Self Advocacy and You!

Presented by SAND (Self Advocacy Network Development)

made possible through the Arkansas Governor's Council on Developmental Disabilities, Disability Rights Arkansas and Partners for Inclusive Communities
Speakers

Sherice Smith
Partners for Inclusive Communities

Darren Morris
SAND Coordinator

Julie Petty
Partners for Inclusive Communities
Housekeeping Items

• Recording
• Participants muted by default
• Questions
  • Chat
  • Q & A
  • Raise Hand
  • Darren Morris: DMorris@disabilityrightsar.org

• Handout can be downloaded at: disabilityrightsar.org/sand/
Today we will talk about…

• What is self-advocacy?
• What are your rights as a self-advocate?
• What is Self-determination?
• Why does all of this matter to you?
What is self-advocacy?

• Standing up for yourself
• Speaking for yourself
• Deciding for yourself
What is self-advocacy?

• Self-advocacy is a movement. Started by people with developmental disabilities. This movement is based on the idea: individuals don’t have to change to fit society. Rather, society must change to treat everyone fairly.

• The goal of self-advocacy is to reshape society and get rid of labels. We want to bring basic civil rights and equality to all.
What is self-advocacy? (cont’d)

• Standing up at meetings and saying, please stop calling us retarded. We are not our label, we are People First!

• Self-advocacy doesn’t just mean advocating for yourself. It's learning how to advocate for yourself and then pass on your skills to others.
What are your rights as a self-advocate?

- I have the right to be respected.
- I have the right to be treated and spoken to like an adult.
- I have the right to be treated in a caring way.
- I have the right to be treated as a valuable person.
What are your responsibilities as a self-advocate?

- I have the responsibility to treat others with respect and speak respectfully.
- I have the responsibility to treat people in a caring way.
- I have the responsibility to treat people as valuable.
Why does it all matter?
What is Self-determination?

• Are you the boss of your own life?
• Make decisions about your life and plan your future.
• Make choices and have the final say over things.
• Control how money is spent to get the supports you need.
• Choose to be involved in your community and get the supports you need to make it happen.
• Take responsibility for the decisions you make.
Self Determination is also

• Deciding what to wear.
• Choosing what to eat for dinner.
• Listening to your favorite music.
• Choosing what to do in your free time.
• Finding a place to live.
• Choosing someone to live with.
• Deciding what job you want and where to work.
• Deciding what supports you need.
• Figuring out how to spend your money.
Community

• Do you want to be the boss of your own life?
• Do you want to participate in your community and get the supports you need?
• Are you willing to take responsibility for the decisions you make?
What do you think? Scenario 1

• Beth Ann has diabetes and uses insulin. She loves sweets though, and doesn’t like depriving herself. She has asked her support person to go with her to the store so she can get a honeybun and a coke. Beth Ann likes making her own decisions about food.
What do you think? Scenario 2

- Jack loves playing candy crush and prides himself on being really good at it. He chose to buy several of the candy crush add-ons, because they didn’t seem that expensive at the time. Now it’s time to pay rent, and Jack realizes he spent $200 that month on candy crush. He’s not sure he can make the rent.
Community is

• A place where different types of people live near each other on a block, in a neighborhood, or in a city or town.
• Some people live alone, with roommates, or with family.
• All of these people are a part of their community.
Community Inclusion Happens When...

• People are not kept separate because they have a disability.

• People with disabilities get the services and supports they need to live the life they want.

• People with disabilities live with others in the community and share a community life.

• Everyone can be themselves and be heard and be accepted by others.

• People have neighbors, make friends, and help each other when they can.

• People are not treated differently because of things like their religion, skin color, or abilities.
Community means… Getting Support

Some people need support to live the life they want:

• Getting in or out of the shower, getting dressed, or getting around the house.
• Cooking meals or eating.
• Keeping the house clean and safe.
• Getting to work or keeping a job.
Self Advocacy and Self Determination

A Self-Advocate is someone who speaks up for himself or herself and Self-Determination means being the boss of your own life by having freedom, control, making your own decisions, and taking responsibility for the choices you make.

They go together and takes practice!
Self Advocacy is the Key!
Questions?

- Darren Morris: DMorris@disabilityrightsar.org
- Sherice Smith: sds006@uark.edu
- Julie Petty: japetty@uark.edu