

Self-Awareness, Self-Advocacy and Self-Determination

August 3, 2009
University of Montana
Rural Institute Transition Projects

<http://ruralinstitute.umt.edu/transition>

Introducing

Darren Larson

Three Stages Becoming an Effective Self-Advocate

1. Know Yourself (who)

Inner Self

1. Assert Yourself (what)

Rights

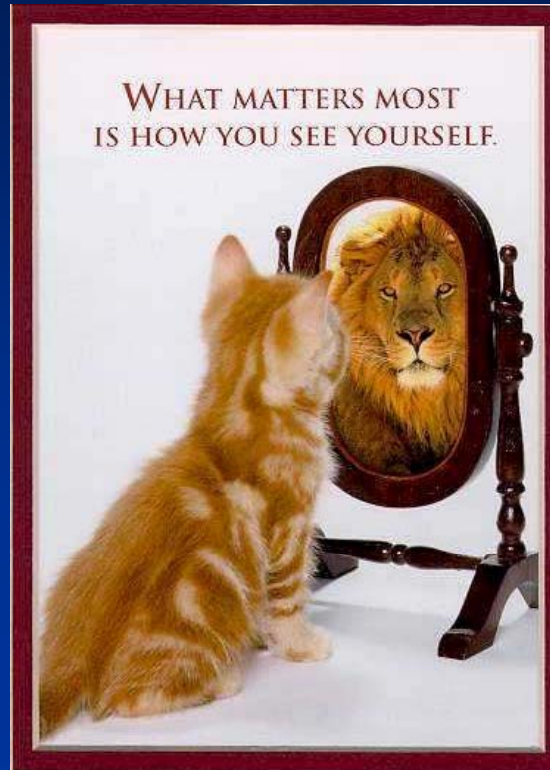
Setting Goals

2. Advocate for Yourself (act)

Barriers

Call to Action

Know Yourself



**“Knowing Yourself Is The Beginning Of All
Wisdom”**

Aristotle

Who Am I?

My name is: _____

What are the needs that give my life direction? _____

Three of my strengths:

Three of my weaknesses:

Traits I have been told are admirable about me:

Traits I have been told I need to change:

My attitude about life is: _____

My purpose in life is: _____

Body Image

Place an "X" on each line which approximates how you feel about your body:

- Nose Yeah-----Ugh
- Ears Yeah-----Ugh
- Face Yeah-----Ugh
- Hair Yeah-----Ugh
- Chest Yeah-----Ugh
- Breasts Yeah-----Ugh
- Arms Yeah-----Ugh
- Hands Yeah-----Ugh
- Abdominal Yeah-----Ugh
- Buttocks Yeah-----Ugh
- Legs Yeah-----Ugh
- Feet Yeah-----Ugh
- Brain Yeah-----Ugh
- Me Yeah-----Ugh

Assert Yourself

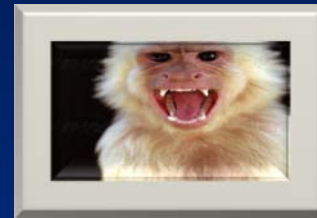
Passive



Assertive



Aggressive



- The aggressive person has thick/strong boundaries and has the tendency to try to control everyone else.
- The passive person has broken/thin boundaries and has the tendency to be easily taken advantage of.
- The assertive person has balanced boundaries and has the tendency to be in control of everyday situations without imposing unfair expectations on others.

Assertiveness Rights

ASSERTIVENESS RIGHTS:

1. You have the right to judge your own behavior, thoughts, and emotions, and to take the responsibility for your actions.
2. You have the right to offer no reasons or excuses for your behavior.
3. You have the right to judge whether you are responsible for finding solutions to other people's problems.
4. You have the right to change your mind.
5. You have the right to make mistakes -- and be responsible for them.
6. You have the right to say, "I don't know."
7. You have the right to be independent of the goodwill of others, especially before coping with them and their goodwill.
8. You have the right to be illogical in making decisions.
9. You have the right to say, "I don't understand."
10. You have the right to say or think "I don't care," especially in response to someone's expectations that you should be perfect.

