



TEXAS
ADVOCATES
Speaking out for ourselves

**Get the Power!
Self Advocacy is the Key to Independence!**



Produced by:



Peer to Peer Project



In association with:



Funded by:



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Introduction

Hello and welcome to *Get the Power: Self Advocacy is the Key to Independence!* This is a production of Texas Advocates Peer to Peer Project. The Peer to Peer Project provides training for people with intellectual and developmental disabilities to advocate for their own rights and interests. Texas Advocates is recognized as the leader in self-advocacy in Texas. The Texas Advocates will fight to stop unfair treatment and advocate for more and better services and supports for people with disabilities to be included in their communities. Texas Advocates believe that people with disabilities can embrace life and advocate for their own rights and interests by making their own decisions and choosing services and supports that allow them to live the way they want to live.

This product is the first fully accessible and interactive guide of its kind - made for people with disabilities by people with disabilities. The purpose of this video and training manual is to teach people with disabilities how to speak up for themselves. We hope the activities in this manual empower them to dream, make their own choices, and tell their story at the Capitol.

You can play this video using:

- A TV and DVD player.
- A Macintosh computer.
- A PC computer using the Power DVD application.

This training will:

- Show participants how to dream big!
- Energize participants and ask them to believe in themselves!
- Encourage participants to try new things!
- Ask participants to support each other and cheer each other on!
- Support participants in building a life for themselves!
- Teach participants how to get involved at the Capitol!

A good facilitator is:

- Someone who believes in self advocacy and self determination.
- Someone who works with self advocates and/or self advocate facilitators.
- Someone who believes in and wants to support self advocates in achieving what they want in their lives.
- Someone who takes the time to familiarize themselves with the *Get the Power* training series before they do a workshop.
- Someone who takes the time to get to know their workshop participants.

So, let's get started!



**Ready,
Set,
Have Fun!**



Facilitator Tips

It's a good idea to review these tips before any and every training you do!

- Watch the Open chapter of the video as part of every workshop you complete. For example, if you are planning on doing Ricky's Legislative Visit, start the workshop with the opening and then move on to Ricky's Legislative Visit chapter.
- Self Advocates have the right to choose to participate or not. You should never force someone to be part of the activity! Just calmly move on to the next person. Most likely, the person who is choosing not to participate will once they realize how fun it is.
- When experiencing silence, go back to the meaning of self advocacy or self determination. You can never review too much!!!! Think of ways to get people comfortable talking to you. What are their interests? Sometimes cracking a joke works. Laughter is the best medicine!
- Worried about the flow of your activity? Are there too many interruptions? Please try to be patient and positive! Self advocacy is all about a person not being afraid to speak up. Rushing someone can make them nervous and scared to say anything.
- Remember you are in control but it's best to be flexible! If an activity is not working try another one instead. You don't have to complete every activity in every chapter. Please feel free to mix and match. You can also cut things short. The most important thing is that people are learning and having fun!
- Remember to take your time and let natural discussions happen! Don't forget to encourage participants to cheer each other on and support each other. Make sure people are polite and respect each other at all times.
- Take the time to talk about why your group is doing this activity. Sharing ideas and dreams is an important part of these activities. Get people talking!
- Pair people up who have similar dreams and have them support each other. Encourage people to talk about details! For example; Alan wants to drive some day, What kind of car will he drive? What color will his car be? If Adam wants a job someday, where will he work? What does he enjoy doing? If he likes computers, will he have a PC or a MAC? Does he prefer Nintendo DS or Play Station? Details like these are vital if your group's dreams are going to be a reality someday!
- When doing role plays, encourage everyone to try it. Give everyone an example first by working with a participant who is willing to try it. Name the characters in your role plays. For example, if most of the participants in your group have Senator Lucio as their Senator. Ask someone to be Senator Lucio.

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Get the Power! Self Advocacy is the Key to Independence

The Role of the Self Advocate Facilitator

Please read before any and every training you do

- Any and all self advocates can teach others during some portion of this training. Everyone can learn to be a good teacher! Self advocates are no different!
- Self Advocates are REAL LIFE examples of self advocacy and self determination. We strongly recommend all self advocates tell their story and encourage participants to participate during all workshops!
- A good place for a self advocate to tell their story is after watching the chapter Open of the video. Ask the self advocate to tell participants where they live, who they live with, how they got involved in self advocacy, why living in the community is important to them, and what self advocacy means to them.
- Self Advocates, advisors and other facilitators need to work together in order to make the Get the Power... training series a success for everyone!
- Before a workshop happens it is critical that the facilitator and self advocate establish an open line of communication. It is important that the self advocate trusts the facilitator they are working with.
- To establish trust and open communication, facilitators and advisors must take the time to get to know the self advocate they are training with: What are their dreams? What do they like or not like? How does the self advocate learn? Does the self advocate have good reading skills? Do they like to talk to groups of people? Do they like role plays? Do they like to draw or take notes? Do concepts need to be repeated or simplified before they are understood, etc?
- Self advocates: You are in charge of telling the person you are working with when you don't understand or need help. Don't be afraid! If you are uncomfortable, say so. Speak up! Use your voice! Don't wait!
- Advisors and facilitators: Take the time to assign self advocates very specific duties during the workshops. For instance, if the self advocate has good reading and comprehension skills, ask the self advocate to review and explain the vocabulary terms at the beginning of each chapter. If the self advocate can't read, ask them to help you with the review questions by reading each question and asking for their answer. DO NOT generalize! Asking a self advocate to lead Step 2 of a chapter would be an example of generalizing. You can never break things down too much!
- Practice, practice, practice! Before conducting a workshop, try one first. What is the self advocate's role during the training? What went well? What needs to be improved? What was understood? Are self advocates having fun? Invite other self advocates, board members or officers to a mock workshop and ask them what they learned.

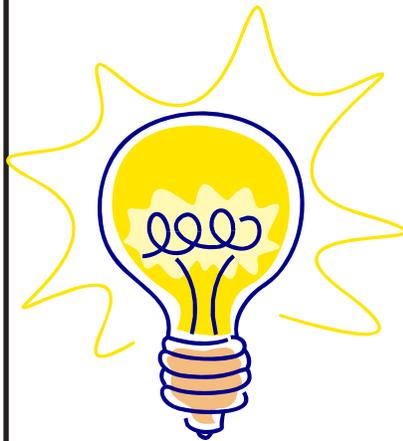


Dream Catcher

Dream Catcher Supplies

Your supplies may vary depending on what you have access to or the budget for:

- String or yarn (any color)
- Chairs in a circle



You may also want to complete:

- Max Moves On
- Dream Boards
- Tanya's Dance

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Get the Power! Self Advocacy is the Key to Independence

Dream Catcher *continued*

Step 1: Before you begin:

Take five or ten minutes to have a discussion with your group about self advocacy, self determination, dreams, goals and dream catchers.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to. Or, maybe another person with a disability has a goal to live in their own house or apartment someday.

Dream Catcher Native Americans make dream catchers from hoops of bent willow bark with a webbing of sinew or string. They believe that hanging a dream catcher near your bed can catch dreams as they float by in the night. Self advocates use dream catchers to catch their dreams so they never forget them. Self advocates make dream catchers together so they can support each other in reaching their dreams. You can make a dream catcher any time of day. You can dream during the day or night.

Step 2: What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the Open chapter in the video):

Dream Catcher *continued*

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are there similarities or differences to the self advocate responses in the video?

It makes Mark feel good to speak out for people with disabilities. How does it make you feel?



Step 3: Dream Catcher Discussion:

Now, have a discussion about Dream Catchers. What are they? Dream catchers are hoops of bent willow bark with a webbing of sinew or string. What do they do? Hanging a dream catcher near your bed can catch dreams as they float by in the night. Can you dream while you're awake? Yes, you can dream during the day or night. Explain what dreams are and that they are very important to self advocacy. Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want. Self advocates support each other in reaching their dreams. Dreams help us find our personal power – the fire in our hearts. Take a minute and have everyone put their hand on their heart. Have everyone repeat where their power is and only they have control over what happens to it.

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- *Everyone has different dreams*
- *You have the ability to create your own dreams*
- *Even though we may have different dreams, we can help support each other in creating our own dreams*



Remember, no one can take your power unless you let them.

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Get the Power! Self Advocacy is the Key to Independence

Step 5: It's time to watch the video



Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What is a dream?
- What is your dream?
- Who can support you in your dream?
- To help your dream come true, it is important to share your dream.

Step 7: Now it's your turn! Dream Catcher Activity

Everyone should make a circle with their chairs. Make it a big enough circle that people can throw the yarn to each other but small enough that everyone has a good shot at catching the yarn. It's very effective to encourage the participants to help each other pick up or catch the yarn if someone is having difficulty because it helps to reinforce the idea that self advocates need to support each other in their dreams and the self advocacy movement in general! However, for larger groups or when working with people who have difficulty with movement, the facilitator can ask someone to help the group. This assistant is there to help anyone toss/catch the yarn ball and/or to deliver his/her name and dream. The facilitator should go first and begin by wrapping the end of the yarn around their finger and say their name and dream.

For example, "My name is Tanya and my dream is to be a dancer."

Once you finished, toss the yarn to another advocate. It's a good idea to pass the yarn to someone across from you.

The next person wraps the end of the yarn around his/her finger and says:

"My name is _____ and my dream is to be _____."



Please don't forget to review the facilitator tips before beginning the activity.

Dream Catcher *continued*

Once he/she finishes, he/she tosses the yarn ball to another advocate across from him/her and the action continues until all advocates have yarn wrapped around their fingers and a dream catcher has been created. The facilitator should be upbeat and encourage everyone to think of a dream. Don't be afraid to be funny. Encourage laughter but be sure everyone respects each other's dreams and turn. Be sure to review the meaning of self advocacy, self determination, personal power, and dreams.

The activity culminates when all the advocates have spoken and the dream catcher is complete. The facilitator concludes by noting that when we all are a part of this dream catcher we made – we all hold a piece of yarn – and we are all going to support one another's dream. We are all connected! We can catch our dreams together!

