A community of practice for I/DD professionals

2026 Summit
Session Descriptions

2026 Summit - Wednesday May 27th from 10:00 a.m. - 3:30 p.m.

The 2026 Summit is brought to you by Lighthouse Cove. A one day conference for DSPs, Frontline Supervisors and Independent Providers.

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1. Breakout Session - Repeated twice (am and pm)

Session Instructor: Barbara Sapharas, Family Resource Network of Ohio - Consultant

Session Title: Empowering People – The Valued Role of the DSP/Supervisor

Session Length: 1 Hour

Session Description:
We all want people we support to have their "Good Life." DSPs and their Supervisors play a vital role, often spending more time with individuals than any other professional. Through these relationships, staff can support meaningful conversations that help individuals identify and share their vision for a good life.

This session introduces the **Charting the LifeCourse** framework and tools, which help structure conversations, capture what matters most to individuals, and support them in having a voice and control over their lives. Drawing from Side-by-Side experiences, participants will explore how DSPs and Supervisors can empower people to think about their future and SPEAK UP.

2. Breakout Session - Repeated twice (am and pm)

Session Title: Disability History in the U.S.

Presenter: Sarah Davies, Owner, Davies Advocacy and Consulting, LLC

Session Description:
This session provides an in-depth overview of disability history in the United States, from pre-colonization to the present. Participants will explore how individuals with disabilities have been perceived and treated across different time periods and how these perspectives have shaped current systems and services.

Understanding this historical context helps professionals recognize the progress that has been made, while also deepening awareness of the “why” behind person-centered practices and advocacy efforts today. The session will also encourage participants to reflect on the future of disability services and their role in promoting respect, inclusion, and empowerment.

3. Breakout Session - Repeated twice (am and pm)

Session Title: Pound® Rockout Workout

Presenter: Angie Finck, Chief Operations Officer, Licking County Board of Developmental Disabilities

Session Description:
Pound® Rockout Workout is a high-energy, full-body cardio session inspired by the fun and intensity of playing the drums. Using Ripstix®, lightly weighted drumsticks designed for exercise, participants engage in a unique workout that combines cardio, strength training, conditioning, and yoga/Pilates-inspired movements.

This interactive session promotes physical wellness, stress reduction, and engagement, while also modeling an inclusive, adaptable activity that can be incorporated into supports for individuals with developmental disabilities. Participants will experience the workout firsthand and explore how movement-based activities can enhance overall well-being.

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4. Breakout Session - Repeated twice (am and pm)

Session Title: Building Forward with Purpose: Strengthening Teams That Support Lives

Presenter: Deedra Olney, CEO, Life Builders, LLC

Session Description:
This interactive session explores what effective team building looks like in everyday practice. Participants will examine how team dynamics influence connection, staff retention, and the overall quality of support provided to individuals with developmental disabilities.

Through discussion and hands-on activities, attendees will learn practical strategies to strengthen team cohesion, improve communication, and contribute to a positive team culture. The session also highlights how building stronger connections among team members can reduce turnover and create more consistent, supportive environments. Participants will leave with actionable tools to enhance their effectiveness as team members and leaders—regardless of their role or title.

5. Breakout Session - Repeated twice (am and pm)

Session Title: Documentation 2.0: From Compliance to Impact

Presenter: Lisa Ahlersmeyer

Session Description:
Documentation 2.0 is an interactive session designed to help Direct Support Professionals and provider agencies move beyond “checking boxes” and toward documentation that clearly reflects outcomes, services and supports, and meaningful progress in a person’s life.

Participants will explore the structure and flow of the Ohio Individual Service Plan (OhioISP) and learn how to strengthen documentation practices to ensure clarity, accuracy, and alignment with outcomes. The session emphasizes writing documentation that demonstrates the connection between supports provided and progress made.

Attendees will also examine how effective documentation can improve service quality, support compliance, and impact accountability, funding, and long-term planning.