

# Being Part of Your Community

Breaking Down Barriers

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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 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.



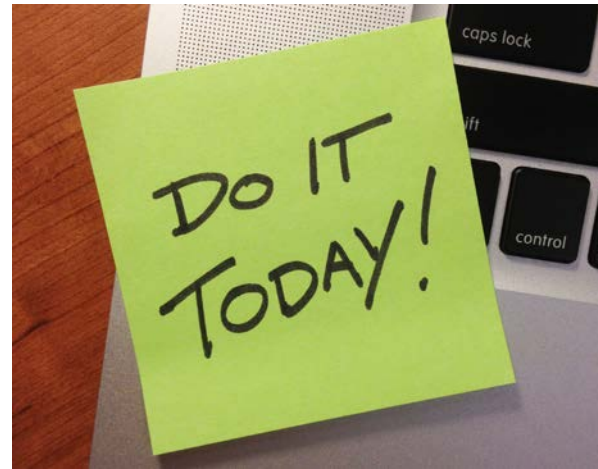
# Being Responsible Also Means:

- ▶ 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/>