We are self advocates! Try to connect participant's dreams together. For example, in the video, Tanya who is the facilitator says she wants to be a dancer. Danny who is the next participant says he wants to be a DJ so Tanya ties those two dreams together by saying that Danny can help her with the music for all her performances. Tanya and Danny are connected. They can support each other in their dreams. They are self advocates! Connecting dreams can not only help you teach the principles of self advocacy but they can help you create a funny story that participants enjoy and if people enjoy what they are doing you can be sure that they are learning! Making connections with concepts will help you set up a good foundation for successful learning. Many of the concepts in this training video are interconnected so the quicker you make these connections the better!

Step 8: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

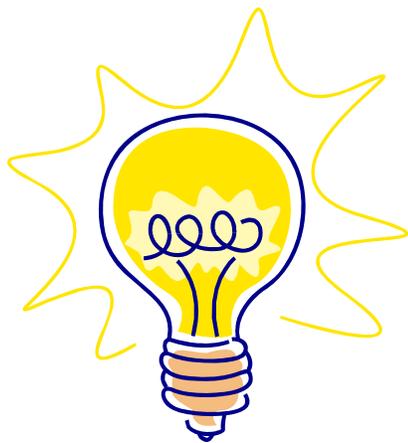
- What is your dream?
- Who can support you in your dream?
- To help your dream come true, it is important to share your dream.

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Get the Power! Self Advocacy is the Key to Independence

Dream Boards



You may also want to complete:

- Max Moves On
- Dream Catcher
- Tanya's Dance

Dream Board Supplies

Your supplies may vary depending on what you have access to or the budget for:

- Poster board preferably white 22"x14"
- Tables and chairs
- Markers, colored pencils, oil pastels
- Magazines (activity based ones are best i.e.: Good Housekeeping, Fishing, or Golf)
- Scissors, glue, cotton balls, pipe cleaners, string
- Model Magic or Play Dough
- Volunteers

Dream Boards continued

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, dreams, goals, team work, and good leaders

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Team Work means to work together and support each other to reach a common goal.

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to. Or, maybe another person with a disability has a goal to live in their own house or apartment someday.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

Step 2 What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

To Mark, self advocacy means speaking for his own rights. What does self advocacy mean to you?



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Get the Power! Self Advocacy is the Key to Independence

Step 3: Dreams Discussion:

Now, have a discussion about personal dreams. What do they want in their lives? Where do they want to live? Who do they want to spend their time with? Do they want a job? Maybe they already have one. Do they like where they work or do they want to try something new? Are they in school now? Do they want to go to college? Maybe they want to get married or have a girlfriend or boyfriend? It may be best to split this activity into two different sessions. During the first session, ask people what their dreams are? Has anyone already started achieving things that will help them reach their dreams? Can the members of your group name people that can support them in their dreams? Ask someone who likes to write to document these responses on a flip chart or large piece of paper. During the second session, watch the video and try making a dream board. Ask your group if they have similar dreams to the self advocates in the video.

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- Your dream board is a visual representation or picture of your dream.
- Here are the parts of a dream board:
 - Something that represents yourself. Tell us about who you are.
 - What your dream is and how you see your dream.
 - The things you have done to make your dream come true.
 - The things you still need to do to make your dream come true.
- You can have more than one dream, and you can make more than one dream board.

Dream Boards continued



Please don't forget to review the facilitator tips before beginning the activity.



Everyone has a dream!
It is important to share your dream with others!

Step 5: It's time to watch the video



Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What is your dream and how do you visualize your dream?
- What things have you done to make your dream come true?
- What things do you still need to take to make your dreams come true?

Step 7: Now it's your turn! Dream Board Activity

A Dream Board is a visual representation of one's dreams on poster board. Dream Boards are a creative way to remember where you are in achieving your dream. They also help you think about the steps you still need to take to make your dream come true. Some self advocates may have a hard time knowing where to start. They may have a hard time turning their thoughts into pictures. They may tell someone that they can't draw. Therefore, it's important that the facilitator has an array of different art supplies like magazines to cut pictures from, Model Magic, pipe cleaners, string or cotton balls. These items will help self advocates be more creative and get away from the idea that art is something that happens with a pen and a piece of paper. Remember, this activity is more about turning your dreams into a concrete or real idea you can reach for rather than the best piece of art you've ever created. It does not have to be perfect! It's meant to inspire you to make your dreams come true!

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Get the Power! Self Advocacy is the Key to Independence

When facilitating this activity, don't get too caught up in making sure that everyone is following the steps of a dream board. It doesn't really matter what steps go where on the board. It's more important that your group is thinking about their dreams and participating in some way! *As you explain this activity, give participants examples then ask them for examples of their own.*

If you have a large group and it's possible, break people up into small groups of 2-4 people at a table. If your group is small, they can sit at the same table. Please put all the art supplies in the center of the table. Start off explaining each section (middle, top, left, and right) Remember to give examples and ask the group what they think some examples are. Review one section at a time and give people 15-20 minutes to work on each section. Someone should walk around to each person encouraging them, commenting on what they have done and giving ideas if people get stuck. Encourage people to help each other with ideas!

Dream Board Sections

The middle of the board represents you – and you can use any graphics or pictures to symbolize who you are.

The top of the poster symbolizes your dream – anything you want to accomplish. For example, maybe you want a job someday. Maybe you want a different job someday.

One side of the board shows your history – the things you have done that have gotten you to where you are today. For instance, maybe you already have a resume or maybe you have been filling out job applications.

The other side of the board displays the steps you still need to take to get to your dream. For example, maybe you still need to go on job interviews.

Dream Boards continued



Save time to have each person share their dream board with the other members of the group when you're done. Remember, you can have more than one dream and more than one dream board.

Step 8: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

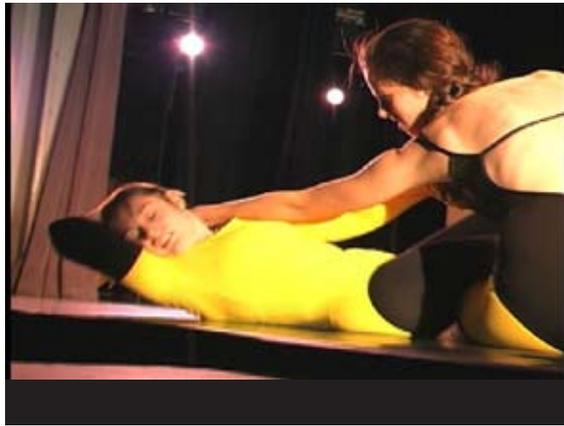
- What is your dream?
- Who can support you in your dream?
- To help your dream come true, it is important to share your dream.

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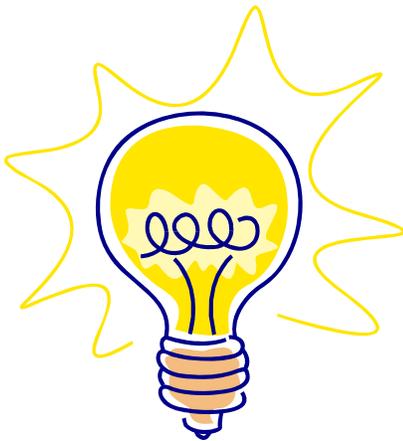
Tanya's Dance



Tanya's Dance Supplies

Your supplies may vary depending on what you have access to or the budget for:

- Chairs in a U shape or circle



You may also want to complete:

- Dream Catcher
- Dream Boards
- Trust: Catch and Fall
- Max Moves On
- Team Work Relay

Tanya's Dance continued

Step 1: Before you Begin:

Take five or ten minutes to have a discussion with your group about self advocacy and self determination, dreams, goals, trust and power.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to. Or, maybe another person with a disability has a goal to live in their own house or apartment someday.

Trust is a relationship or bond between two people. Trust means getting to know someone and believing in them. Trust is what happens when you ask a person for help and you believe they will help you. You can trust many different people like yourself, your friends, family, and neighbors.

Power is a feeling everyone has whether you have a disability or not! Power helps us to believe in ourselves and build confidence and self esteem. It's what helps us dream and make our dreams come true. Sometimes people describe it as a fire in your belly or a heartbeat. It's important to remember that you decide what to do with your power. No one can take it away from you. You can use your power when you feel scared or nervous about something. Your power can help you ask for support.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 2 Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- You have the ability to create your own dreams
- Even though we may have different dreams, we can help support each other in creating our own dreams.
- The power is inside of you!

Step 3: It's time to watch the video



Step 4: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What is your dream?
- Where is your power?
- Who can support you in making your dreams come true?



You can make your dreams come true!



Please don't forget to review the facilitator tips before beginning the activity.

Tanya's Dance continued

Step 5: Tanya's Dance Activity:

After watching the video, please answer and discuss the following questions:

1. Tanya says in order to reach your dreams you should imagine there is a power, a feeling, a heartbeat inside of you that no one can see but you want to show the world. Have you ever felt the power inside of you? What do you want to show the world?
2. What did Tanya do to make her dream come true?
3. What are some of your dreams?
4. What can you do to make your dreams come true?
5. Tanya says that people with disabilities need a lot of help or support in life? Who supports you?
6. Tanya says she and Ceniza made a dance of trust. What does trust mean to you? Who do you trust and why?
7. Tanya and Ceniza worked together to make their dance? Have you ever had to work with someone to make something happen? What has your Self Advocacy group done together? How does your group support each other?
8. Ceniza says she learned a lot about people with disabilities by working with Tanya. Have you ever worked with or talked to someone without a disability about what it's like to live with a disability? What was it like? What did the person say when you were finished? Would you tell more people about your disability?

Step 6: Let's Review Again

(Take five or ten minutes to discuss the review questions with your group):

- What is your dream?
- Where is your power?
- Who can support you in making your dreams come true?

