



# My Life My Choices Conference

Adelaide Pavilion – Wednesday 28<sup>th</sup> September

Welcome to the draft program of the My Life My Choices (MLMC) Conference

8:30am	Registration Desk Open
9:00am	<b>Opening</b>
9:30am	<b>Session 1: What is Supported Decision Making?</b> Learn about supported decision making and what it means for you.
10:15am	Morning Tea
10:40am	<b>Session 2: Conversation Card Resource Launch</b> Practice decision making with our conversation cards.
11:30am	<b>Session 3: MLMC Resource Launch</b> Co-designed resources to explore decision making.
12:00pm	Lunch
12:45pm	<b>Stretch &amp; Dance</b> Move your body!
1:00pm	<b>Session 4: Panel Interview</b> Hear from experts with intellectual disability about decision making.
1:45pm	<b>Session 5: Activity</b> Learn about yourself with some decision making activities.
2:30pm	<b>Closing</b> Connect online with NSW CID at their MLMC Conference.
3:00pm	Afternoon Tea
3:15pm	<b>Decision Moves Disco</b> Learn our decision moves and finish the day with a dance!
3:45pm	End of day