

Welcome to

# Let's Speak Up!

Self Advocacy:  
Speaking Up For Yourself and Others



# This is a SAPNA event!

The Self Advocacy Power Network for All (SAPNA) is a project of the PA Office of Developmental Programs (ODP).

SAPNA is managed by Self Advocates United as 1.



# Self Advocates United as 1 (SAU1) has followed its mission since 2007:

To support the self advocacy of  
people with disabilities  
for positive impact  
in our communities  
and in people's lives.



Staff and Board meeting Fall 2018

# Who writes SAPNA stuff?

- ▶ SAPNA staff meet with experts to learn about things important to people with intellectual disabilities and/or autism.
- ▶ All materials are written in words that make sense to most people by SAPNA Power Coaches - professional self advocates.
- ▶ ODP approves the materials.
- ▶ SAPNA staff create and lead events.



# SAPNA shares SELF ADVOCATE POWER!

- ▶ Our events are
  - ▶ **BY** people with disabilities
  - ▶ **FOR** people with disabilities.



SAU1  
Founder, Past  
President,  
and Lead  
Ambassador  
Oscar  
Drummond.

We welcome other guests to join our event, to listen and learn.

Self advocate questions and comments will be taken first.

We may take questions and comments from others  
if there is time.

# Let's Get Started!



# Thanks for coming!

- This is all about you – so speak up, ask questions, and tell us what YOU think!

People and their families  
changed their communities,  
schools, and lives.



How did  
they do  
that?

They spoke up!

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When we speak up together, we have a powerful voice!



Power Coach Josh Harper waiting to speak at the June 2018 Rally at the Capitol in Harrisburg for funding for services for people with disabilities.

# We'll talk about

- Self Advocacy
- Self Advocates
- Everyone's Rights
- How you can be a self advocate
- Advocates
- The right way to advocate
- The power of groups

Why should you learn  
about these things?

When we learn new things,  
we are powerful!

**KNOWLEDGE  
IS  
POWER!**

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# How do people learn or speak up if they do not

- See?
- Hear?
- Use words?

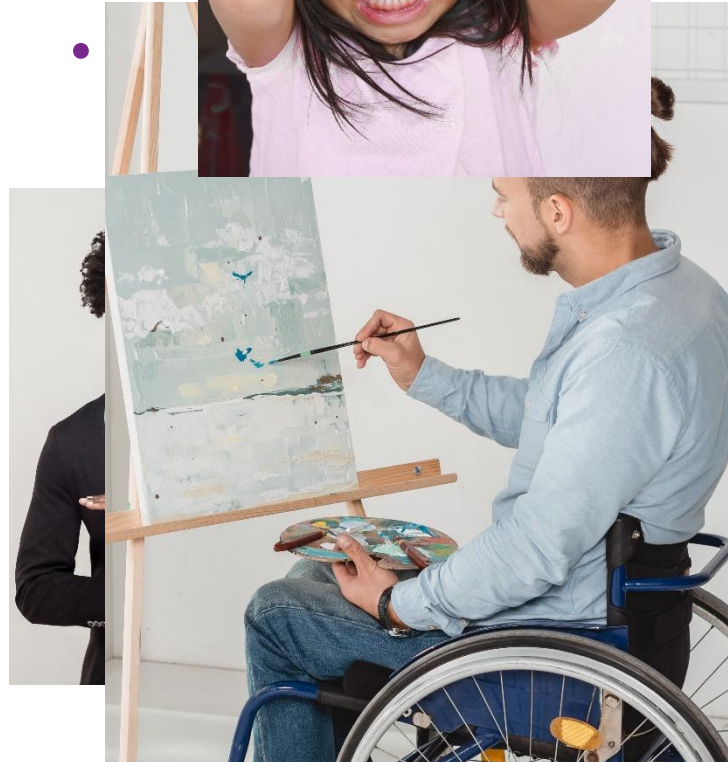


# Did you think of

- Book
- Pictures
- Point
- With pictures
- Sign language



- Listening
- Social
- 



ology

# Who are Self Advocates?

People with disabilities  
who speak up to get what  
they need and want.



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# Okay! So, What is Self Advocacy?



Speaking up about what  
is important to you!

Self Advocates believe

**Nothing About  
Me Without Me!**



Who can be a Self  
Advocate?



**YOU!**

You can speak up, or advocate for your rights.

What does the word rights mean?

Rights are the freedom to do the same things as everyone else because you are:

- A human
- A citizen of United States

A U.S. Citizen is a person born or registered to live in the United States.



When You Know Your Rights,  
YOU can speak up!

It is YOUR right  
to say what is on  
your mind.

That right is  
**Freedom of Speech.**



What other rights do you know about?



