ABILITY360

Self Advocacy:

The Key for EVERYONE'S Success

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DEPARTMENT OF ECONOMIC SECURITY
Division of Developmental Disabilities

Please reference materials, if used.

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Ability360 is a nonprofit that offers and promotes programs designed to empower people with disabilities to take personal responsibility so they may achieve or continue independent lifestyles within the community.

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Centers for Independent Living

There are over 400 Centers for Independent Living in the United States, including five

in Arizona

Phoenix – Ability360

Tucson - DIRECT

Prescott Valley – New Horizons

Yuma – SMILE

Tuba City – ASSIST!

Centers for Independent Living

Five Core Services

- Information and Referral
- Independent Living Skills Instruction
- Peer Support/Peer Mentoring
- Advocacy - Individual and Systems
- Transition- Life after high school, employment and education, and transition out/prevention into nursing home/assisted living

Ability360 Programs-

5025 E. Washington St. Suite 200 Phoenix, AZ 85034
Ability360.org 602.256.2245

- Advocacy / ADA Services
- Independent Living Skills Instruction
- Information & Referral
- Peer Support
- Ability360 Employment Services
- Early Intervention to People Newly Disabled
- Empowering Youth in Transition
- Employment and Work Incentives Consulting for Social Security beneficiaries
- Home Modification
- Home Care Services
- Living Well with a Disability
- Nursing Home transition to Community Living
- ***This is MY Life: Self Advocacy and Self Determination Skill Training***
- Socialization Through Recreation
- Ability360 Sports and Fitness Center
- Theatre360

Most Services FREE

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Self Advocacy is a National Movement

The self advocacy movement is the civil rights movement for people with disabilities.

The self-advocacy movement is basically about people with disabilities speaking up for themselves.

It means that a person with a disability might need to ask for the support of others, but they are still in control of their own services and how they are directed.

People First Language

What is People First Language?

- I am a person first, not my disability label.
- I am so much more than my disability!

Why is it important?

- It focuses on abilities, what I can do! (not on what I can't do)

Purpose of People First Language

- A handicap has been defined as an obstacle which society imposes on a person with a disability; i.e. inaccessible transportation or buildings, no signage, etc…
- Handicapped is not a term that should be used to describe human beings.
- A disability has been defined as a body function that operates differently. It's that simple! It's just a body function that works differently.
- People First Language seeks to put the person first and the disability second! People with disabilities are people, first and foremost!

#I'M A PERSON NOT A DISABILITY

Importance of People First Language

- Speak of the person first, not about their disability. People are not their disability!
- Focus on abilities! (not on what I can't do)
- Speak about my needs. (not about my behaviors or my problems)
- Treat everyone equal. (we are all human)
- Wait for the person to ask for help. (Maybe I CAN do it!)
- Let the person speak in their own words.
- Talk directly to the person first with the disability, not staff or parent.

"Our words affect the world"
~Teresa Moore, National Self Advocate

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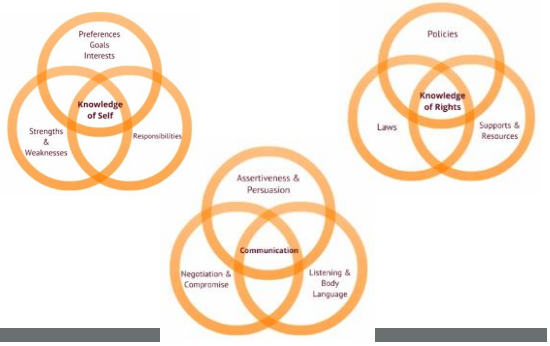
Teaching Self Advocacy

1. **Components of Self Advocacy**
   a) **Know Yourself**
   b) **Know Your Rights**
   c) **Effective Communication**
2. **Creative Tools**
3. **The How's**

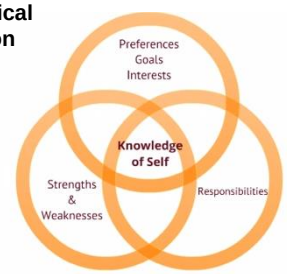
3 Main Components in Self Advocacy



Self Advocacy Main Components

#1- Self Awareness is the Critical Foundation

Personal and Academic Self Awareness



Activity
Know Yourself!
You know yourself best- This makes it easier to self advocate

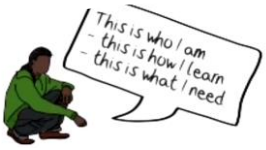
- Your Abilities
  (Things that you can do)
- Your Talents
  (Things that you can do that not everyone else can do)
- Your Likes
- Your Dislikes
- Your Struggles
  (Things are hard for you or may need help with)

Activity: Know Yourself!
This makes you a stronger self advocate

Know About My Disability-

Know and understand your disability. Be able to explain your disability, how it affects learning, and the accommodations you might need personally, academically, and in employment.