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

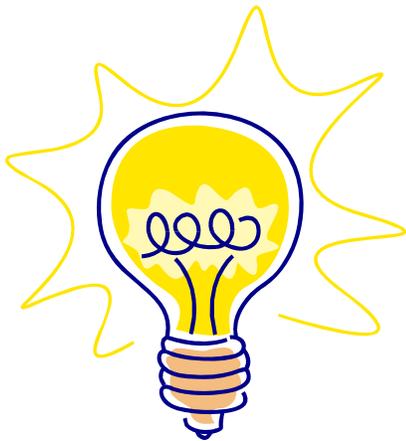
Trust: Catch & Fall



Trust: Catch and Fall Supplies

Your supplies may vary depending on what you have access to or the budget for:

- Flip chart and markers
- Chairs in a circle



You may also want to complete:

- *Dream Catcher*
- *Dream Boards*
- *Tanya's Dance*
- *Max Moves On*
- *Team Work Relay*

Trust: Catch & Fall continued

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, trust, and dreams.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Trust is a relationship or bond between two people. Trust means getting to know someone and believing in them. Trust is what happens when you ask a person for help and you believe they will help you. You can trust many different people like yourself, your friends, family, and neighbors.

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want. When you share your dreams with others, you are getting to know and trust them.

Step 2 What is self advocacy?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

To Consuelo, self advocacy is helping people with disabilities get into self advocacy groups like Texas Advocates. Are you a member of Texas Advocates? Who will you help today?



PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 3: Trust Discussion :

Now, have a discussion about trust and what it means to your group. Use a flip chart and markers to help your group draw a picture of what trust looks like. If your group likes to draw, ask for volunteers to come up and draw what trust means to them. You might be surprised at what shows up on the paper!

If not everyone in the group wants to draw, ask one person to draw a bull's eye or target on the flip chart and follow the example below. Talk about who your group trusts. How long does it take to trust someone? Who decides who you trust? Do you trust yourself? Why is it important to trust yourself and others? Be sure to ask whoever decides to draw to write the group's answers on the bull's eye.



Trust: Catch & Fall continued

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- *Trust is having confidence and faith in others.*
- *Trust is a bond and relationship between two people.*
- *Trusting others can be scary but you have to trust others to reach out for support.*



You decide who you trust!

Step 5: It's time to watch the video



Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What does trust mean to you?
- What does trust look like?
- Who do you trust?
- Have you ever been scared to trust someone?

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 7: Now it's your turn! Trust- Catch and Fall Activity:

After watching the video, have your group pair up into teams of two. Each pair should try the catch and fall exercise. Be sure that each pair switch roles and everyone has a chance to be caught and fall. Someone should walk around to spot each pair and encourage everyone to support each other. When doing the catch and fall exercise, encourage everyone to try it. If you have people who use wheel chairs or walkers don't leave them out! Have people in wheelchairs catch people who can walk. If people who use crutches or walkers don't feel comfortable doing the activity standing, have them sit in a chair and catch someone else. Maybe two people can share catching someone.

Remember to take your time and let natural discussions happen! Don't forget to encourage participants to cheer each other on and support each other. Make sure people are polite and respect each other at all times.

Step 8: Let's Review, Again

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

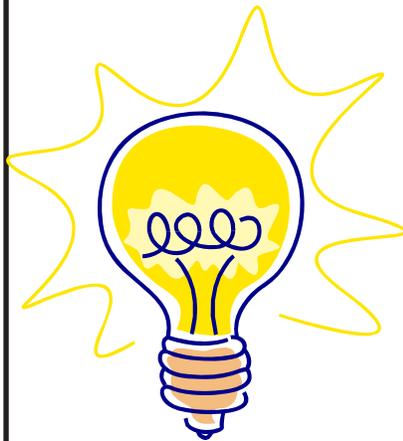
- What does trust mean to you?
- What does trust look like?
- Who do you trust?
- Have you ever been scared to trust someone?

Community Living Café

Community Living Café Supplies

Your supplies may vary depending on what you have access to or the budget for:

- Flip chart and markers
- Asking for Help role play on Page 70
- Community Living Café menus & Pictures on pages 71-76
- chairs



You may also want to complete:

- Max Moves On
- Dream Boards
- Tanya's Dance

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, dreams, choices, and provider.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Choices are all the different options you have when making decisions about what you want in your life. For instance, if you want to live in the community, do you want to live in a group home, apartment, or house? Do you want to live alone or with roommates? Do you need someone to help you clean? Do you need help with your money? Making choices are a big part of taking control of your life.

Provider is a person or agency that provides services such as: help with paying bills or budgeting money, cooking and cleaning, or medical transportation.

Step 2 What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

Community Living Café continued

Marshall has enjoyed learning about self advocacy. As a self advocate, Marshall makes his own decisions. He lives on his own, goes to the grocery store on his own, and votes at election time. What can you do as a self advocate?



Step 3: Community Living Discussion:

Now, have a discussion about all the different places to live. Use a flip chart and markers to write down your answers during the discussion. Where do people live now? Where do people want to live someday? What do they like about where they live? Is there anything they don't like? Do they have family, staff, or friends that help them when they need it? What are some things people need help with? Does your group feel like they are in control of their lives? Why or why not? Who makes the decisions about how you spend your day?

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- Self Advocates have the power to make their own choices.
- As a Self Advocate, you must ask for the support you need.
- You have the power to make your choices happen.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence



Remember, you are in control of your life!

Step 5: It's time to watch the video



Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What choices do you have?
- Who can support you in your choices?
- In your life, who is placing the orders?

Step 7: Now it's your turn! **Circle of Support Activity:**

What is a Circle of Support? A Circle of Support is group of people a self advocate trusts to help them make their dreams come true. A Circle of Support can be made up of anyone a self advocate feels close to or trusts like: friends, family, cousins, neighbors, spouses, girlfriends/boy-friends, church members, co-workers, and support staff.

When does someone need a Circle of Support? Self advocates start putting their Circles of Support together at anytime but especially after they have shared their dreams with other people and are ready and willing to do the work to make their dreams come true.

Putting together a Circle of Support is an important step in taking control of your life and getting the supports and services you need! Who would you ask to be on your Circle of Support? Pick a person in your group that likes to draw and use a flip chart/ markers to write down the names in the group's Circle of Support.



Please don't forget to review the facilitator tips before beginning the activity.

PEER TO PEER PROJECT

Get the Power! Self Advocacy is the Key to Independence

Follow the example:

- Who is a part of their lives?
- Who is closest to them?
- Who do they talk to or ask for help?
- Who is most important to them?



Self advocates are in charge of the Circle of Support!



Self advocates have to ask someone to be on their Circle of Support!



Self advocates decide how much the Circle of Support will meet and what the group will work on!



Being in charge of a Circle of Support is an important job! Self advocates have to work just as hard as other members of the circle.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 8: Role Playing

Role Play: Asking for Help Role Play:

Take five or ten minutes to have a review with your group about the meaning of self advocacy, self determination, dreams, choices, and provider.

What is role playing? Role playing is the same as acting. Everyone takes turns playing different characters.

Now that you've thought about who would be on your Circle of Support, the next step is to ask them for their help. Find the Asking for Help role play on page 70 and read the whole role play for the group. Then, ask for 2 volunteers. Be sure to assist the group by setting the scene and reading the narration. If people have difficulty reading, have another group member support them. Remember, the purpose of this role play is to help people be more comfortable with asking for help. It's ok to have people make up their own role play if they can't read the words.

Step 9: More Role Playing!

Make copies of the menus & pictures on pages 71-76 ahead of time. Take out your Community Living Café menus.

Before breaking up into partners, try it all together:

Role Play: Ordering what you want for your life.

Characters (actors):

Waiter/Waitress: This person is taking the order for the customer. They should suggest the daily special but they should never order for the customer.

Customer (self advocate): This person is eating at the restaurant. The customer places the order they want. If they need help, they can ask the waiter or ask about the daily special.

1. Ask for two volunteers from your group.
2. One person should play the waiter/ waitress and one person should play the self advocate or customer.

Getting ready for the activity:

- Make copies of the Roll Play on p.70 Menus & Pictures on pages 71-76 ahead of time.

Community Living Café continued

3. The self advocate should practice ordering off the menu and the waiter/waitress should practice taking the orders.
4. After placing the order, the waiter/waitress should give the self advocate what they ordered using the Community Living Café pictures.

For Example: If a self advocate orders money management and transportation, the waiter/waitress should hand them the money picture and the bus picture.

Now, try it in partner groups.

As your group is role playing, walk around offering your support. If customers are having trouble reading, encourage them to look at the pictures or ask the waiter/waitress for help. Remember, the point of the activity is to encourage self advocates to make their own choices.

What is this activity all about anyway? The purpose of the Community Living Café is to show self advocates that they are in control of their lives. That it is possible to live in the community and get the supports and services you need to be successful. This activity shows self advocates that they can ask for help and they have the power to place the orders in their lives. As a facilitator, focus and encourage participants to think about the supports and services they might need if they want to live in/move within the community. Encourage people to use their voice and tell the "waitress" (family member, friend, service coordinator, or staff member) what they want and what help they may need to make that dream come true.

Step 10: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

- *What choices do you have?*
- *Who can support you in your choices?*
- *In your life, who is placing the orders?*

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

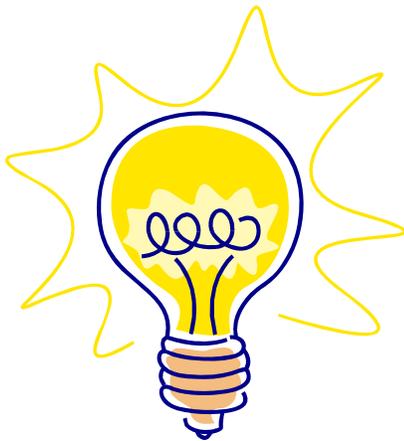
Max Moves On



Max Moves On Supplies

Your supplies may vary depending on what you have access to or the budget for:

- Flip Chart and markers



You may also want to complete:

- *Dream Catcher*
- *Team Work Relay*
- *Tanya's Dance*

Max Moves On continued

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, dreams, power, choices, provider, and self advocacy group.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Choices are all the different options you have when making decisions about what you want in your life. For instance, if you want to live in the community, do you want to live in a group home, apartment, or house? Do you want to live alone or with roommates? Do you need someone to help you clean? Do you need help with your money? Making choices are part a big part of taking control of your life.

