Self-Advocacy: Speaking Up for What You Want and Need

November 29, 2016
Rural Institute for Inclusive Communities
INTRODUCING:

ISAAC BALDRY
HOW DO YOU FILL A BUCKET?
ONE DROP AT A TIME!

ISAAC BALDRY
SELF-ADVOCATE
WHO’S DRIVING YOUR LIFE?
SELF-ADVOCACY

• SELF-ADVOCACY IS LEARNING HOW TO SPEAK UP FOR YOURSELF, MAKING YOUR OWN DECISIONS ABOUT YOUR OWN LIFE, LEARNING HOW TO GET INFORMATION SO THAT YOU CAN UNDERSTAND THINGS THAT ARE OF INTEREST TO YOU, FINDING OUT WHO WILL SUPPORT YOU IN YOUR JOURNEY, KNOWING YOUR RIGHTS AND RESPONSIBILITIES, PROBLEM SOLVING, LISTENING AND LEARNING, REACHING OUT TO OTHERS WHEN YOU NEED HELP AND FRIENDSHIP, AND LEARNING ABOUT SELF-DETERMINATION.

wrightslaw.com

SELF-DETERMINATION

• SELF-DETERMINATION IS BELIEVING YOU CAN CONTROL YOUR OWN DESTINY. SELF-DETERMINATION IS A COMBINATION OF ATTITUDES AND ABILITIES THAT LEAD PEOPLE TO SET GOALS FOR THEMSELVES, AND TO TAKE THE INITIATIVE TO REACH THESE GOALS. IT MEANS MAKING YOUR OWN CHOICES, LEARNING TO EFFECTIVELY SOLVE PROBLEMS, AND TAKING CONTROL AND RESPONSIBILITY FOR ONE'S LIFE.

pacer.org
WHY IS IT HARD?
WIOA, WORKFORCE INNOVATION AND OPPORTUNITY ACT: SELF-ADVOCACY

• 5 PRE-EMPLOYMENT TRANSITION SERVICES CATEGORIES
  • LEARN ABOUT RIGHTS AND RESPONSIBILITIES
  • HOW TO REQUEST ACCOMMODATIONS OR SERVICES AND SUPPORTS NEEDED TO TRANSITION TO POST-SECONDARY EDUCATION OR EMPLOYMENT
  • PRACTICE IN SHARING THOUGHTS, CONCERNS AND NEEDS TO PREPARE FOR PEER MENTORING
  • OPPORTUNITIES TO PARTICIPATE IN YOUTH LEADERSHIP ACTIVITIES
HOW?

- TEAM; NOT ALONE
- PERSISTENCE; EASIER WITH PRACTICE
- DISABILITY HISTORY
  - NCIL; NORTH CENTRAL INDEPENDENT LIVING CENTER
PERSONAL JOURNEY

What worked; What did not
What I wanted to do
What’s new! Need for Speed!
EMPLOYMENT

- NEGOTIATE WORK AND CONTRACTS
  - WHAT I WILL DO FOR HOW MUCH
  - WHAT I NEED TO SUPPORT ME
  - BASED UPON KNOWN STRENGTHS
ADVOCACY: MEETINGS, COUNCILS, AND BOARDS

• SHARE YOUR IDEAS AND OPINIONS AS A PERSON WITH A DISABILITY
  • WHY
  • HOW
    • RESPECT
SELF ADVOCACY; WHEN IT IS DIFFICULT

• UNDERSTANDING OF YOUR RIGHTS, AND WHAT IS RIGHT
• WHO CAN HELP
• COURAGE
MY OWN GUARDIAN; ALTERNATIVES TO GUARDIANSHIP

- SUPPORTED DECISION MAKING
  - EDUCATION
    - ADVOCACY FORM
  - MEDICAL
    - PATIENT ADVOCATE FORM
  - FINANCIAL
    - DUAL ACCOUNT
  - INDEPENDENT LIVING

- HTTP://WWW.SUPPORTEDDECISIONMAKING.ORG/
- HTTPS://SITES.GOOGLE.COM/A/PLUK.ORG/GUARDIANSHIP/
- MORE TO COME! RURAL INSTITUTE PROJECT:
  ALTERNATIVES TO GUARDIANSHIP TOOLKIT
RESOURCES

- HTTP://WWW.NCLD-YOUTH.INFO/DOWNLOADS/AM_I_LEARNING_TO_LEAD_SELF_ASSMT_YOUTH.PDF
- HTTP://CANLEARN SOCIETY.CA/WP-CONTENT/UPLOADS/2013/03/LC_SELF-ADVOCACY_N2.PDF
Introducing:

June Hermanson
The Power of Self

Self-Advocacy is Self-Determination
“I am what?”
I am NOT my diagnosis

- Diagnosis
- Anger
- Acceptance
- Bargaining
- Depression
To Begin...Self-Advocacy

Rights

Responsibilities
Rights and your IEP

- You have the right to know your diagnosis and how it affects your abilities
- You have the right to have access to all information regarding assessments, services, and IEP information in formats that are accessible to you
- You have the right to be involved in your IEP meetings
- You have the right to determine your own goals for transition and decision making
- You have the right to have anyone of your choosing be at your IEP meeting
- You have the right to accept or refuse services
- You have the right to disagree with your IEP and to receive assistance to file a complaint
Responsibilities

• You have the responsibility to ask questions, request help, and seek support so that you know about your disability and can ask for the proper assistance
• You have to ask questions until you understand
• You have to attend all meetings related to your life, goals and services
• You can and should invite people you trust to attend meetings with you if you want
• You have to understand the consequences of accepting or refusing services
• You MUST FOLLOW THROUGH and cooperate with those assisting you
Be Your Own Hero

- Do your homework – know your life
- Document your disability
- Document your meetings
- Document your goals
- Document your dreams so that you may share with others
ONLY THROUGH BELIEF IN YOURSELF CAN YOU REACH YOUR DREAM
Introducing: Lauren Beyer
Start Young!

- Start teaching self-advocacy skills at an early age
- Encourage youth to attend meetings that will be about them…and to SPEAK UP for their needs
- Remember that we are building skills that will be essential for transition
- For post-secondary education, young people must be able to advocate for themselves with professors, Disability Services for Students, Housing and more
Lifelong Commitment

• Self-advocacy doesn’t end once a young person gets a job or starts college
• It gets easier and becomes more natural…but the need to be a self-advocate never goes away!
Resources

• WINTAC Instruction in Self-Advocacy
  
• http://www.wintac.org/topic-areas/pre-employment-transition-services/overview/instruction-self-advocacy

• The Right to Make Choices: International Laws and Decision-Making by People with Disabilities
  
Questions?
This project is funded in whole or in part under a contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.