

EMPOWERED BY AI

Independence with Safety in Mind

Artificial intelligence (AI) can help people with intellectual and developmental disabilities complete everyday tasks, find information, and build independence. AI can also give unsafe or misleading advice. Join us to learn practical ways to use AI while protecting mental health and keeping human relationships at the center.

DATE
November 4, 2026

TIME
12:00 PM – 1:30 PM

FORMAT
Live on Zoom

What you will learn

- How AI can support independence and quality of life.
- How to use prompts to organize benefits and support applications, then check the information for accuracy.
- Why AI can feel like a friend or care provider, and why human support still matters.
- Warning signs that AI use may be harming someone's mental health.
- How strong relationships can help prevent AI overuse.

Who should attend?

Parents, guardians, caregivers, family advocates, educators, and community partners supporting people with disabilities.

Panelists

Dr. Mark Friedman

Founder

My Tech For All

Stephan Lambert

LS

Prevention Education

OC Department of
Education

Stephanie Loscko
MSW, PPSC

Youth Development
Programs

OC Department of
Education

Katie Moore

Disability Rights
Advocate

Tennessee Council on
Developmental Disabilities

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email: orangecounty@scdd.ca.gov