# As a U.S. citizen it is YOUR right to:

- get an education
- vote
- choose to follow any religion
- gather as a group
- complain to, or seek help from your government

It is **YOUR** right to:

Make decisions about  
your body and health.



It is YOUR right to live

Where you want



With whom you want.



# YOUR rights include access to:

- Public buildings
- Public transportation
- Voting booths
- Public services

# As a human being, it is **YOUR right to:**

- have shelter
- have enough food.
- love who you want.



It is **YOUR** right to:

**Say Yes!**



**Say No!**

**Make Mistakes.**



# Your rights include **Responsibility.**

- That means if you do something:
- dishonest
- violent
- against the law
- harmful to another person
- you have to deal with the results

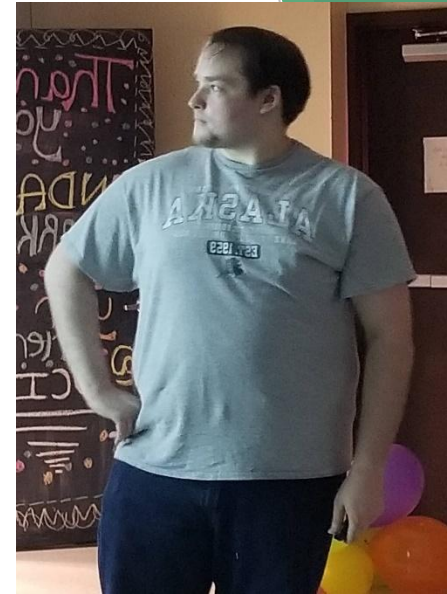


People you trust can help you understand how the things you do may affect your life.

# How Do You Find Out More about your rights?

- Ask a teacher
- Use the computer
- Talk to friends
- Contact Disability Rights PA
- Ask at your library

Some people still do not know, or get to use their rights.



Not everyone can vote.



Why would some people not be able to vote here?

# Some people still do not get to choose:

- where they want to live
- with whom they live
- what they wear
- what they eat

# Not everyone gets to choose the job they really want .





Who has the right to let  
others know what YOU want  
and need in YOUR life?

**YOU!**

When you do that,  
YOU are a  
Self Advocate!



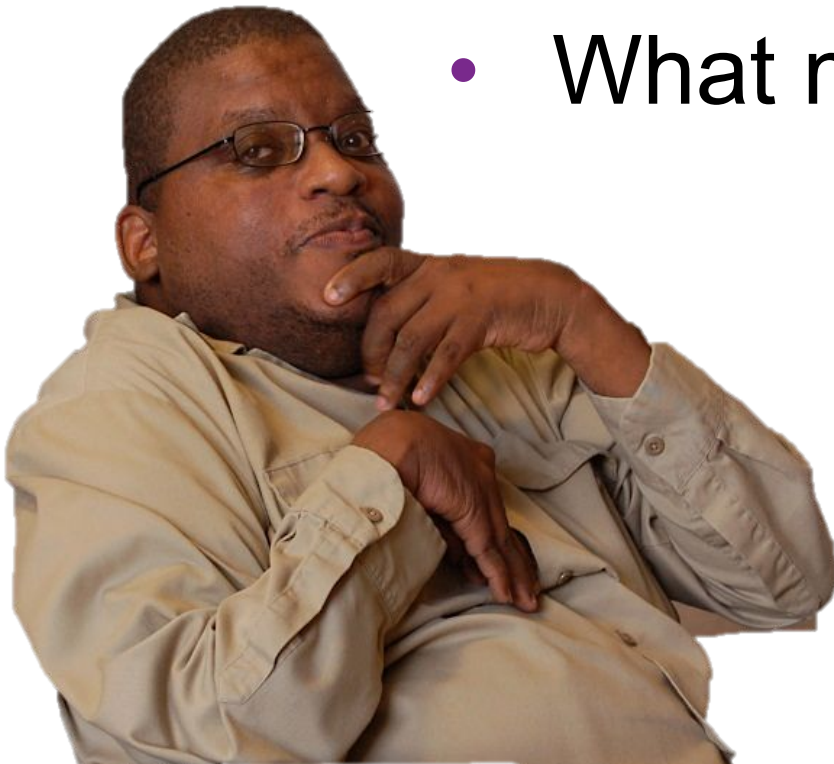
Tell us about a time  
when YOU spoke up!



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# Is it easy to speak up for yourself?

- What might be hard?
- What might be scary?



Be Brave! If You do not speak up for yourself -



- Others will not know what is important to you.
- You will not live the life you want.

# You can get help. Think about who

- Listens to you
- Helps you get what you need
- Understands your rights
- Helps you think about your choices and what may happen



Ask that person to help you be  
a self advocate.

You can also ask him or her to  
be an advocate for YOU!