Power is a feeling everyone has whether you have a disability or not! Power helps us to believe in ourselves and build confidence and self esteem. It's what helps us dream and make our dreams come true. Sometimes people describe it as a fire in your belly or a heartbeat. It's important to remember that you decide what to do with your power. No one can take it away from you. You can use your power when you feel scared or nervous about something. Your power can help you ask for support.

Provider is a person or agency that provides services such as: help with paying bills or budgeting money, cooking and cleaning, or medical transportation.

Self Advocacy Groups are a group of people with disabilities who get together and talk about what's important to them. Members of self advocacy groups speak out for themselves and others. They attend conferences and talk to other people with disabilities about things like: voting, self advocacy, self determination, employment, and housing. They visit the Capitol and educate people about what's important to them. Members of self advocacy groups support each other in living the life they want to live. They have fun together!

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 2: What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

- **No one can take away Claudia's power.**
- **Do you have power?**
- **Who can take it away?**

Claudia uses her power to live in her own apartment.

How will you use your power?



Step 3: Choices Discussion:

Now, have a discussion about what they want in their lives and all the choices self advocates have to make. For example, where do they want to live? Do they want to have roommates or live alone? Who can they ask for help? Do they want to live in an apartment, group home, or house? Do they need help with paying bills? Do they have a job or do they need one? Do they need help cooking or grocery shopping? Ask someone to use a flip chart and markers to write down people's responses.

Max Moves On continued



Please don't forget to review the facilitator tips before beginning the activity.

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- In Max Moves On, Max wants a change in his life. In order to make this happen:
 - ◇ Max will look at his options
 - ◇ Max will choose the options he wants
 - ◇ Max will follow through on his choices
 - ◇ Max will join a self advocacy group

- As a self advocate, you will see that it is very important to become involved with others and to be part of a self advocacy group.



Step 5: It's time to watch the video

Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What do you want for your life?
- Have you talked to your family or your support person about what you want for your life?
- Do you know what options are available to you?
- Do you know what steps you need to take?
- Just Do It!
- How can joining a self advocacy group help you reach your goals?

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 7: Making Your Dreams Come True Activity:

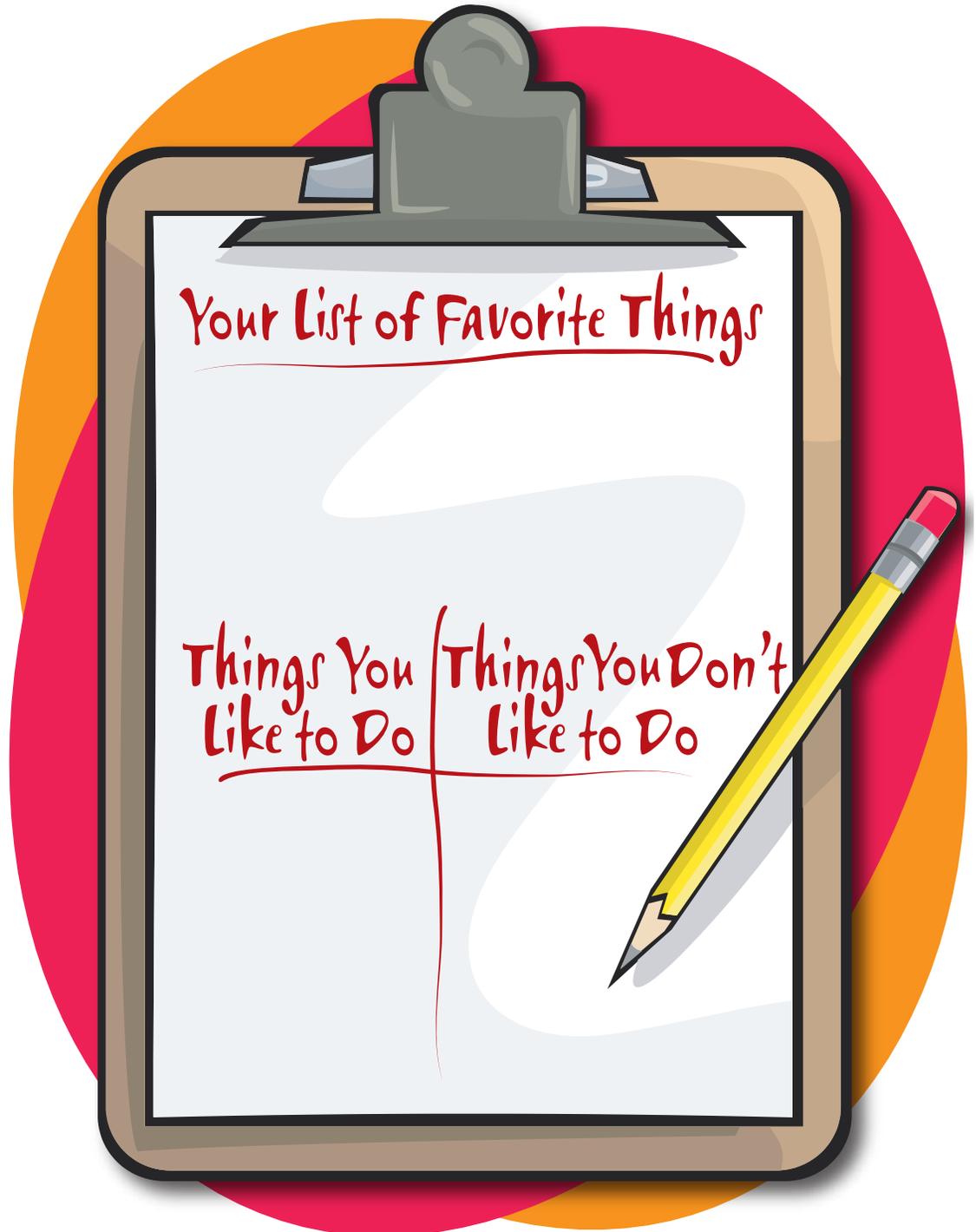
Making the life you want to live a reality has a lot to do with deciding what you like and what you don't like to do. Ask someone in your group who likes to take notes to copy the example on p.38 on your flip chart. Ask for 1-3 people to answer the following questions:

- **How do you usually spend your day?**
- **What are some of your favorite things?**
- **What do you like? What don't you like to do?**

The purpose of the Max Moves on is to show self advocates that they are in control of their lives. Like Max, self advocates have the power to make their own choices and decisions. Self advocates can ask for the supports they need. There are lots of choices and decisions to be made when thinking about the life they want to live. As a facilitator, focus and encourage participants to think about the supports and services they might need if they want to live in/move within the community. Encourage people to use their voice and talk to their family or Circle of Support about what they want. Making your dreams come true start with you!

PEER TO PEER PROJECT

Get the Power! Self Advocacy is the Key to Independence



PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 8: The Circle of Support Activity:

Now your group has had a discussion about what they want in their lives, all the choices and decisions they have to make, and what they do and don't like to do. The next step is finding people who can help them make these choices and decisions a reality. Ask someone who likes to draw to use the flip chart and markers. Ask one or two people from your group the following questions and follow the example below:

- **Who is a part of their lives?**
- **Who is closest to them?**
- **Who do they talk to or ask for help?**
- **Who is most important to them?**

Write the answers on the flip chart.



Max Moves On continued



Please don't forget to review the facilitator tips before beginning the activity.

Step 9: How Self Advocacy Groups Can Support You Activity:

Self Advocates Becoming Empowered (SABE) says that successful self advocacy groups have 3 goals. Please review the SABE goals on pages 79-80 and have a discussion with your group using the following questions:

1. How many of you are members of a self advocacy group? For those who aren't members of a self advocacy group, have you ever thought about becoming a member. Why or why not?
2. Does anyone want to talk about why they became a member of a self advocacy group? What do you like most or least?
3. Would anyone tell or ask one of their friends to join a self advocacy group? Why or why not?
4. Does anyone want to talk about what kind of activities their self advocacy group does?
5. Does anyone want to talk about who supported them to go to their first self advocacy meeting?

Step 10: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

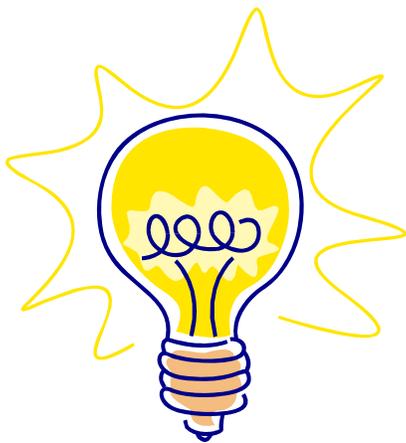
- > What do you want for your life?
- > Have you talked to your family or your support person about what you want for your life?
- > *Do you know what options are available to you?*
- > *Do you know what steps you need to take?*
- > *Just Do It!*
- > *How can joining a self advocacy group help you reach your goals?*

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Team Work Relay



You may also want to complete:

- *The Dream Catcher*
- *Max Moves On*
- *Tanya's Dance*

Team Work Relay Supplies

Your supplies may vary depending on what you have access to or the budget for:

- *This activity works best outside.*
- *Tennis Balls (any type of ball will work)*
- *Buckets (If you can't find buckets, you can use plastic planters, laundry baskets, or card board boxes. You may need to put rocks in the boxes or have a volunteer hold them down so they don't blow away.)*

Team Work Relay continued

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, dreams, goals, team work, and good leaders

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to. Or, maybe another person with a disability has a goal to live in their own house or apartment someday.

Team Work means to work together and support each other to reach a common goal.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 2: What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

James is in the self advocacy movement to help people with disabilities be leaders like him. Who will you help be a leader?



Step 3: Team Work & Being a Leader Discussion:

Now, have a discussion about what makes good teamwork. What makes a good leader? What are some things a good leader shouldn't do? What words do you think of when you think of leadership? Good leaders help everyone work together and support one another. A good leader recognizes his or her weaknesses and uses his or her skills and strengths to problem solve. Good leaders share responsibility and ask for support from other team members. A good leader shares, is friendly, and works with others to accomplish the team's goals.

Team Work Relay continued



Please don't forget to review the facilitator tips before beginning the activity.

