

# Your Voice, Your Story

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The Idaho Self-  
Advocate Leadership  
Network



**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—Idaho 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/>

