

## **Train the Trainer-“How to Advocate”**

**Audience:** parents, families, self advocates, Board members, anyone who has an interest in advocating for the benefit of a person with disabilities

### **Purpose of the training:**

The purpose of this training on “How to Advocate” is to teach people how to inform officials, whether it is local, state or national, on a particular issue or topic that will have an impact on someone that is important to you- or to your self. You are offering information on this issue and your commitment to it and how it will impact the lives of folks with disabilities. When they leave, they will have the tools, information and confidence to advocate on those issues that are important to them, their families, and their organizations.

**Time Frame:** about 1 hour

**Equipment needed:** projector and screen for power point, or copies of the power point and How to Advocate Packet

### **Tips for Trainers:**

- Training space- a space that is comfortable and small enough that everyone can face the trainer and allows for easy conversation. Provide tables for note taking, if possible.
- Test your audio/visual equipment before the training
- Arrive early- to greet your audience and provide sign in sheets and your contact information- for future questions and follow up information
- Provide directions to bathrooms and snack options
- Request that cell phones be put on vibrate for the duration of the training
- Encourage participation and leave time for questions
- Tips included on power point- are in “ *red italics*”
- Personalize the training- with photos and stories- applicable to your county

## **“How to Advocate”**

### **Trainer Timeline**

- I. Introductions- First yourself and then members of the audience**  
Let your audience members know who you are and your connection to advocacy, why you feel it is important and how you have seen it be effective in a personal situation. Then have them introduce themselves and why they are at this training and what they hope to learn. **(5 minutes)**
  
- II. Purpose of Training:** We are here today to learn how to be an effective advocate, to inform local or state official on the issues that impact us and our families. This training will provide the tools and information necessary to contact and inform our officials on the critical issues. It is vitally important that they understand our personal commitment and our stories. **(5 minutes)**
  
- III. Presentation- power point and handouts- (40 minutes)**
  
- IV. Questions- (10 minutes)**