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- It is important to understand teamwork and how we can all work together to reach our common or shared goals.
- We are all in this together. Everyone is a link in the chain and part of a common goal.
- We must support each other along the way to reach our goal – even if it's not our turn. Look for who has the ball.
- *Sometimes self advocates can join together and work on a goal as a group. This is called a self advocacy group or chapter. A self advocacy chapter might advocate for more community services and supports so more people with disabilities can live in the community.*



Remember, if we work together we can reach our goals faster. Everyone is a leader in the self advocacy movement. Go team!

Step 5: It's time to watch the video



PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What is your goal – or your dream?
- Who is on your team?
- How does your team work together to support one another?

Step 7: Team work Relay Activity

Divide your group into two teams. Take the time to choose team names. Team members will stand in a single file line a few feet apart from each other. The last person in line will have the tennis ball and will run it to the team member in front of them. This will be repeated until the ball gets to the front of the line.

When the person in front gets the ball in the bucket, that team is finished.

The teamwork relay will demonstrate that everyone has strengths and weaknesses, and as a team, everyone needs to support each other to get the ball in the bucket.

For example, Tanya cannot carry the ball with her hands as she moves forward to pass it to her teammate. By problem solving, Tanya realizes she can hold the ball between her chin and neck, to free her hands, in order to move forward and pass the ball to her teammate. Once an advocate has passed the ball, his or her job is to cheer for his or her team. Everyone needs support to accomplish his or her goals and one kind of support could be another person to help carry and pass the ball.

Encourage people to cheer for their team. Self advocacy doesn't work without support from the people around us! Many of the concepts in this training video are interconnected. So, you might want to talk about the importance of dreams and how this relay can help us figure out who is on our team of support. These team members will support us and help our dreams come true.

Team Work Relay continued

Remember, not every relay race is about getting to the finish line first. It is important to stress that this activity is about working together to get the ball in the bucket. The self advocacy movement is all about supporting each other in achieving our goals and dreams! It doesn't matter how fast we go. We are all part of the same team. We are all leaders!

Physical activity can be difficult or not as interesting for some self advocates. It is important to take the time to choose team names. This may help to increase participation! Pair people with physical disabilities or mobility limitations up with people who walk or move easier. Be sure to point out that everyone has strengths and weaknesses. Just because Tanya's hands are busy with her crutches doesn't mean she can't hold the ball between her chin and neck.

Step 8: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

- What is your goal – or your dream?
- Who is on your team?
- How does your team work together to support one another?

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Ricky's Legislative Visit



You may also want to complete:

- *Legislative Map*
- *Max Moves On*

Ricky's Legislative Visit Supplies

Your supplies may vary depending on what you have access to or the budget for:

- *Flip chart and markers*
- *Telling your story worksheet p.79*
- *Telling your story example worksheet p.80*
- *Table & chairs*
- *Computer, projector, and internet access*
- *Who represents me Worksheet p.81*
- *Legislative Visit Checklist p.82*

Ricky's Legislative Visit continued

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, team work, good leaders, legislative advocacy, provider, ICFMR, state schools, legislators, legislative aides, and leave behind.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Team Work means to work together and support each other to reach a common goal.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

Legislative Advocacy means going to the Capitol and telling senators and representatives (legislators) your story. Make sure they know what is important to you. Tell them what you want and need. There is power in numbers! The more self advocates work together and tell their stories. The more things can change.

Provider is a person or agency that provides services such as: help with paying bills or budgeting money, cooking and cleaning, or medical transportation.

ICFMR stands for Intermediate Care Facility for the Mentally Retarded. ICFMR's may also be referred to as group homes. ICFMRs are located in the community. A person with a disability living in an ICFMR lives with other people with disabilities.

State Schools now known as State Supported Living Centers are places where hundreds of people with disabilities live all together. Everything that a person with a disability needs is provided to them by the State Supported Living Center staff.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Legislators are people who work at the Capitol. Some of them are representatives and some are senators. Their jobs are to listen to self advocates stories and find out what they want and need. They use what self advocates tell them to make new or improve existing laws.

Legislative Aides also work at the Capitol. Their jobs are to help the legislators understand what is important to self advocates. They listen to self advocates and do research about the issues important to them. They talk to the legislators about the self advocates they meet with and what they have learned. It is ok to meet with a legislative aide because they will pass on your information to the legislator.

Leave Behind is something you leave with a legislator or legislative aide after you are done talking to them. It's something they can remember you by. A leave behind can be a picture, brochure, a one page list of talking points (important things you believe in), or a business card.

Step 2: What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

To Marshall, self advocacy helps him believe in himself. It also helps him ask for support if he needs it. Who can you ask for support?



Ricky's Legislative Visit continued

Step 3: Legislative Advocacy Discussion:

Review the meaning of legislative advocacy and why it's an important part of self advocacy. Encourage everyone to speak and listen to others stories. What issues are important to your group? Has anyone ever been to the Capitol? What was the Capitol like? Has anyone in your group ever visited a legislator? What was it like? What did they talk about? Would they do it again? Take the time to explain that self advocates have power in numbers. The more self advocates encourage and support each other. The more self advocates come to the Capitol, the more their voices will be heard.

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- *Ricky explains to us that there are many steps to making a legislative visit that requires a lot of planning.*
- *Even though Ricky may be nervous or scared, he still goes for it and finds that it gets a bit easier with preparation and practice.*
- *It is very important to know that your voice is very valuable and your story does mean something to the legislators you meet.*



Remember, your voice counts at the Capitol!

Step 5: It's time to watch the video



PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What does Ricky do to prepare for his legislative visit?
- Why is it important for you to use your voice during a legislative visit?
- *If you plan to visit your legislator, what would you say? Remember to tell your story.*

Step 7: Who Represents Me Activity:

Make copies of the Who Represents Me worksheet on page 81. Does everyone know who their representative is and senator are? If people are unsure, you can show them by visiting this link: www.fyi.legis.state.tx.us. To find out who represents them; people will need their address and zip code. Have everyone write their senator and representative on the Who Represents Me worksheet.

Step 8: Telling Your Story Activity:

(You may need 1-2 volunteers to help your group with the reading for this activity.):

First, be sure to make copies ahead of time and take out the Telling Your Story Worksheet & Example on pages 79-80.

Next, as a group, go over the Telling Your Story example. What issue(s) are important to Tanya? Where does she live? Is she with an organization? What does that organization believe in or stand for? What does Tanya want the legislator to do? Who does Tanya's issue affect?

Now it's time to try it in groups, break up into small groups of two or three. Ask each group to write down or talk about what they might say during a legislative visit. What issue(s) are important to them? Where do they live? Who do they live with? How does this issue affect their lives? What do they want to change about this issue? How would their life be different if this issue was changed? Make sure people are polite and respectful of each other.

Here is a list of possible issues:

- **Ending the waiting list for community services**
- **Affordable and accessible housing**
- **More money for community services and supports**



Please don't forget to review the facilitator tips before beginning the activity.

Ricky's Legislative Visit continued

Step 9: Role Play Activities

Role play #1: *Scheduling an appointment.*

Characters (actors):

Self Advocate: *This person wants to make an appointment so they can tell their senator or representative what is important to them.*

Scheduler (Secretary): *This person schedules all of the representative's or senator's appointments.*

Use real phones if you can. Make sure people give their name and which organization they are with. Make sure they tell the scheduler what they plan to talk about. Remind people to be polite and write down their appointment on a piece of paper or calendar.

*Everyone should practice getting prepared.
Next, Try the role play below:*

Role play #2: **Making a legislative visit (talking to your Representative or Senator).**

Characters (actors):

Self Advocate: *This person arrives at the capitol for their appointment, so they can tell their senator or representative what is important to them.*

Representative or Senator (legislator): *This is a person who works at the Capitol. Their jobs are to listen to self advocates stories and find out what they want and need. They use what self advocates tell them to make new or improve existing laws.*

Make sure the self advocate tells the legislator their name and where they're from. A self advocate needs to tell a legislator what they want and why they want it. How would their life be better if things changed? Be sure the legislator introduces themselves and listens to what the self advocate has to say. Be sure the legislator asks for a leave behind (Something to remember the self advocate by- a picture, business card, or talking points).

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Have the people who are not participating in the role play encourage and help the self advocate making the visit. If the self advocate doesn't know what to do next ask the group what they think. Make sure everyone who wants to be in the role play gets a chance. Take your time! Let natural discussions happen.

Step 10: Legislative Checklist Activity:

Make copies of the Legislative Checklist on page 82 ahead of time. Now that you have practiced the role plays, pass out copies of the checklist and review it with the group. Did the self advocates in the role plays follow the checklist? Remember to bring your legislative checklist with you, and review it before talking to a representative or senator.

Step 11: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

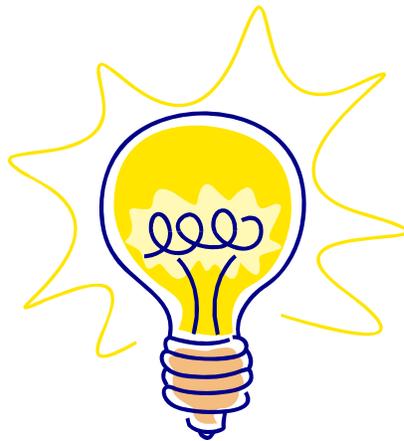
- **What does Ricky do to prepare for his legislative visit?**
- **Why is it important for you to use your voice during a legislative visit?**
- **If you plan to visit your legislator, what would you say? Remember to tell your story.**
- **What's important for you to do before you leave? Say thank you and give out a leave behind.**

Legislative Map

Legislative Map Supplies

Your supplies may vary depending on what you have access to or the budget for:

- *Telling your story worksheets* p.79
- *Telling your story example worksheets* p.80
- *Who Represents Me worksheet* p.81
- *Legislative Visit Checklist* p.82
- *Volunteers*
- *Flip chart and markers*
- *Computer, internet access, and projector*



You may also want to complete:

- *Max Moves On*
- *Ricky's Legislative Visit*

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group the meaning of self advocacy, self determination, legislative advocacy, legislators, good leaders, providers, and state schools.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Legislative Advocacy means going to the Capitol and telling Senators and Representatives (legislators) your story. Make sure they know what is important to you. Tell them what you want and need. There is power in numbers! The more self advocates work together and tell their stories. The more things can change.

