Your Voice, Your Story

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:

- Why your story matters and...
- How to tell your story and make a difference.
Why Tell Your Story?

Each of us has a life story that can move others to action! Stories…

- Help paint a picture of what has happened.
- Help us feel what matters.
- Help us put ourselves in another person’s shoes.
- Help put faces to names and makes what happened more real for other people.
How to Get People to Take Action

Share one of your life stories, or experiences.

- Tell other people (service providers and community members) and legislators about the things you care about.
- What you think needs to be done.
- Why you feel the need to speak up about the issue.
Your Story Outline — The Beginning

An example...

- Who are you?
  - Shiloh Blackburn

- What is an issue or topic you care so much about that you want other people to know about it as well?
  - H464—I daho Health Care Plan (IHCP)
Your Story Outline — The Middle

An example...

- **Describe the problem**
  - Too many Idahoans fall in the health coverage gap. They either make too much or too little money to buy health insurance.

- **What isn’t working**
  - Idaho has not yet taken any action to help these 78,000 people get the health insurance they need. Idaho needs to “close the gap.”
Your Story Outline — The Middle Continued

An example…

- Share real examples from your life.
  - My Medicare/Medicaid story

- What are some ways to fix the problem?
  - The Idaho Health Care Plan could help Idahoans get affordable health care with two waivers. The **1332 Waiver** and the **1115 Waiver** would allow adults with low income to have affordable health insurance. They would also lower the premium costs of health care.
Practice Makes It Perfect!

- Think through what you want to say.
- Plan out a few key talking points on paper to leave with your legislators. Keep them brief.
- Plan on speaking no more than three minutes.
- Understand that your story is a work in progress.
Practice In Front of a Live Audience

- Tell your story to someone you trust.
- Keep your story to 3 minutes. Have your person time you.
- Find another person and repeat.
What are you passionate about? Why does it matter to you? Share your story!
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/