

Self-Advocacy 101



SARTAC
Self Advocacy and Beyond



The Idaho Self-Advocate
Leadership Network



CENTER ON DISABILITIES AND
HUMAN DEVELOPMENT

live learn work play

University of Idaho

College of Education, Health and Human Sciences

The Purpose of This Training is:

- ▶ To educate, empower and help you have control over your life.
- ▶ To guide you to groups and resources that will help you succeed.



4 Words to Know

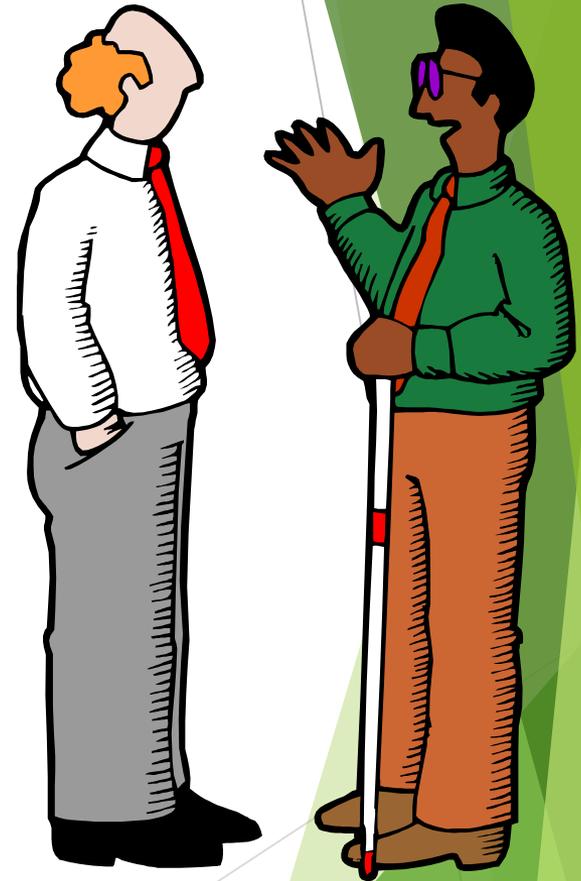
- ▶ Advocate
- ▶ Self-Advocate
- ▶ Self-Determination
- ▶ Integration



What is an **Advocate**?

Someone who:

- ▶ Listens well.
- ▶ Helps others to speak up for themselves.
- ▶ Speaks up for others.



What is a **Self-Advocate**?

Self-Advocates are people who:

- ▶ Speak up for themselves.
- ▶ Explain their needs and wants.
- ▶ Take responsibility for decisions they make.



Here are Some Examples of Self-Advocacy



Making Choices



Speaking up!



Dating



Higher Education

Self-Determination Means...

- ▶ Having the freedom to be YOU.
- ▶ Being in charge of decisions that affect you.
- ▶ Choosing to work, volunteer, start your own business, or go to school.



Self-Determination Means...

- ▶ Living where you choose with the support you choose.
- ▶ Having a good job, paying taxes, and voting.



Self-Determination Means...

- ▶ Other people can give you advice, but it's **your life!**
- ▶ **You** are in control.
- ▶ **You** have the final say over things.
- ▶ **You** make your own choices...



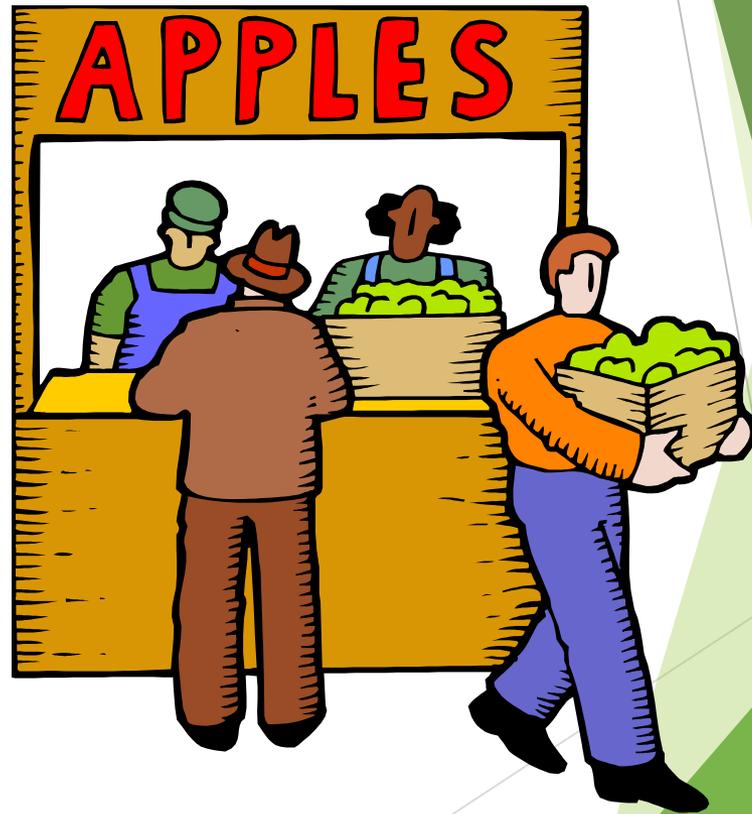
Simply put...

**Self-Determination
means freedom,
control, choice,
and responsibility.**

What is **Integration**?

Integration:

Is when people live close to each other and share a community together.



Integration means...

- ▶ People are not treated differently because of the color of their skin, their religion, sexual orientation, or because they have a disability.

Integration means...

- ▶ Everyone has the chance to be themselves and accepted by others.
- ▶ You can be friends with who you want.



Integration is for everyone.



We can all live in a community together.

A Quick Review

Advocates are people who listen well and speak up for others or help others speak up for themselves.

Self-Advocates are people who speak up for themselves.

A Quick Review

Self-Determination means people have choice, control, freedom, and responsibility over their own lives.

Integration means people are not treated differently because they have a disability.

Decision Making Activity

Think about and answer these questions...

- ▶ Where do I want to live?
Would you like to live in your own house?
- ▶ What kind of family do I want? (Ex. Do I want a wife/husband and kids?
Do I want a pet?)



Decision Making Activity

Think about and answer these questions...

- ▶ Where do I want to go on vacations?
- ▶ What kind of job do I want?
- ▶ What do I want to do for fun?



How are you a self-advocate right now?

Consider these questions:

- ▶ Do you explain your needs and wants to others?
- ▶ Do you make your own decisions—such as choosing what movie you want to see—and do others respect them?
- ▶ Do you take responsibility?



Organizations and People Who Can Help You in Your State

- ▶ The National Association of Councils on Developmental Disabilities

<http://nacdd.org/>

- ▶ The American Association on Intellectual and Developmental Disabilities

<https://aaidd.org/>

Organizations and People Who Can Help You in Your State

Continued

- ▶ The Association of University Centers on Disabilities
<https://www.aucd.org/>
- ▶ Rooted in Rights
<http://www.rootedinrights.org/>
- ▶ The National DisAbility Rights Network
<http://www.ndrn.org/index.php>

Start Now...

- ▶ Get involved!
- ▶ Take charge now!
- ▶ Use your voice and make your own choices!
- ▶ Never give up your dreams!
- ▶ Surround yourself with people who believe in you!

Be a self-advocate!!!

THANK YOU FOR VISITING!!!

Hope you enjoyed the training today! For more training videos and information on self-advocacy and related topics, please visit:

<https://idahocdhd.org/isaln/>