Legislators are people who work at the Capitol. Some of them are Representatives. Some are Senators. Their jobs are to listen to self advocates stories and find out what they want and need. They use what self advocates tell them to make new or improve existing laws.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

Provider is a person or agency that provides services such as: help with paying bills or budgeting money, cooking and cleaning, or medical transportation.

State Schools now known as State Supported Living Centers are places where hundreds of people with disabilities live all together. Everything that a person with a disability needs is provided to them by the State Supported Living Center staff.

Legislative Map continued

Step 2: What does self advocacy mean to you?

(Watch this segment of the video. What does Self Advocacy mean to you? You will find this segment at the end of the preceding chapter in the video):

Take five or ten minutes to talk to your group about what self advocacy and self determination means to them. Are their similarities or differences to the self advocate responses in the video?

Mark challenges people with disabilities to speak for their own rights and join a self advocacy group. Are you a member of a self advocacy group? Who will you invite to your next meeting?



Step 3: Levels of Government Discussion:

Now have a discussion about legislative advocacy, government, and where Self Advocates can be most effective. Self advocates need to understand that their story is important and can make change happen. Have a discussion about the levels of government (local, state, and federal.) Who lives in the White House? What is the President's job? Who works at the Capitol of Texas? What is the governor's job? Who works at City Hall? What is the mayor's job? What do Representatives and Senators do? Where do they work? What are some issues that are important to your group and other people with disabilities? Why is it important for self advocates to speak up? What does it mean to tell your story? Where can they speak up? Who can they tell their story to? Ask someone who likes to draw to write down the group's answers on a flip chart. This discussion will help your group make a legislative map.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Step 4: Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- *It is very important to understand there are three levels of government. There are representatives and senators who help in each level of government.*
- *It is important that self advocates tell their story to the people in power.*



Telling your story is powerful!

Step 5: It's time to watch the video



Step 6: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- Where do you fit in?
- What is important to you?
- When you meet a representative or senator, what should you do?

Legislative Map continued



Please don't forget to review the facilitator tips before beginning the activity.

Step 7: Who Represents Me Activity:

Now that your group has talked about some issues important to people with disabilities, why it's important for self advocates to speak up, where they can speak up, and who they can tell their story to. It's time to look up who represents them. Facilitators: Please use a computer and follow this link to support your group in finding who represents them www.fyi.legis.state.tx.us. Once you have looked up your senator and representative, please write the information down on the Who Represents Me worksheet on page 81. (Make copies ahead of time.)

Step 8: Telling Your Story Activity

(You may need 1-2 volunteers to help your group with the reading for this activity.):

First, be sure to make copies ahead of time and take out the Telling Your Story Worksheet & Example on pages 79-80.

Next, as a group, go over the Telling Your Story example. What issue(s) are important to Tanya? Where does she live? Is she with an organization? What does that organization believe in or stand for? What does Tanya want the legislator to do? Who does Tanya's issue affect?

Now it's time to try it in groups, break up into small groups of two or three. Ask each group to write down or talk about what they might say during a legislative visit. What issue(s) are important to them? Where do they live? Who do they live with? How does this issue affect their lives? What do they want to change about this issue? How would their life be different if this issue was changed? Make sure people are polite and respectful of each other.

Here is a list of possible issues:

- **Ending the waiting list for community services**
- **Affordable and accessible housing**
- **More money for community services and supports**

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Now it's time to try it on your own: In the same groups, try completing the Telling Your Story worksheet (on page 79). Encourage people to make things personal. Put a face on the issue you are talking about. People can take the worksheets home and work on them if they need to. Please be sure to tell people that if they need support to complete the worksheet they can ask for support.

Once people are comfortable with telling their story, it's time to visit the Capital and make change happen! Don't forget to look at your Legislative Checklists (page 82) and talk about when to make a visit.

Step 9: Let's Review, Again!

(Take five or ten minutes to discuss the review questions with your group. This will help you wrap up the activity and see if your group understood the concepts in the video):

- Where do you fit in?
- What is important to you?
- When you meet a representative or senator, what should you do?

Texas Advocates Jeopardy

Self Advocacy	Self Determination	Legislative Advocacy	Power and Dreams	TEXAS ADVOCATES <i>Speaking out for ourselves</i>
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	J E O P A R D Y
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	

Step 1: Before you Begin:

Take five or ten minutes to have a review with your group about the meaning of self advocacy, self determination, dreams, team work, goals, good leaders, legislative advocacy, legislators, and personal power and Texas Advocates

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Team Work means to work together and support each other to reach a common goal.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

Legislative Advocacy means going to the Capitol and telling Senators and Representatives (legislators) your story. Make sure they know what is important to you. Tell them what you want and need. There is power in numbers! The more self advocates work together and tell their stories. The more things can change.

Legislators are people who work at the Capitol. Some of them are Representatives. Some are Senators. Their jobs are to listen to self advocates stories and find out what they want and need. They use what self advocates tell them to make new or improve existing laws.

Power is a feeling everyone has whether you have a disability or not! Power helps us to believe in ourselves and build confidence and self esteem. It's what helps us dream and make our dreams come true. Sometimes people describe it as a fire in your belly or a heartbeat. It's important to remember that you decide what to do with your power. No one can take it away from you. You can use your power when you feel scared or nervous about something. Your power can help you ask for support.

Texas Advocates is recognized as the leader in self-advocacy in Texas. The Texas Advocates will fight to stop unfair treatment and advocate for more and better services and supports for people with disabilities to be included in their communities. Texas Advocates is the only statewide non-profit 501 (c) (3) organization in Texas run by and for people with disabilities. It is the only organization specifically speaking out for self advocates.

Texas Advocates Jeopardy continued



Please don't forget to review the facilitator tips before beginning the activity.

Step 2 Here are some concepts you want to go over before watching the video

(Remember to ask your group to look for these ideas in the video):

- You have the ability to create your own dreams.
- *The power is inside of you!*
- *We are all in this together. Everyone is a link in the chain and part of a common goal.*
- *Self advocates have the power to make their own choices.*
- *It is very important to know that your voice is very valuable and your story does mean something to the legislators you meet.*
- *Dreams help us keep our power!*
- *Everyone needs support!*

Step 3: It's time to watch the video



Step 4: Let's Review

(Take five or ten minutes to discuss the review questions with your group):

- What is a dream?
- What choices do you have?
- Where is your power?

Step 5: Let's play Jeopardy Activity!

On the following pages are some categories, questions, and answers you can use to set up your own Jeopardy game:

Remember, You can always make up your own categories, questions, and answers.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

TEXAS ADVOCATES JEOPARDY!

CATEGORY 1: SELF ADVOCACY

1. ANSWER: SPEAKING OUT FOR OURSELVES

QUESTION: WHAT IS SELF ADVOCACY?

2. ANSWER: THESE PEOPLE WITH DISABILITIES ALWAYS SPEAK OUT.

QUESTION: WHO ARE SELF ADVOCATES?

3. ANSWER: THIS ORGANIZATION IS RECOGNIZED AS THE LEADER OF SELF ADVOCACY IN TEXAS. THEY BELIEVE THEY CAN SPEAK FOR THEMSELVES. THEY ALWAYS TELL PEOPLE WHAT THEY WANT AND NEED.

QUESTION: WHAT IS TEXAS ADVOCATES?

4. ANSWER: _____ FOR YOUR RIGHTS.

QUESTION: WHAT IS SPEAK UP OR SPEAK OUT?

5. ANSWER: WHEN A WHOLE BUNCH OF SELF ADVOCATES GET TOGETHER ONCE A YEAR AND TALK AND LEARN ABOUT THE THINGS THAT AFFECT THEIR LIVES.

QUESTION: WHAT IS THE TEXAS ADVOCATES CONFERENCE?

TEXAS ADVOCATES **JEOPARDY!**

CATEGORY 2: SELF DETERMINATION

1. ANSWER: TAKING CONTROL AND MAKING YOUR OWN DECISIONS AND CHOICES.

QUESTION: WHAT IS SELF DETERMINATION?

2. ANSWER: DECIDING WHERE YOU LIVE, HOW TO SPEND YOUR MONEY, AND HOW TO SPEND YOUR TIME.

QUESTION: WHAT ARE WAYS TO HAVE SELF DETERMINATION?

3. ANSWER: LEARN FROM YOUR ____.

QUESTION: WHAT ARE MISTAKES?

4. ANSWER: MAKE YOUR OWN ____.

QUESTION: WHAT ARE CHOICES?

5. ANSWER: MY ____ MY CHOICE.

QUESTION: WHAT IS VOICE?

TEXAS ADVOCATES JEOPARDY!

CATEGORY 3: LEGISLATIVE ADVOCACY

1. ANSWER: THE PEOPLE THAT MAKE THE LAWS THAT AFFECT OUR LIVES.

QUESTION: WHO ARE REPRESENTATIVES AND SENATORS?

2. ANSWER: GOING TO THE CAPITOL AND TELLING LEGISLATORS WHAT YOU WANT.

QUESTION: WHAT IS A LEGISLATIVE VISIT?

3. ANSWER: GOING TO A POLLING PLACE TO LET YOUR VOICE BE HEARD.

QUESTION: WHAT IS VOTING?

4. ANSWER: TELLING PEOPLE WHAT YOU WANT AT A PUBLIC HEARING.

QUESTION: WHAT IS TESTIFYING?

5. ANSWER: TESTIFY, MAKE A VISIT, WRITE A LETTER, SEND AN EMAIL.

QUESTION: WHAT ARE THE DIFFERENT WAYS YOU CAN TELL YOUR LEGISLATOR WHAT YOU WANT?