If you don't know this very important information—ASK!



Activity
Know Yourself! Accommodations

Tools that make it easier for people with disabilities to do the same things others do.

- **A reader for you**
- **Wheelchair access**
- **Communication board**
- **Computer or adaptive software**
- **Books on tape**
- **Need more time to do things**
- **Large print**
- **Transportation**

Know Yourself!
Encourage Student led IEP

Student Involvement in the IEP:

- Builds self advocacy skills and self esteem
- Gives control over their education
- Builds important social and conversational skills
- Teaches the processes of decision-making, goal setting and achievement

Tools to Self Advocacy Activity~
Know Yourself!

Response Ability- What's MINE to do and what's YOURS to do?

Recognize if you are having problems at school, work, home - ASK for help. YOU are in charge of your SUCCESS. (*Possible supports*: *job coach, independent living skills, campus disability services)*

Identify as the decision maker and problem solver- Issues that your parents or teachers handled are directed to you now. If you don't know, ASK trusted person for help, and YOU make the final choice. (*Possible supports*: problem solving skills development!)

Take charge of transportation- Needed to get to your job, grocery store, doctors, college - YOU arrange it! (*Possible supports: Bus training*, dial-a-ride, *pay friend to drive, maybe Health insurance or vocational rehabilitation will pay)*

Tools to Self Advocacy Activity~
Know Yourself!

Response *Ability*- What's MINE to do and what's YOURS to do?

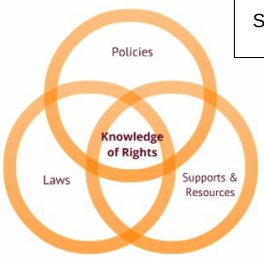
Technology, Medical Equipment, Accommodations Oh My! Know your health care insurance coverage, ADA rights and seek what services are in the community. (*Possible supports: campus disability service, Centers for Independent Living, Vocational Rehabilitation, AZTAP)*

Staying healthy: Change from pediatric to adult healthcare system; arranging medical appointments; Practice decision making now at doctors visits – start early! *(Possible supports: Health care literacy - learn health plan name; medications, refills and usages and budgeting for co-pays and Rx; medical equipment services; therapies; recognize symptoms of illness; medical power of attorney.)*

Self Advocacy Main Components

#2 KNOW YOUR RIGHTS

Individual, Student, and Society



Self Advocacy Main Components- Rights

Knowledge of Rights

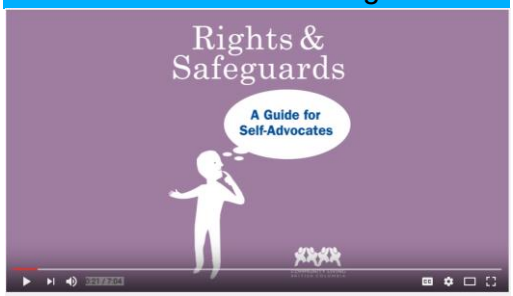
- Personal
- Community
- Human Service
- Consumer
- Educational

Steps to Advocate for Change

- How systems work
- Steps to address issues

Knowledge of Resources

Resource Video- Rights



Know your Rights: A Guide for Self-Advocates

https://www.youtube.com/watch?v=NRA5rTuK_es

Self Advocacy Main Components

#3 EFFECTIVE COMMUNICATION

Communication: How do I do it?

Use verbal words or non verbal words to get your point across

Verbal

to speak with words

Video Camera Message

Non verbal

to speak with out words

Gestures

Facial expressions

Eye contact

Texting

Why we need to Communicate

Don't people just know what I want?

Mind Reader

NO!

That is why we must SPEAK UP! Be a Self Advocate!

How do I Speak UP?
Which one works?

Demand or Yell for what you want?

ASK nicely and respectfully

Role Play Communication Styles

AGGRESSIVE
Talking in a mean and pushy voice. Being demanding.

ASSERTIVE
Saying clearly what you want in a respectful way.

PASSIVE
Talking in a soft, wishy-washy way. You don't stand up for yourself. You are not clear what you want.

