Being Part of Your Community

Breaking Down Barriers

The Idaho Self-Advocate Leadership Network

SARTAC
Self Advocacy and Beyond

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 learn about barriers and how to overcome them.
- To participate in your community by finding groups and activities that are important to you.
- To become a good, active and responsible citizen in your town or city.
What Stops You from Joining the Community?

**BARRIERS!**

- Other peoples’ bad attitudes about you.
- Your own bad attitudes.
- Not having enough money.
- Parents, friends and service providers’ attitudes about you.
- Government systems: Medicaid, Medicare, Social Security or no insurance.
How Do You Break Down Barriers?

- Be seen and be heard.
- Speak up about what you want and need.
- Talk to people about things that are important to you.
- Stand up for your beliefs.
- Go into your community as often as you can!
Breaking Down Barriers in Your Community

When going out in your community, remember:

• Disability is natural!
• Seeing you out and about will promote inclusion and help raise disability awareness among your able-bodied community members.
• Seeing you around town or the city will help others be less afraid of people with disabilities.
• Help your community members understand you are MORE like them than not. You just do so some things differently.
A New Word to Know

What is Inclusion?

Inclusion means…

- Separate parts come together as whole.
- People of different abilities, races, religions, beliefs, and sexual orientation live and work together in a community.
Inclusion Means Getting Together and Doing Things!

- Look at community calendar or bulletin board.
- Talk to family and friends.
- Go to a city council meeting.
- Attend community activities like fairs, farmer’s markets and rallies.
- Watch or read the news.
Tell People What You Need

- Ask for help when you need it!
- People you can ask are:
  - Friends and Family
  - Your state’s Protection and Advocacy agency
  - Independent Living Centers
  - Churches and Community Action Programs
Other Groups/ Agencies Who Can Help You Are:

- The YMCA/YWCA
- Recreation Centers
- Your state’s developmental disabilities council
Show People What YOU Can Do!

- Get involved; lend a hand in your community.
- Help other people or groups when they need help:
  - Friends and Family
  - Your state’s Protection and Advocacy agency
  - Independent Living Centers
Other Groups/ Agencies YOU Can Help

- Churches and Community Action Programs
- YMCA/YWCA
- Recreation Centers
- Your state’s developmental disabilities council
Find People Who Care About the Things YOU Care About

- Do you go to church?
- Do you go to the public library?
- Do you take classes or work in your community?
- Do you have Internet access?
Afraid to Go to a Meeting or Club By Yourself?

- Ask a family member or friend to go with you.
- Call ahead to get more information.
- Check out the building beforehand if you’re worried about accessibility and the bathroom.
Being Part of Your Community Means Being a Good Citizen

- Register to vote!
- Learn about the issues and candidates.
- Work on a campaign together with others.
  - Support your side of an issue: speak out, help with mass mailing and put up posters.
- VOTE on Election Day!
Find a Group or Project That’s Important To You

- Help with or organize a community activity, like a clean-up day, toy or food drive, or “Take Your Legislator to Work Day.”
- If you like animals, volunteer or get a job at your local animal shelter.
- Work at a polling place near your home on Election Day.
Other Important Community Activities Include:

- Talking to your city council about curb cuts and updating older buildings so they’re up to the ADA’s accessibility code.
- Working to get more choices in the services you get.
Being a Part of Your Community Means Being a Responsible Citizen

- Be on time.
- Do what you say you will do.
- Add to the group’s discussion.
- Be responsible for your choices and actions.
Being Responsible Also Means:

- Calling someone in charge if you can’t make it to a meeting.
- Managing time wisely; do not take on more tasks than you can reasonably handle.
GET INVOLVED NOW!

- Take action!
- Be seen!
- Speak up!
- Be heard!
- Be responsible!
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/