Setting Goals

Seven tips to set reasonable goals and to begin to achieve them:

- Be specific. The more specific you get, the easier it is to meet your goals. Plan small steps and define when you will take each step.
- Visualize. Close your eyes and picture yourself taking action to meet them. Does it feel right?
- Put goals in writing. This brings reality into your goals and greatly increases your chance of attaining them.
- Put goals into time frames. Set deadlines for yourself. They are not set in cement! Change time frames when needed.
- Create a support system. Tell family, friends, and faculty of your goals, and ask for support.
- Personalize your goals. What is the benefit of reaching this goal?
- Evaluate. Track your successes and stumbling blocks. Recognize which goals you aren't meeting and ask yourself why this is.

Your Goal Plan

Write your goal plan below and check yourself against your plan every so often:
Goal statement: _____

List steps necessary to achieve your goal in chronological order (what you must do first, second, third, etc.)	Do this step by what date	Really did this step by what date
Step 1:		
Step 2:		
Step 3:		
Step 4:		
Step 5:		

Goal Met!!! Self-Awareness Module Handouts - Page

Advocate

Knowledge

Courage

Action

Why are we reluctant to act as our own Self-Advocates?

Personal Barriers to Effective Self-Advocacy

- Low self-esteem
- Fear of retaliation
- Fear of rejection
- Lack of knowledge
- History of rejection

System Barriers to Effective Self-Advocacy

- Attitude of others
- Lack of knowledge by others
- Time and policy constraints

Whose Job is it?

This is a story about four people named *Everybody*, *Somebody*, *Anybody*, and *Nobody*.

There was an important job to be done and *Everybody* was sure *Somebody* would do it. *Anybody* could have done it, but *Nobody* did it. *Somebody* got angry about that because it was *Everybody's* job. *Everybody* thought *Anybody* could do it but *Nobody* realized that *Everybody* wouldn't do it.

It ended that *Everybody* blamed *Somebody* when *Nobody* did what *Anybody* could have done!

Hi my name is Dalton Weiss, I will be a freshman this fall at Billings Senior High School.

- I have been a participant in the ***Partnerships Project*** since 2005.

My Interests are:

- Oakland Raiders
- Sharks
- Collecting Model Trains
- Comedy/Theatre
- Computers/Gaming Systems

My Hobbies are:

- Football
- Biking
- Golf
- Downhill Skiing
- Drag Racing

Environments that work for me:

- Where I can have a helping role
- Where expectations are clear and followed by all
- Small group interaction with others
- Where I am in charge and get to direct others

Environments that may require extra help:

- Where I would be rushed to:
 - Share my thoughts and feelings
 - Respond to social cues of others
- Where I am teased or excluded by others

My strengths at *school* are:

- I like to go to school
- I excel when placed in regular education classes with my peer group
- I have empathy for others
- I have good manners
- I am helpful to fellow students and teachers

My strengths at *work* are:

- I am dependable and punctual
- I am friendly and outgoing
- I am a team player
 - ▣ I work well in a loosely structured environment as a team member
- I am efficient
 - ▣ Eager to please
 - ▣ Willing to take on additional tasks
- Can work independently

I use my *portfolio* to introduce myself:

- To new administration and teachers
 - ▣ From elementary school to middle school
 - ▣ From middle school to high school
- To employers
 - ▣ To provide employers with my work skills and strengths as an employee

Talking about who I am and what I need:

- ❑ Sets me up for success
- ❑ Allows the person/persons to better understand me and my strengths and weaknesses
- ❑ Provides a better understanding between the school administration/teachers and myself
 - ❑ This spring I used my portfolio to introduce myself to my new high school administration so that I can be placed where I will be successful
 - ❑ I talked about what I like and what helps me succeed at school

What being part of the *Partnerships Project* has done for me:

- Has provided self esteem
- Has provided a better understanding of what works and does not work for me at:
 - School
 - &
 - Work
- Has provided me with an insight to my disability
- Has provided me with a tool that can be used today and in the future

ISAAC BALDRY MY OWN GUARDIAN



Freedom! I am finally 18!

I am my own boss!