Effective Communication

- Practice Asking- for help and accommodations.. After high school you must be able to ask for what you need, people will not know or ask you. You have to do the asking!

Creative Tools and Variety

You are born a Self-Advocate!

YES!

EVERYONE is a self advocate!
With and even without verbal words.

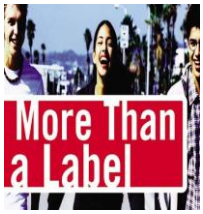
Self-Advocacy IS: Speaking Up about BIG and small choices in your life

Group Activity

- Labels or Diagnosis's should only be used to get the services you need.

Activity:

- Let's talk about what really counts about you.
- Tell us something that makes you awesome or why your friend is awesome.
  - Smart
  - Always Helpful



YOU ARE MUCH MORE THAN YOUR DISABILITY LABEL!!

The Center on Human Policy, Law, and Disability Studies
Syracuse University

Using Videos for Fun & Learning

Self-Advocacy: Find the Captain in You!

https://www.youtube.com/watch?v=NUQDozx7aug

Self Advocacy Videos

Self Advocates Say What Self Advocacy Means to Them
https://www.youtube.com/watch?v=sOX3LWUD2_g

I Define Who I Am, Not Others
https://www.youtube.com/watch?v=opgUMJTXTYY

How We Teach Self Advocacy

1. **Creative Learning Process-** Adapting materials to specific people's learning styles. Try different approaches- it's all trial and error. It is unique to the individual.

2. **Review** information
- **Rephrase** information
- **Recognize** common items
- **Role play** the best way for the group to respond
- **Relate** it to their world, things they enjoy
- **Recall-** it maybe improved for some with repeating

- **3. Peer Led Training-** The instant connection with someone who has been there, as they shine hope that it can be done.

7 R's of Teaching Self Advocacy

Review information to
Recognize it,
Rephrase information,
Role play to
Relate it to their world so eventually they
Recall it; then
Repeat.

The How of Teaching Self Advocacy

- **Meet them where they are at-** they may just listen and not want to participate
- **Pursue a connection with each person-** Eye contact, name recognition, body language, gestures
- **Encourage to try-** everyone is fair game. Trying is the 1st step to being a leader!
- **Focus on meaning/concepts**
- **Match keywords to graphics**
- **Shoot for understanding and a placement in their memory-** by sound, image, activity (Examples)

The How of Teaching Self Advocacy

- **Simplify it-** smaller steps, less written words and more graphics
- **Model it-** I'll do it first; now we will all do it together; now you do it- try it on your own
- **Role Play -**
- **Summarize** at end- to help put information into long term memory

Repeat, Repeat, Repeat

- **Your building SA skills over time**
- **Be Patient with the Process**

More How's - Include in Every Class!

Skill Retention

- **Welcoming-** get each to share something about themselves
- **Go over what is a Self Advocate –** Memory refresher
- **Self assessment-**
  - How did you self advocate this past week? (Celebrate!)
  - Failures are as important as successes (Sharing strategies)
- **Review** – Repeat the past concepts learned from previous training
- **Peer/Student leadership** – Give opportunities, i.e., the review

Value of Using Peers

- Students have instant connection to peer trainer, enjoying the change and thinking it's fun.
- Confidence booster: If peer trainer can learn it - maybe I can too
- Peers provide technical assistance on curriculum development

Use Peers When You Can

- Peer trainer:
  - Provides personal stories of success and failures
  - Is honest on how much effort it takes to do it
  - Can sometimes gauge better if students are getting the material or not
  - Helps teacher deliver difficult topics -
    - Barriers, disability etiquette, People First language, overcoming failures, managing staff and family issues

The How
Self Advocacy Basic Teaching Topics

SELF-ADVOCACY IS ASKING FOR THE THINGS YOU WANT AND TAKING ACTION TO REACH YOUR GOALS.

- **What is it? Why it's important?**
- It is for EVERYONE- verbal or nonverbal, all kids and adults
- **You decide to be a self advocate or not**
- People are not mind readers
- **How to do it- voice tone, words used, gestures (Model it)**
- Who to self advocate to- Guardian, parents, teachers, medical, community, peers
- **Where to Self advocate- every day life, IEP and ISPs, for accommodations**
- What happens when I don't self advocate

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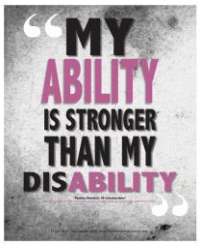
Self Advocacy Basic Teaching Topics

- **Do I only self advocate for the things I like or can I for things I don't like too?**
- Self advocate for little and big things
- **Is it hard to speak up? Afraid hurt someone feeling or they'll be mad at you?**
- Will I always get what I self advocate for?
- **Things that can get in your way/barriers: having patience to get what you want**
- Problem solving and where to go for help: YOU choose who you trust to help you
- **Advanced self advocacy- community, systems and advocating for others**
- Celebrate success

Supporting Self Advocacy

Remind them: Self-advocacy does not mean "doing it all yourself" without the help of others.