But wait...  
who is an  
advocate?

# An Advocate is a Person



Who speaks up to help others.

Do you know an advocate?

# A Good Advocate

- Is someone you trust
- Is willing to help you
- Makes sure he or she knows what is important to YOU.
- Finds out the best way to help you speak up
- Is there for you
- Believes in your rights





## A Good Advocate does not:

- Speak for you without your permission
- Already think he or she knows what is important to you
- Make you feel bad for asking for what is important to you
- Try to change your mind

# Who would be a good advocate for you?

Think about asking:

- Your doctor or therapist
- A person in your family
- Someone from your place of worship
- A friend
- A teacher

You can have more than one!

What do you have the right to  
speak up about?

**Anything!**



Remember, Nothing  
About Me Without Me!

## Speak up about things like

- Changes in your life that change the supports you need
- What you want to do all day
- What you want to do for fun
- What you want to wear
- The job you want

# Speak up about

- If, when, and where you want to move
- Who you want to spend time with
- What you want to learn
- How people support you
- Your relationships
- Your home



# Speak up about

- When and where you want to go
- Who you want to spend time with, and when
- When and what you want to eat
- When you do NOT want to do something.



Start with those things that are important to you.

- You may have to ask over, and over, and over.....
- Don't give up!
- Keep speaking up until someone listens AND you get what is important to you!

What if someone says

Stop!

You can't do that.

We will decide for you.



What will you say and do?



What if someone says

It just doesn't work  
that way!



Hurry up and just sign this!



What will you say and do?

It Is Your Right to Understand.

If you need it, tell them to Slow Down!  
They must explain.



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# People who want to do important things join or start groups to

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- Learn more
- Work with others
- Use the strength of many people



What is important to you?  
Find a group and join!

- Self Advocates United as 1 (SAU1)
- Speaking for Ourselves
- Autistic Self Advocacy Network (ASAN)

Do you know any other groups?

## Part of our work is Technical Assistance.

That means we help people who want to start a self advocacy group or learn more about self advocacy.

To find out more, ask one of us after the training or call us at 724 588 2378.

Speak up for your rights  
and the rights of others.

**And Keep  
Speaking Up!**



When we speak up together,  
we have a powerful voice!

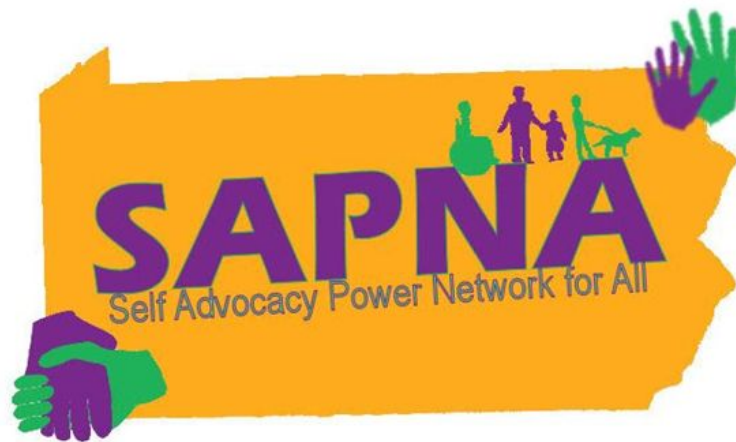


**Nothing About Us Without Us.**

Our thanks to the thousands of self advocates and families in the past who paved the way for self advocacy.

Special thanks to the people in the PA Training Partnership whose hard work and dedication created the foundation for this presentation.





And Thank You!



**KNOWLEDGE  
IS  
POWER!**

**Use it!**

# Contact Us:

## Self Advocates United as 1, Inc.

### SAU1

428 S Main Street, Suite 3  
Greenville, PA 16125

Call 724 588 2378

Email [info@sau1.org](mailto:info@sau1.org)

On the web [www.sau1.org](http://www.sau1.org)

Like us on Facebook! Search for @SAU1PA

Follow us on Twitter! Search for @speakupSAU1



Help us do  
more and better events.  
Tell us what YOU think  
about our talk today!

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# Self Advocacy Power Network for All

## Use your POWER to tell us what YOU think!

Please circle your best answer.

1. Do you think today's talk is important?



2. What's one thing you learned today?

I learned: \_\_\_\_\_

3. Will this help you in your own life?



4. Did the people do a good job helping you learn today?



5. Did they listen to what you had to say?



6. Did the pictures and the screen help you learn?



Are you a: \_\_\_\_\_ self advocate – person with disability  
 \_\_\_\_\_ family member \_\_\_\_\_ staff  
 \_\_\_\_\_ other – please describe \_\_\_\_\_



Thank you for telling us what you think!