSFUL EMPLOYMENT Moderator: Gail Kastorf Panelists: Bekan Knox, Katrin Andberg, Nicholas Sterling ► Employment often poses a significant challenge to adults with AS. The social, organizational, and sensory demands of work can be overwhelming and confounding, but success is possible. Combining interests and skills can make work, work for AS adults. Panelists will address using interests and talents to find meaningful work, and how to find ways to be successful even if the job is not the right match. There will be time for questions and answers after the panel; please bring your employment stories to share.

WORKSHOP B: TIPS AND TRICKS: DAY-TO-DAY SURVIVAL STRATEGIES Presenter: Sarah Ward, M.S., CCC/SLP, Speech and Language Pathologist at the Center for Speech and Language Pathology ► Practical tools and ideas to improve your ability to get started on tasks, stop when you need to stop, manage clutter, get out the door on time, and be ready to go.

WORKSHOP C: PARENTING FROM A SELF-ADVOCACY PERSPECTIVE: AS PARENTS SPEAK OUT Panelists: Phil Schwarz, Michal Maoz, Jerry Natowitz ► Panelists will share their stories of self-discovery, learning to advocate for themselves and on behalf of their children. Parenting children on and off the spectrum will be discussed, as will partnership with a non-Aspie spouse.

WORKSHOP SESSION TWO (Please indicate 1st and 2nd choice on the registration form.)

WORKSHOP D: THRIVING WITH ASPERGERS: MOVING FROM INWARD TO OUTWARD FOCUS Presenter: Paul Murphy ► Paul will share how his Asperger traits have been an asset to him both professionally and personally. He will share strategies he relied on successfully for years but has just recently come to understand in the context of Asperger Syndrome.

WORKSHOP E: MEDITATION TOOLS FOR RELAXATION, SELF-ACCEPTANCE AND SELF-UNDERSTANDING Presenter: Kim Davies ► Meditation can help us be more at ease with ourselves, and help us understand ourselves and our lives better. Techniques of Mindfulness Meditation will be taught, and the workshop will include practice sessions. Practices will include instructions in doing basic breath meditation, a body scan and loving kindness meditation. There will be oral instructions during the meditation period.

WORKSHOP F: DESTINATION FULFILLMENT: A PLANNING WORKSHOP FOR ADULTS Presenter: Ellen Korin ► This is an interactive workshop in which you will explore your personal and unique profile including the effects of AS on your functioning. Be prepared to reflect on your strengths and weaknesses in order to identify areas you may want to address in order to improve the quality of your life. We will begin with your vision for the future and the goals that will lead you to the life you desire. We will use a workbook to record information, reflections, assessments and plans.

## DIRECTIONS, PARKING & PUBLIC TRANSPORTATION

Directions can be found at [www.conferencecenteratbentley.com](http://www.conferencecenteratbentley.com).

Parking passes to place on your dashboard will be available when you arrive.

For public transportation, the 553 bus from the Waltham stop on the Purple Line stops at the corner of the campus, at the intersection of Beaver and Forest streets.

If you need transportation, or can provide transportation to others, please check the applicable box at the bottom of your registration form.

## ABOUT AANE

The Asperger's Association of New England was founded in 1996 by a group of parents and professionals dedicated to improving the quality of life for people with Asperger Syndrome. AANE's mission is to foster awareness, respect, acceptance, and support for individuals with Asperger Syndrome and their families. Our members include families, friends, and professionals who support our mission.

We appreciate your membership and support.

## REGISTRATION FORM

KNOW YOURSELF: THE KEY TO A BETTER LIFE

Registration deadline: July 16, 2008

Additional registration forms available at [www.aane.org](http://www.aane.org)

Mail or fax this form with payment (check or credit card information) to: AANE,  
85 Main Street, Suite 101, Watertown, MA 02472 Fax: (617) 393-3827

Or, call AANE at (617) 393-3824, ext. 0, and register by phone with a credit card.

Or, register online with a credit card at [www.aane.org](http://www.aane.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

PLEASE LIST TWO INTEREST AREAS:

(history, computers, video games, writing, music, movies, weather, anime, nature, art, social justice, etc.)

1. \_\_\_\_\_

2. \_\_\_\_\_

PLEASE SUBMIT AT LEAST ONE TRIVIA QUESTION IN YOUR INTEREST AREA(S):

\_\_\_\_\_

\_\_\_\_\_

WORKSHOP SELECTIONS:

SESSION ONE: First Choice: A  B  C

Second Choice: A  B  C

SESSION TWO: First Choice: D  E  F

Second Choice: D  E  F

Please check box if you will attend the Ice Cream Social.

PAYMENT

Registration Fee:  \$50 AANE member  \$55 Non-member \$ \_\_\_\_\_

Donation to provide scholarships (optional): \$ \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

I am enclosing a check payable to AANE.

I prefer to pay by:  Mastercard  Visa  Amex

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Exact name on card: \_\_\_\_\_

Address, if different from above: \_\_\_\_\_

\_\_\_\_\_

Please check box if you need transportation.

Please check box if you can provide transportation to others.