DESIGNATION FOR PATIENT ADVOCATE FOR
CARE, CUSTODY, AND MEDICAL TREATMENT DECISIONS

Help with Doctors

I am Isaac Baldry and I live at 720 S. Jordan in Miles City, Montana. I want Theresa Baldry, my advocate, to help me if I am sick and if I need to go to the doctor.

My advocate read this paper to me before I signed the paper and I understood what they told me about this paper.

If I am sick, my advocate should take me to the doctor. If she is not at my house when I become sick, please call her to go the doctor's office. I would like the doctor to talk to her about what is the matter with me.

I would like the doctor to ask my advocate what we have decided the doctor should do. I would like the doctor to do what the advocate tells the doctor to do in regards to my treatment.

Sometimes a doctor says that I need to have a shot or some other care. Sometime the doctor says I need to take pills or medicine. My advocate and I will talk about it and decide if I should have the shot, or take a pill, or some other medicine. My advocate will also help me decide what other care I should have, but she will talk to me about what care I need.

If I am very sick, I might need to go to a hospital. My advocate will help me decide if I need to go to the hospital. I would like all the people at the hospital to speak with my advocate and myself about what the people at the hospital should do for me. I would like my advocate to assist me to decide about my care at the hospital even if I am unable to understand what the doctor says about me. This is very important since I want the people at the hospital to try very hard to care for me if I am sick. If I need to have an operation because am very sick, I would like to have the people at the hospital talk to my advocate. My advocate will say "yes" or "no" and that is what the people at the hospital are to do.

I understand that I want my advocate to help decide what care I need, and I want people to listen to her about my care.

If my advocate is not happy with my doctor, then she is able to get another doctor to take care of me.

Isaac T. Baldry

Date

CONSENT TO AUTHORIZE ADVOCACY AND
RELEASE OF INFORMATION

Help at
School

I, Isaac Baldry, hereby authorize Miles City School District to release and exchange information with my advocate, Theresa Baldry, which pertains to my school program and placement. I am also requesting that my advocate be invited to any and all meetings about me, and I do not want any decisions made without her input. I do not wish to discuss issues or concerns about my school day or program without my advocate present. If the school or district has any documents I need to sign, my advocate must sign first with me present, before I will sign. This authorization, unless otherwise revoked by me, will remain in effect for the durations of the time I receive special education services and until my twenty-fifth birthday. My advocate has read through this paper with me prior to my signing to make sure I understood and want this agreement.

Isaac T. Baldry

Date

<http://www.opi.mt.gov/PUB/PDF/LegalDivision/08Yourlegalrights.pdf>

Do You Know



**Your Legal Rights and
Responsibilities as an 18
Year Old?**



Montana Office of Public Instruction
Linda McCulloch, Superintendent
www.opi.mt.gov

Check with your insurance to see what forms they have, so that someone can assist you in speaking with them.

Link to BlueCross Blue Shield of Montana
<https://www.bcbsmt.com/BlueDocs/AuthForDisclosureOfAnIndHealthInfo.pdf>

Blue Cross and Blue Shield of Montana
Authorization for Disclosure of an Individual's Health Information

Subscriber or Dependent Whose Information is to be Disclosed
Please print information in this section.

Name	Policyholder's Healthcare ID Number
Street Address	Daytime Telephone
City	State ZIP Code

Person(s) or Entity(ies) to Whom Information May Be Disclosed
Please print information in this section.

Name	Daytime Telephone
Street Address	Daytime Telephone
City	State ZIP Code

Information to be Disclosed by Blue Cross and Blue Shield of Montana at the request of the individual authorized to do so
Check all that apply.

- Health Plan Benefit Information:** Includes information contained in your benefit booklet (i.e., copayments, coinsurance, eligibility, and other benefit information.)
- Claims Information:** Includes information related to payment of your claims for services you received, including pertinent information located on a claim form (e.g., billed amount, general procedure descriptions, claim payment or denial reasons.)
- Authorization Information:** Includes information regarding pre-certification and authorization, including specific medical information related to requests and determinations.
- Premium Information:** Includes information related to billing cycles, bank draft changes, etc.
- Services from (provider or supplier and date(s)):** _____ from: _____ to: _____
(Includes information related to services rendered by a specific provider or supplier during the specific time period)
- Other:** _____
(Specify other information authorized for disclosure if it is not listed in one of the above categories; please be specific regarding the reason for disclosure)
- Other reason for disclosure (other than "at the request of the individual authorized to do so"):** _____

