

Keynote Speaker: Alexander Kimmel, "*The SelfDeterminator*"

Session Title: Possibilities!

Speaker Bio:

Alexander Kimmel is not just a national speaker, he is an individual with first hand, lived experience as an individual who navigates his daily through the lens of an autistic individual. As an experienced trainer and presenter on key issues such as inclusion, disability acceptance, neurodiversity, the culture of gentleness, self-direction, and autism since 2006, Alex has educated students, professionals, and communities locally, nationally, and internationally.

Alex is the recipient of the 2023 Jane Vermeullen Leadership State Award from the Michigan Developmental Disabilities Institute, at Wayne State University, for his outstanding work in self-determination and advocacy.

Alex is honored to have been selected as the featured presenter for the By, With and For Autistic Adults "LAUNCH You!" Life Leadership course. Alex lays the foundation for attendees in this course for an autistic-led think-tank on development of self-determination skills and goal attainment through an autistic lens.

Alex was named the 2019 Robert Thomas Support Professional from the Arc of Oakland County as "a social worker who displays exceptional concern for persons with intellectual and/or developmental disabilities"

In 2017, Alex was named co-winner of the prestigious Dan Moran Award for inclusion and advocacy.

Session Description: Michigan Developmental Disability Institute (MI-DDI) created the "Possibilities" video project. "The purpose of the Possibilities series is to present a vision of how individuals with developmental and intellectual disabilities and their families can lead the lives that they wish to lead, without barriers and in the direction, they truly intend to go."
(<https://ddi.wayne.edu/possibilities>).

The most recent addition to Possibilities features Alex. Known as "*The SelfDeterminator*", Alex lives a full, busy life of family, work, and inclusion in many community organizations with a goal to help others (self-advocates, families, professionals and the community at large) realize the positive impact that living a self-determined life can have. He works toward this goal further by conducting training on self-determination throughout North America. Alex will present his video (produced by the "Pure Michigan team") and lead a discussion through PowerPoint, video and audience interaction about philosophies and strategies showcased in this video. Be ready for laughter and an opportunity to update your thoughts on neurodiversity, acceptance and living a self-determined life!

Objectives:

1. Learners will be introduced to the central purpose of the Culture of Gentleness and self-assess foundational components of state of being safe and valued
2. Participants will exit with a minimum of 3 new strategies and or resources to increase self-determination in their lives or in the lives of people they support.

3. Attendees will be provided with the 11 core concepts of self-determination and how to introduce them into a meaningful day.

4. Audience will differentiate between independence and interdependence

Alex's accomplishments far exceed this limited space. You can learn more about his impactful work below.

Website: www.alexkimmel.com

Learn More: [By, With and For Autistic Adults](#)

Bibliography

1. Toolbox for Self Determination. Retrieved February 6, 2024. https://imdetermined.org/wp-content/uploads/2018/06/toolbox_for_self-determination_2.pdf

2. Possibility Series. Retrieved February 7, 2024. <https://ddi.wayne.edu/possibilities>

3. One Page Profiles. Retrieved February 9, 2024. <https://helensandersonassociates.com/person-centered-approaches-programs/one-page-profiles/>