Self-Advocacy
101

The Idaho Self-Advocate Leadership Network
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!

Higher Education

Dating
What is Self-Determination?

Self-Determination means people:

- Make their own decisions.
- Plan their future.
- Take responsibility for their choices.
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?)

Adapted from the Southern Collaborative of Self-Advocates: People First of Tennessee, Georgia & Alabama
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

- 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/