Length of Time for Which This Authorization is Valid
Under applicable law, this authorization is valid up to 24 months (or a shorter period of time if so indicated) or for a particular event that has occurred, as stated in the authorization. If you are making this authorization for an extended period, the authorization must be renewed after its expiration. This authorization will remain in effect until:

- 24 months from the date of signature of this authorization; or
- Until _____ but no longer than 24 months from the date of signature.
(Month/Day/Year)
- All information relating to a certain event or injury has been provided (e.g., "Back injury from April 2002" or "formal research").
Specify event(s) and approximate date(s) of event(s) _____

- I understand that I may refuse to sign this authorization and that my refusal to sign will not affect my ability to obtain treatment or payment or my eligibility for benefits with BCBSMT. However, there may be consequences with the intended recipient of this information.
- I understand this authorization is not valid without the required signature.
- I understand I have the right to revoke this authorization at any time in writing, except to the extent that Blue Cross and Blue Shield of Montana has already provided the information. To revoke this authorization, contact Customer Service at 1-800-447-7828.
- I understand that the recipient of this information may possibly re-disclose the information to others without my knowledge or authorization; therefore, the privacy law may no longer protect my information.

Print Full Name	Signature	Date
-----------------	-----------	------

RELATIONSHIP/AUTHORITY
Please check one. Include documentation with this form for items marked with an asterisk (*) below.

- Member Power of Attorney* Other Personal Representative Designation*
- Parent of Minor Child Legal Guardian*

Office Use Only { Tracking No. _____
Name: _____

NOTE: The highlighted information is required.

AUTHORIZATION FOR DISCLOSURE INDIVIDUAL 07290 Revised July 2008

Cheatsheet

- ▣ Name: First, Last, Middle
- ▣ Birth date, not birthday
- ▣ Home address: street, city, state, and zip code
- ▣ Phone numbers or contact numbers
- ▣ Email Address
- ▣ Social Security Number
- ▣ Passwords

**Keep in a
safe place,
but for
your use**

Alternatives to Guardianship Project

<http://sites.google.com/a/pluk.org/guardianship/>

Danielle Dorman's Interview with Kim Brown

By Danielle Dorman



What does “self-advocacy” mean to you? How did you learn to speak up for yourself and let people know what you want and need?

- I taught myself. People made fun of me when I was a child, so I figured out how to stick up for myself. I had a high school teacher who helped teach me. For example, if someone says something mean to you, you should walk away. Don't even bother to talk to them. Or you can ask them to stop doing it. It can be scary to stand up for yourself when you first start doing it, but it gets easier with practice.



In what ways do you advocate for yourself?

- I tell people “I’m upset” or “I’m unhappy right now.” Sometimes other college students mistreat me and I tell them, “I don’t like it” or “Stop doing that.”



What would you do if someone told you that you needed a service or you needed to use a certain provider and you didn't agree?

- I would tell them I'm not ready or I don't want to use the service or the provider. Speak up for what you want and don't want!



How and when did you learn about your disability?

- I first really learned about my disability when I was 15 and it was hard.
- My job coach and old high school teacher helped me learn more about it.



Do you belong to any organizations that practice advocacy?

- In high school, I was part of the Recycling Club, Special Olympics, the Wildcat Warehouse Club (student store), Key Club (my freshman year) and cross country. These activities all helped me learn to advocate for myself – to let people know what I want and need, to understand what works for me and what doesn't, and to speak up when I'm not being treated fairly.



Do you belong to any organizations that practice advocacy?

- Now I belong to the MT-TIRC Advisory Board and the Emerging Leader work group. At college, I belong to Circle K, which is a group that does volunteer work in the community. I am working with a college counselor to start an Alliance for Students with Disabilities at Flathead Valley Community College. It will be an extension of a club from the University of Montana. We haven't decided yet exactly what the alliance will do, but I want it to outreach to other students with disabilities at my college.

Do you belong to any organizations that practice advocacy?