Encourage and Support Leadership Building

Supporting Self Advocacy- How to Help:
Parents and Teachers are Key!

•***Start young*!** Provide key information about their daily life, give assistance when needed and create lots of opportunities to practice being a self advocate

•***Role play situations-*** situations that make them nervous or when they hear NO (Discuss disappointments that may occur and how this happens to us all).

•**Allow them to take risks** and to fail just like all the rest of us.

•***Allow* them to try being a self advocate on their own-** you can always be nearby

• ***Encourage* positive self attitudes and self awareness of abilities and struggles-** This is a natural life skill all adults learn at home, in school, and in the community

•**Self-advocacy skills grow** from new learning and from assuming responsibility for independent action. Students will develop a more complete sense of their own strengths and challenges and learn how to express their needs, wants, and rights.

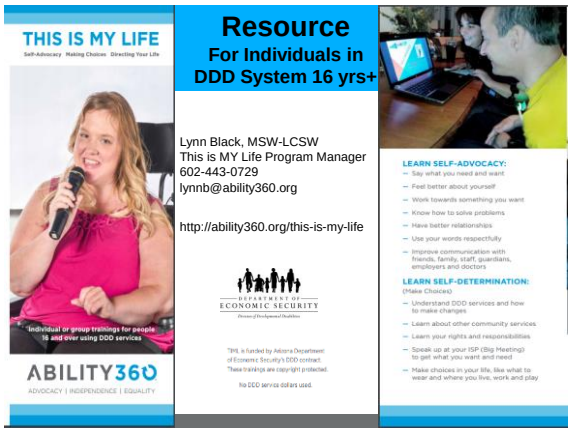
Resources

Videos

- The Great Fight for Disability Rights: https://www.youtube.com/watch?v=LG2KryP89Eo
  - http://storylinemotionpictures.com/purchase-a-dvd/
- Students with Learning Disabilities Succeed Beyond School: (Teach Method Self Advocacy) https://www.youtube.com/watch?v=Ev6BYogoKEo
- Know your Rights- A guide for self advocates: https://www.youtube.com/watch?v=NRA5rTuK_es
- Self Advocacy- Find the Captain in You: https://www.youtube.com/watch?v=NUQDozx7aug
- What is Self-Advocacy? https://www.youtube.com/watch?v=sOX3LWUD2_g
- I Define Me!: https://www.youtube.com/watch?v=opgUMJTXTYY
- Life worth Living: https://www.youtube.com/watch?v=RIXm9NJDacM
- Self Advocates Online (Personal Stories): http://www.selfadvocacyonline.org/stories/?story=OIJWtaU8ZXM
- Ten Steps To Effective Self-Advocacy: https://www.youtube.com/watch?v=K6n3uFdXo2Y

Please reference materials, if used.

Resources

Websites

- Ability360: http://ability360.org/ability360-at-a-glance#
- Advocating Change Together (ACT) Toolkits: www.selfadvocacy.org
- Self Advocates Becoming Empowered (SABE) www.sabeusa.org
- Disability is Natural www.disabilityisnatural.com
- Full Life Ahead Workbook: http://www.fulllifeahead.org/workbook-english-2/
- Raising Special Kids: http://www.raisingspecialkids.org/
- Independent Living Research Utilization: http://www.ilru.org/home
- Disability Rights Education and Defense Fund- http://www.dredf.org
- Arizona Developmental Disabilities Planning Council: https://addpc.az.gov/about
- Legal Options Manual (Guardianship) https://www.azdisabilitylaw.org/wp-content/uploads/2015/04/LegalOptionsManual2012-Eng.pdf
- Arizona Center for Disability Law: https://www.azdisabilitylaw.org/guides/
- Disability Benefits 101: www.az.db101.org
- Southwest Institute for Families and Children (SWI): http://swifamilies.org/
- AZ Technology Access Program: AZTAP: http://aztap.org
- Person-Centered Planning (PCP): http://pcp.sonoranucedd.fcm.arizona.edu/node?destination=node