



INDEPENDENT LIVING CANADA | 2026 CONFERENCE
Hilton Garden Inn & Homewood Suites - Downtown
361 Queen St, Ottawa, ON K1R 0C7

Attendee Conference Agenda

Wednesday, September 9, 2026

TIME	PROGRAM
9:00-9:30 A.M.	Welcome & Opening Remarks <i>MCs Angela Gray and Shari Hildred</i> • Tech and Accessibility check • Land acknowledgement Louella Tobias • Welcome address Freda Uwa National Executive Director, IL Canada
9:30-9:45 A.M.	Featured Presentation <i>Christopher Sutton Canadian Human Rights Commission</i> Featured conference presentation.
9:45-10:30 A.M.	Icebreaker & Movement Activity
10:30-11:00 A.M.	REFRESHMENT BREAK
11:00 A.M.-12:30 P.M.	AI Training <i>Yacouba Traoré Centre for Excellence in Non-profit A.I</i> A 90-minute training session exploring AI in the nonprofit sector.
12:30-2:00 P.M.	LUNCH
2:00-2:30 P.M.	The History of Independent Living in Canada <i>Tom Pugliese IL Canada</i> A multimedia look at the Canadian IL movement.
2:30-3:00 P.M.	Youth Advisory Council <i>IL Canada Youth Advisory Council</i> Youth leaders share their work and vision for the future.
3:00-3:15 P.M.	Questions & Discussion
3:15-3:30 P.M.	BREAK
3:30-4:00 P.M.	AGM Registration <i>Registration Desk</i> Registration for delegates participating in the AGM
4:00-5:00 P.M.	Annual General Meeting & Accreditation Presentation IL Canada AGM, including the Accreditation Presentation. NOTE: Separate agenda will be provided.



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Thursday, September 10, 2026

TIME	PROGRAM
9:00-9:20 A.M.	Morning Welcome <i>MCs Angela Gray and Shari Hildred</i> Welcome, housekeeping and preparation for the day's program.
9:20-9:40 A.M.	Featured Presentation & Q&A <i>Andrea Podruski Accessibility Standards Canada</i> 10-minute presentation followed by 10 minutes for questions.
9:40-10:30 A.M.	Immigration Strategy <i>Ingrid Palmer Realize Canada</i> Presentation and discussion on immigration strategy.
10:30-11:00 A.M.	REFRESHMENT BREAK
11:00-11:30 A.M.	Horizon Europe: Advancing International Disability Research & Collaboration <i>Vayshali Patel</i> Canada Excellence Research Chair (CERC) in Health Equity and Community Wellbeing (HECW) Co-Developing Canada's Approach: Independent Living Centres Consultation
11:30 A.M.-12:00 P.M.	Speed Networking <i>MCs Angela Gray and Shari Hildred</i> A fast-paced opportunity to meet peers and build connections.
12:00-12:30 P.M.	Peer Support & Self-Care <i>Kohl Gray IL Canada</i> Presentation and facilitated discussion on peer support, self-care and sustaining ourselves while supporting others.
12:30-2:00 P.M.	LUNCH
2:00-3:00 P.M.	Member Centre Presentations & Paula Saunders Award & Closing Remarks <i>Freda Uwa Paula Saunders IL Canada</i>
3:00-4:00 P.M.	Conference Raffle A celebratory closing program featuring the conference raffle.
5:30 P.M. arrival	Planned Conference Dinner Guests are invited to arrive at 5:30 P.M.; dinner begins at 6.



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Attendee Anniversary Celebration Agenda

Friday, September 11, 2026

TIME	PROGRAM	WHAT TO EXPECT
9:00-10:00 A.M.	Pre-Event Arrival Experience	Doors open with music and interactive experiences
10:00-10:20 A.M.	Opening Celebration	Multimedia tribute, welcome and recognition of movement leaders
10:20-10:45 A.M.	40 Years of Change	A multimedia journey through 40 years of Independent Living in Canada
10:45 A.M.-12:00 P.M.	The Movement Through Our Eyes	Freda Uwa hosts a panel of movement and youth leaders.
12:00-12:30 P.M.	Celebrating Leadership: Then & Now	DAWN Canada celebrates its partnership and women's leadership in IL.
12:30-1:30 P.M.	Anniversary Lunch & Cake Celebration	Buffet lunch, anniversary cake, leader recognition and group photograph.
1:30-2:00 P.M.	40th Anniversary Keynote - Meenu Sikand	Meenu Sikand reflects on IL leadership, progress and the future.
2:00-2:30 P.M.	Imagining the Next 40 Years	Participants envision IL's future, partnerships and emerging leadership.
2:30-2:40 P.M.	Our Vision for 2046	Participants share ideas for the Future Vision Wall.
2:40-3:00 P.M.	Closing Celebration	Reflection video, closing remarks and a final collective celebration.