- I am a student at Flathead Valley Community College. Last year I studied computers and this year I'm studying sign language. I also work for CDC as a habilitation aide.

How did you learn self-advocacy and leadership skills?

- I attended the Montana Youth Leadership Forum in 2007. It helped me decide what I wanted to do with my life.



What advice would you give other young people who are learning to advocate for themselves?

- I didn't stick up for myself in junior high. I had to learn to try and ignore people who are being mean. I had to learn to walk away. It takes time, patience and encouragement but you can do it!



My Name Is Alex Haskins

I live in Kalispell,
Montana

I am in 9th grade at
Glacier High School

My Family

I have two sisters...

My mom is Lil
&
my dad is Dwaine

...Susy & Alex

My Favorite Activities Are...

Bowling...

...Swimming

Riding my
bike &...

I like to do many things on my own...

- I asked to walk to school on my own when I was in 5th grade.

- Now I walk 4 blocks to catch the regular school bus everyday.

- I also walk 6 blocks to the Library to check out books and DVDs on my own.

- I always keep my cell phone with me when I am by myself so that I can call or text someone if I need help.

- Sometimes I like to stay home alone when my mom and sisters go out, I can stay home alone for 3 hours!

I help at home with many chores...

- I take out all the trash, and I sort out the recycling.

- In the fall, I pick up all of the apples that fall off the tree, and I rake the yard.

- I earn \$1 for every chore I do!

- I bring in firewood.

- In the winter I help shovel snow.

- I feed all of the animals every night.

- I dust the house and all of the baseboards.

My Money

• I deposit the money I earn into my checking account at Parkside Credit Union.

• I have learned how to deposit and withdraw money from my account.

• I am learning how to go online to manage my account.

• I am also learning how to use my debit card at the ATM and in stores.

In 2008 I Volunteered At The Food Bank Twice A Week...

- Some of the jobs I did were:
 - Measuring and bagging oats and rice
 - Bagging dog food
 - Folding and labeling newsletters
 - Stapling applications to bags

- I learned some new skills:
 - To call ahead and ask about my job for the day
 - To take directions
 - To finish a job that I start
 - To interact and work closely with other volunteers

Now I Volunteer At The Child Development Center Twice A Week...

- I do many jobs at CDC, including:
 - Make copies
 - Take out the trash and recycling
 - Water all of the plants in the office
 - I also do other jobs when I am asked to!
- I am a big help at CDC and when I am all done with my work, sometimes I get to watch part of a movie before I go home!
 - I also have a lot of friends at CDC, Cassie is one of my friends! Sometimes I go to CDC just to visit with her!

I love to read so sometimes I
volunteer to read to little
kids.

Some Things That Really Help Me Are...

- Knowing my schedule ahead of time
- Knowing how long activities or events are going to last

I tell time very well!

- Short, written stories about new activities and rules
- Specific instructions for new jobs
 - Written instructions are best!

I Go Out In Kalispell A Lot...

- I like to go to the movies and the theatre.
- I help my family run errands
 - I am especially good at helping with groceries.
- I really enjoy eating in restaurants, I am very good at ordering what I want, all on my own.
- I go to the library a lot
 - I can go to the library alone and check out things all by myself.
- I like to see people I know – I always say hi!

I Am Very Good With Phones And Computers

- I have my own cell phone.
 - I can make calls and send text messages.
 - Mom calls and texts me when she is out and I am home alone, to make sure that I'm ok.
 - When I am out on my own, I text someone to let them know that I have safely gotten where I am going.

- I have my own computer in my room.
 - I like to play computer games on my computer!

I Really Like To Travel!

In 2007, my family went to Disneyland and I still like to talk about it!

In 2008, my family traveled to Maine, I had a lot of fun there too!

I Also Travel For Special Olympics With My Sisters...

I do track and soccer but my favorite sport is
basketball...This is my basketball team!

When I Grow Up...

I already have whiskers and I am learning how to shave twice a week with my new electric razor!

- My family and I hope that I will live in my own apartment close to my parents.
- I will use the bus and ride my bike to get around Kalispell.

I Am Very Excited
To Go To Glacier
High School!



Questions?

