



Isolation and segregation continue to impede the full participation of individuals with disabilities and their families in the communities in which they live. A purposeful examination of the issues and strategies to address them are provided in five virtual presentations to create more welcoming, inclusive communities.

For Individuals with disabilities, their families and caregivers • Friends and neighbors • Professionals Government Officials • Faith based communities Business leaders • Civic organizations

....and anyone who believes that our communities are incomplete unless everyone belongs

Session 1 Addressing Loneliness and Social Isolation: The Key to a Better Life

Tuesday, December 1, 2020 • 10AM-11:30AM

The notions of loneliness and social isolation have been clearly identified as vexing issues in our culture today. We know that when people are rendered isolated, it can result in adverse health issues, unhappiness/depression, challenges with life success, and even shortened life expectancy. We also know that marginalized groups, folks with disabilities, seniors, those in poverty, and other minorities, are at greater risk of being lonely, isolated, or disconnected.

This interactive format session will deep-dive into social isolation; we will examine the related research and data, examine ways and means to building more effective relationships, and will explore strategies and actions that can be employed in addressing loneliness by having social capital principles work for the people in your community.

Objectives

- Participants will be introduced to recent data and research on isolation/loneliness
- Ways to explore and measure loneliness will be introduced
- The construct of social capital will be overviewed
- Examine relationship-building strategies to combat social isolation

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Session 2 Building Community through Social Capital

Tuesday, January 5, 2021 • 10AM-11:30AM

All individuals, but specifically those with disabilities and their family members (as well as professionals who are involved with the family) are interested in seeing themselves or their son/daughter/relative be successful in life. In fact, one of the biggest fear individuals and families can have is that their loved one might be lonely or at serious risk when they are gone.

Although none of us can predict the future, we can look at ways and means to better prepare for the future by understanding the impact of friendships in our lives. Sociologists call this “social capital” and it is amazing what our relationships do for us. This session will help you think about how friendships can be better developed over time, and, in turn, build a more inclusive community.

Objectives

- Participants will understand the historical development related to difference, disability, aging and other devaluing aspects.
- Folks will be introduced to an Interdependent paradigm
- Major elements of social capital will be overviewed
- 4 key steps to developing more friendships will be explored

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Session 3 Community Mapping

Tuesday, February 2, 2021 • 10AM-11:30AM

To truly understand the assets and possibilities within our communities require that we identify the key aspects and resources. The process of community mapping has been utilized to not just identify these assets, but to form strategies and actions to take advantage of what community has to offer. This session will not just introduce the community mapping process, but articulate ways and means to use these assets to assist people who are isolated to establish connections.

Objectives

- The process of community mapping will be introduced
- Key mapping actions will be highlighted
- Discuss ways and means to use mapped resources

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Session 4 Understanding the Social Infrastructure

Tuesday, March 2, 2021 • 10AM-11:30AM

Once the community is analyzed, the community builder needs to understand the social infrastructure, the places and spaces where people engage in community. These resources are critical to successful engagement, yet many of these places and spaces may not be sensitive to the uniqueness's of some community members. This session will go over strategies and actions that can soften the infrastructure in welcoming all people.

Objectives

- Social infrastructure will be identified and discussed
- Assessing the architectural and attitudinal aspects
- Softening strategies will be introduced

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Session 5 MACRO CHANGE: The key Ingredient for Community Success

Tuesday, April 6, 2021 • 10AM-11:30AM

A key role for human service professions is to create opportunities for community participation and success for individuals who are at greater risk. Yet, many vulnerable people remain isolated or off-set from community and struggle with the social ramifications of poverty, unemployment, difficulty with housing and transportation. It is clear that traditional methodologies have not brought many successes. To this end, this interactive session will introduce and explore this macro challenge and examine ways and means to greater community success for the people being supported or served. Clear strategies will be outlined and explored as we examine a more macro perspective on the notion of community building.

Objectives

- Participants will understand the micro and macro perspectives
- Participants will be introduced to the Interdependent/macro paradigm
- Major aspects of social infrastructure will be overviewed
- The importance of Social Capital will be explored

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DR. AL CONDELUCI, *Presenter*

Dr. Al Condeluci has been a leader in community building, human services and inclusive advocacy work for the past 50 years. Holding a PhD and MSW from the University of Pittsburgh, Dr. Condeluci has been the CEO of CLASS (Community Living and Support Services) a major nonprofit, community building organization in Pittsburgh, PA from 1973 to 2019. He holds faculty status at the University of Pittsburgh in the Schools of Social Work, and Health, Rehab Sciences and is author of 7 books including the acclaimed, *Interdependence: The Route to Community* (1995) and more recently, *Social Capital: The Key to Macro Change* (2014). In 2018, he received the "Key to the City of Pittsburgh," the highest civilian honor that can be given to a community member. He serves as a consultant, advisor, and human service coach and is on a number of nonprofit boards and government commissions on state, local and national levels. He helped found, and convenes the Interdependence Network, an international coalition of professionals, family members, and consumers interested in community engagement and macro change. He can be reached at www.alcondeluci.com, or @acondeluci on Twitter.



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Registration is required for each session.



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