TEXAS ADVOCATES **JEOPARDY!**

CATEGORY 4: POWER AND DREAMS

1. ANSWER: YOU HAVE THE _____.
QUESTION: WHAT IS POWER?
2. ANSWER: YOU KEEP YOUR POWER IN YOUR _____.
QUESTION: WHAT IS YOUR HEART?
3. ANSWER: A GOAL YOU HAVE FOR YOURSELF; SOMETHING YOU WANT TO BE OR DO.
QUESTION: WHAT IS A DREAM?
4. ANSWER: KEEP YOUR _____ IN MIND, SO YOU CAN CONTINUE TO SPEAK OUT FOR YOURSELF AND KNOW WHAT YOU WANT IN YOUR LIFE.
QUESTION: WHAT ARE DREAMS?
5. ANSWER: _____ CAN TAKE AWAY YOUR POWER.
QUESTION: NO ONE.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Please remember, not all the categories questions, or answers were used in the video. It's important to review the meanings of the words (concepts) you hear in the video before you start to play with your group. Use the list of words at the beginning of this chapter to help you start a discussion. You can use Jeopardy to help self advocates learn a variety of ideas and definitions. If you don't want to use all or any of the categories you see in the video, please feel free to make up your own. You might use categories like: jobs, cooking, money management, or how to use the bus. Was that a blast or what? How many questions did you get right? Did you make it to final Jeopardy?

Step 6: Let's Review, Again

(Take five or ten minutes to discuss the review questions with your group):

- What is a dream?
- What choices do you have?
- Where is your power?

Forms & Worksheets

The following pages contain Forms to be used with the advocacy exercises listed below.

Community Living Café

- ◇ Asking for Help Role Play.....70
- ◇ Community Living Café Menu 71-72
- ◇ Community Living Café Menu Item Pictures 73-76

Max Moves On

- ◇ Successful Self Advocacy Groups Worksheet.... 77-78

Ricky’s Legislative Visit

- ◇ Telling Your Story WORKSHEET79
- ◇ Telling Your Story WORKSHEET EXAMPLE.....80
- ◇ Who Represents Me?81
- ◇ Legislative Visit Check List.....82

Legislative Map

- ◇ Telling Your Story WORKSHEET79
- ◇ Telling Your Story WORKSHEET EXAMPLE.....80
- ◇ Who Represents Me?81
- ◇ Legislative Visit Check List.....82

Chapter 5: Community Living Café

Asking for Help Role Play

2 CHARACTERS

Jennifer, a self-advocate

Rose, the neighbor

Jennifer lived her whole life with her mother. Now she wants to move out. Jennifer wants to put together a Circle of Support so she can start working on her dream of living in her own apartment. First, Jennifer thought about the people who would support her in reaching her dream. Her neighbor, Rose, was the first person she thought of. Rose has always believed in Jennifer. Sometimes she drives Jennifer to work. They also go grocery shopping together. Let's see if Jennifer can ask Rose to be a part of her Circle of Support...

Jennifer: Hi, Rose.

Rose: Hello, Jennifer. What's new with you?

Jennifer: I want to live in my own apartment and I'm putting together a Circle of Support to help me reach my dream.

Rose: What is a Circle of Support?

Jennifer: A Circle of Support is group of people a self advocate trusts to help them make their dreams come true.

Rose: I see.

Jennifer: Would you help me?

Rose: Yes I would. Let me know when the meeting is and I will put it in my calendar.

Jennifer: I will. Thanks for helping me.

WE CATER!

Dreams to Go
Dreams to Go

Our Expert Take-Out Chefs
Will Help You Plan for the Future.



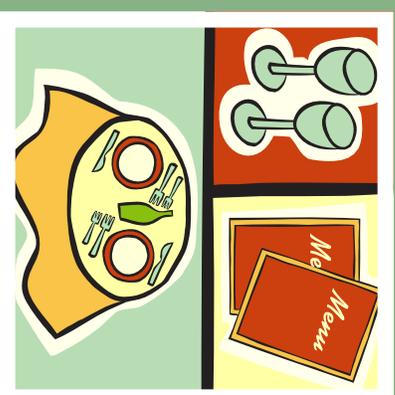
To order, contact
YOUR CASE MANAGER
Or your MHMR Center.



Community Living Cafe

Menu of Services

Supports designed with you in mind



Hours of Service —
What do you need?
A few hours a week, or **24/7.**

Order A la Carte

Select only what you need

Community Living Cafe

Case Management

Service Coordination —
YOUR MENU ADVISOR
(Comes with every order)



Money Management

Budgeting, Help with Bill-Paying
Our most popular item.
A meal in itself!



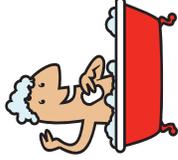
Medical Supports

Listen to the doctor and take notes
Fill prescriptions at the pharmacy
Assist with taking meds
Therapy
Counseling & Treatment



Personal Care

Bathing
Feeding
Shaving and personal hygiene
Dressing
Transferring & Repositioning



Meal Preparation

Meal Planning
Grocery Shopping
Cooking
Nutritional Awareness



Job Supports

The Job Sampler - All you can eat!
Includes Volunteering and Job Training
— unlimited refills



Job Development
Job Coaching
Family Support

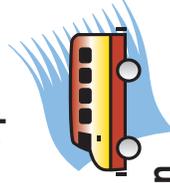
Housekeeping

Cleaning
Laundry



Transportation

Para Transit, including help in
making reservations
Bus Training
Provider Transportation



Case Management



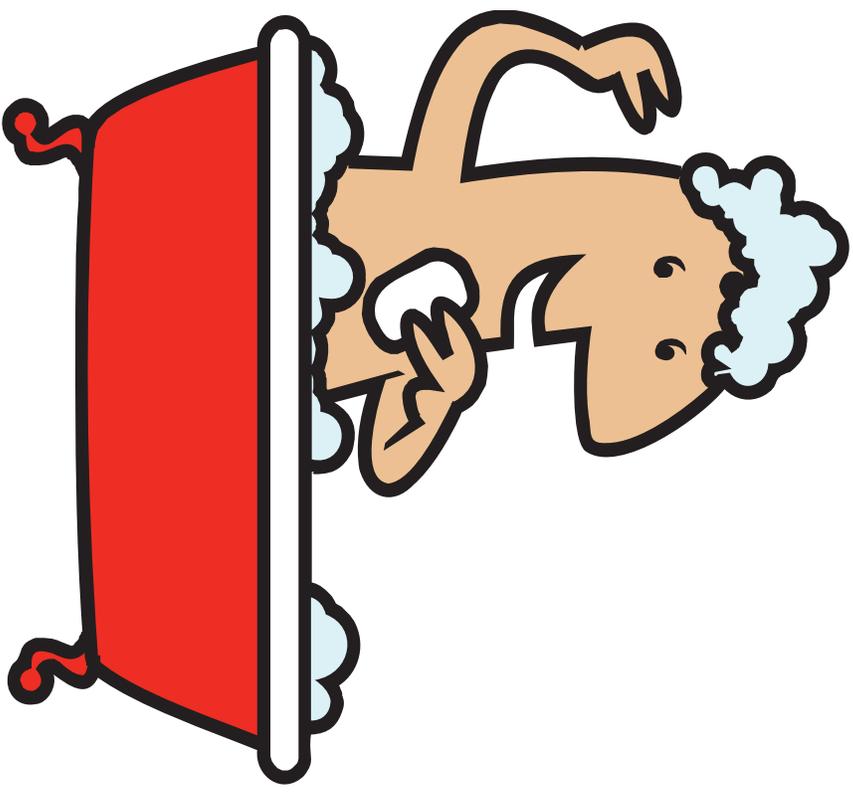
Money Management



Medical Supports



Personal Care



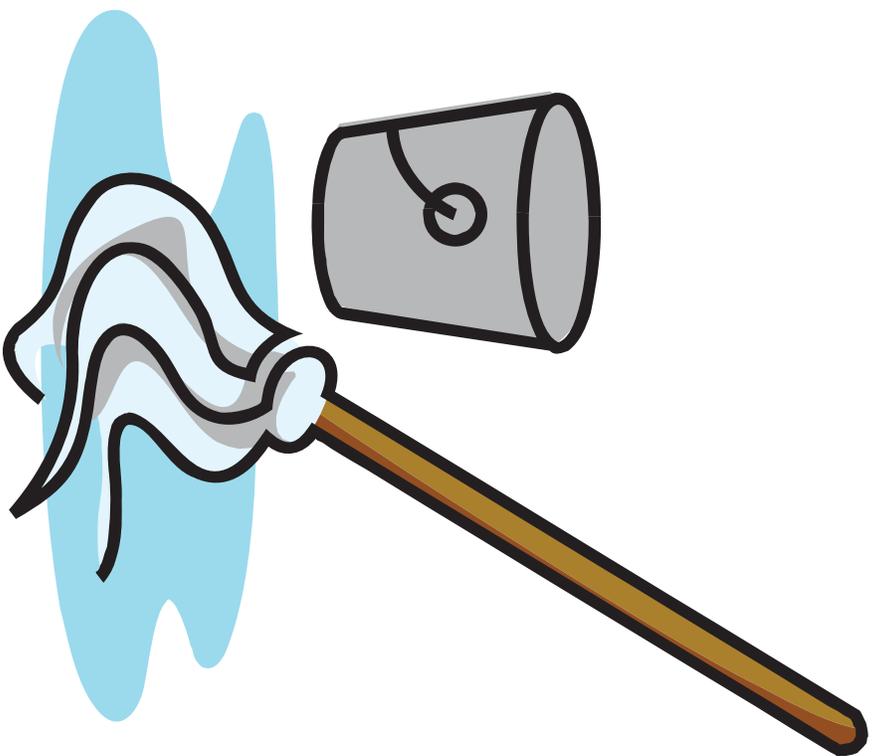
Job Supports



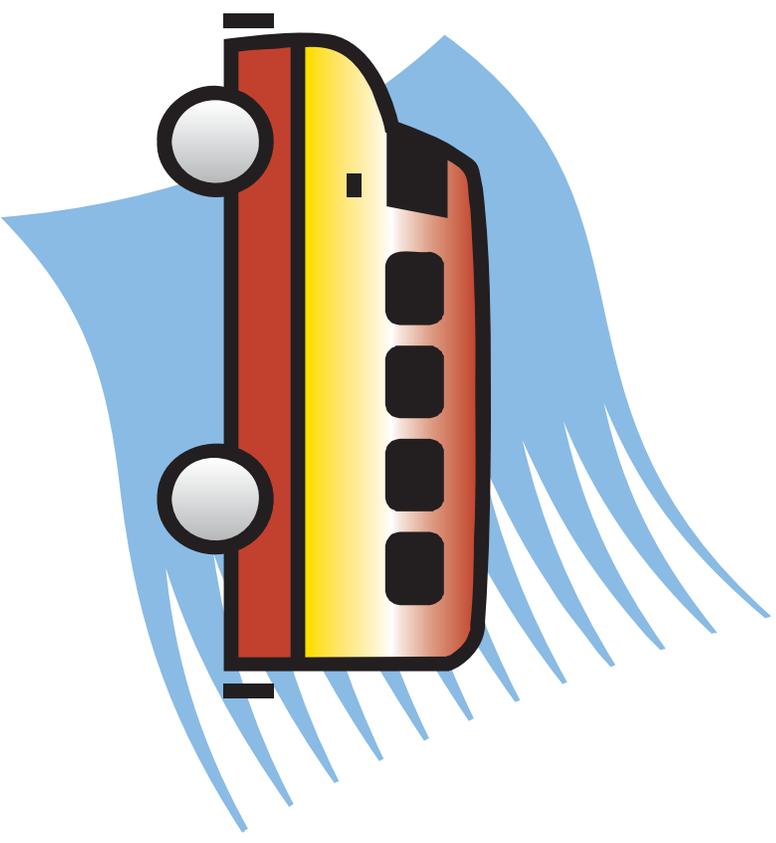
Meal Preparation



Housekeeping



Transportation



PEER TO PEER PROJECT

Get the Power! Self Advocacy is the Key to Independence

SUCCESSFUL SELF-ADVOCACY GROUPS HAVE 3 GOALS

Why do people join Self Advocacy Groups?



1. A Social Goal

To meet together to make friends,
plan and participate in activities

- time at meetings for refreshments and social time with friends
- planning and picnics, parties and recreation activities.

PEER TO PEER PROJECT

Get the Power! Self Advocacy is the Key to Independence



2. An Educational Goal

To meet together to learn about...

- helping myself and others
- being a strong self-advocate
- speaking up and speaking out
- solving problems
- making decisions
- knowing rights & responsibilities
- voting & how government works
- contributing to the community
- to feel good about myself:
PROUD



2. A Human Rights Goal

To meet together to work for...

- better services and programs
- community living
(not institutions)
- human rights and dignity
- overcoming discrimination
- justice
- real jobs with real wages
- community integration
- better laws
- taking care/control of our lives

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Telling Your Story - WORKSHEET



Name: _____

Where are you from? _____

What is your issue? *What do you want to talk about?*

What are your concerns or what issues are important to you? *This is where you personalize – how does this issue affect your life?*

Remember to say “thank you”! Offer to answer questions. This is where you want to give them something to remember you by. Make sure it contains your contact information. **Important:** Send a thank you card or follow up e-mail no later than a week after your visit.

Telling Your Story - EXAMPLE

Name: Tanya

Where are you from? Austin, Texas.
I am the Texas Advocates
Peer to Peer Grant Director



What is your issue? What do you want to talk about?

People with Disabilities can make their own decisions and choose where they want to live. People with disabilities want to live in the community. Currently, there are tens of thousands of people with disabilities on Medicaid waiver waiting lists-waiting for the services and supports they need to live in the community. We need to end the waiting list because people with disabilities can and want to live in the community.

What are your concerns or what issues are important to you?

This is where you personalize – how does this issue affect your life?

The Texas Advocates is recognized as the leader in self-advocacy in Texas. The Texas Advocates will fight to stop unfair treatment and advocate for more and better services and supports for people with disabilities to be included in their communities. People with disabilities can embrace life and advocate for their own rights and interests by making their own decisions and choosing services and supports that allow them to live the way they want to live. Texas Advocates speak out for themselves! I have many friends with disabilities who want to live in the community. For example, Alan from Weslaco, Texas wants to live in his own apartment some day. He is going to college right now to be a lawyer. He has been waiting for 5 years. Susie from San Antonio, Texas is number 150. She has been waiting for 8 years. Ricky from Houston, Texas waited at least 8 years before he was able to get off the waiting list. He now lives in his own apartment and loves it! I am asking you to listen to Texas Advocates, as well as, other people with disabilities, and end the waiting list so people can live in the community like Ricky.

How should you end your visit?

Say thank you **ALWAYS**. Give your legislator (representative or senator) something to remember you by. It could be: a picture of you, 1 page document with bullet points, a folder, or a business card. Make sure that the legislator has your contact information. Offer to answer any questions they may have. Important: Be sure to send a thank you card or send a follow up e-mail no later than one week after your visit.

PEER TO PEER PROJECT



Get the Power! Self Advocacy is the Key to Independence

Who Represents Me?

Name: _____

TEXAS SENATE

Senator: _____

Capitol Address/ Phone Number

District Address/Phone Number



TEXAS HOUSE OF REPRESENTATIVES

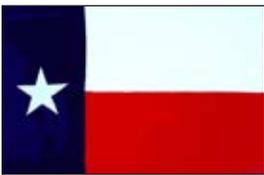
Representative: _____

Capitol Address/ Phone Number

District Address/Phone Number



Legislative Visit Check List



Call and schedule an appointment

- ✓ It's ok to speak to a legislative aide.
- ✓ Tell them your name and which organization you are with.
- ✓ Make sure you tell the scheduler (secretary) what you plan to talk about.
- ✓ Be polite and write down their appointment on a piece of paper or calendar.
- ✓ Be sure to write down the office number

Practice what you will say (Ask a friend to help you)

- ✓ Name.
- ✓ Where are you from?
- ✓ What is your issue? What do you want to talk about?
- ✓ What are your concerns or what issues are important to you?
This is where you personalize – how does this issue affect your life?
- ✓ Remember to say “thank you”! Offer to answer questions. This is where you want to give them something to remember you by. Make sure it contains your contact information.
- ✓ Important: Send a thank you card or follow up e-mail no later than one week after your visit

Making the visit

- ✓ Dress nicely! No jeans, clean shirt or dress. Be sure to comb your hair and brush your teeth.
- ✓ The day before or early that day, ask a friend to go with you to the Capitol, and find the representative or senator's (legislator's) office.
- ✓ Don't be late to the legislator's office. Arrive 15-30 minutes early.
- ✓ Turn your cell phone off or put it on vibrate before going into the legislator's office.
- ✓ Be polite and respectful at all times!
- ✓ Give the legislator your leave behind (i.e. your picture, business card, or 1 page of talking points) before you leave.
- ✓ Say thank you!

***** Remember your voice counts! *****

Glossary

Choices are all the different options you have when making decisions about what you want in your life. For instance, if you want to live in the community, do you want to live in a group home, apartment, or house? Do you want to live alone or with roommates? Do you need someone to help you clean? Do you need help with your money? Making choices are part a big part of taking control of your life.

Dreams help people with disabilities know what they want in life. Dreams help us draw a road map to our goals or what we want.

Dream Catcher Native Americans make dream catchers from hoops of bent willow bark with a webbing of sinew or string. They believe that hanging a dream catcher near your bed can catch dreams as they float by in the night. Self advocates use dream catchers to catch their dreams so they never forget them. Self advocates make dream catchers together so they can support each other in reaching their dreams. You can make a dream catcher any time of day. You can dream during the day or night.

Goals are things everyone on your team wants. For example, Texas Advocates want people with disabilities to live in the community if they want to. Or, maybe another person with a disability has a goal to live in their own house or apartment someday.

Good Leaders work with other team members. They know that everyone has something to contribute. Good leaders support the entire team toward a common goal.

ICFMR stands for Intermediate Care Facility for the Mentally Retarded. ICFMR's may also be referred to as group homes. ICFMR's are located in the community. A person with a disability living in an ICFMR lives with other people with disabilities.

Leave Behind is something you leave with a legislator or legislative aide after you are done talking to them. It's something they can remember you by. A leave behind can be a picture, brochure, a one page list of talking points (important things you believe in), or a business card.

Legislative Advocacy means going to the Capitol and telling Senators and Representatives (legislators) your story. Make sure they know what is important to you. Tell them what you want and need. There is power in numbers! The more self advocates work together and tell their stories. The more things can change.

Legislative Aides also work at the Capitol. Their jobs are to help the legislators understand what is important to self advocates. They listen to self advocates and do research about the issues important to them. They talk to the legislators about the self advocates they meet with and what they have learned. It is ok to meet with a legislative aide because they will pass on your information to the legislator.



PEER TO PEER PROJECT

Get the Power! Self Advocacy is the Key to Independence

Glossary continued

Legislators are people who work at the Capitol. Some of them are Representatives. Some are Senators. Their jobs are to listen to self advocates stories and find out what they want and need. They use what self advocates tell them to make new or improve existing laws.

Power is a feeling everyone has whether you have a disability or not! Power helps us to believe in ourselves and build confidence and self esteem. It's what helps us dream and make our dreams come true. Sometimes people describe it as a fire in your belly or a heartbeat. It's important to remember that you decide what to do with your power. No one can take it away from you. You can use your power when you feel scared or nervous about something. Your power can help you ask for support.

State Schools now known as State Supported Living Centers are places where hundreds of people with disabilities live all together. Everything that a person with a disability needs is provided to them by the State Supported Living Center staff.

Self Advocacy means speaking for yourself and others. Self advocacy is being able to tell people what you want and need. Self advocates understand their rights. They are not afraid to use their voices.

Self Determination means taking control of your life and being able to make your own choices and decisions. Where do you want to live? How do you spend your time? What do you want to spend your money on?

Team Work means to work together and support each other to reach a common goal.

Texas Advocates is recognized as the leader in self-advocacy in Texas. The Texas Advocates will fight to stop unfair treatment and advocate for more and better services and supports for people with disabilities to be included in their communities. Texas Advocates is the only statewide non-profit 501(c)(3) organization in Texas run by and for people with disabilities. It is the only organization specifically speaking out for self advocates.

Trust is a relationship or bond between two people. Trust means getting to know someone and believing in them. Trust is what happens when you ask a person for help and you believe they will help you. You can trust many different people like yourself, your friends, family, and neighbors.

For questions, concerns, or information on how to order more copies, please contact:

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