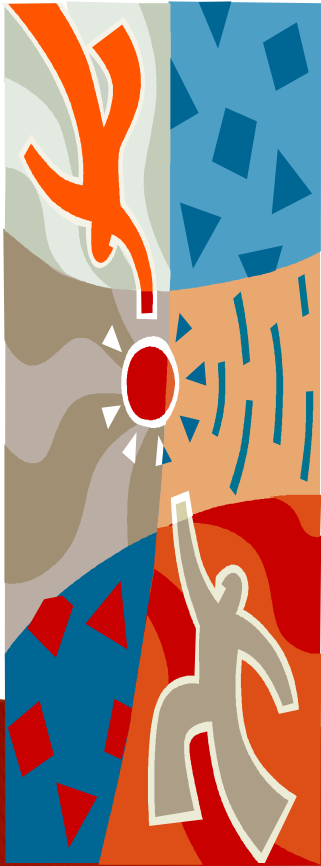


Self Advocacy Making a Difference!

DDS Self Advocate Coordinators
Fiscal Year '13 Report
August 2013



Self Advocate Coordinators At Work

- Who are the 10 DDS Self Advocate Coordinators (SACS)?



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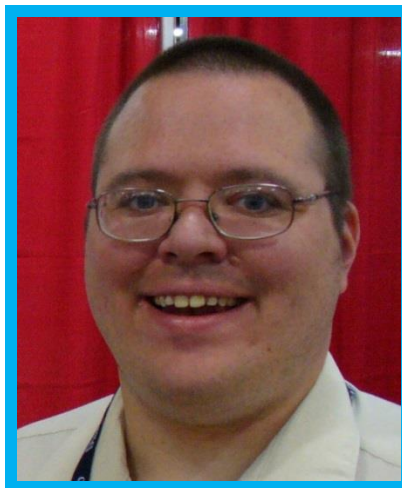
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Central Office (Hartford)

Self Advocate Coordinators At Work

- What do we Do?
 - Promote Self Advocacy
 - Consumer involvement
 - Develop leaders
 - Regional and State Activiti
 - Spread the Word!



SAC Focus Areas



- **Self Advocacy**– Spread the word, increase knowledge and presence in government/legislation, promote People First Language, and increase the numbers of individuals attending meetings.

Advocating throughout life:

- **Youth Self Advocacy and Transition** – Transition from School Days to Pay Days – Supporting youth with intellectual disabilities to know their options as they transition into adult services and know how to speak up and speak out

SAC Focus Areas



Self Advocacy

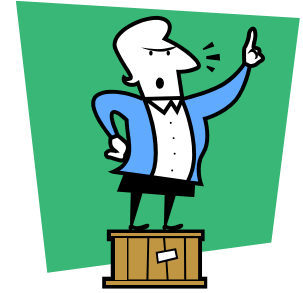
- **Sibling Advocacy** –Promoting more involvement with siblings of people with intellectual disabilities and supporting them to advocate together to make a difference
- **Spreading the Word at STS** – supporting consumers living at STS to understand their rights and how to advocate for the life they want.
- **Aging Issues** – Promoting healthy aging and advocating for services as we age
- **Women’s Issues** – Addressing women’s issues and advocating for healthy supports and services

SAC Focus Areas



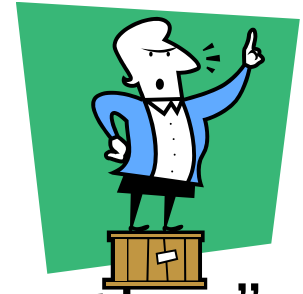
- **Promoting employment for all**– promoting employment goals in IP, increase employment activities and interviews, look at benefits and refer questions to BRS.
- **Healthy Relationships**– continue with relationship series, staff training, and propose healthy relationship policy to DDS in Spring of 2014.
- **Leadership** through committees, conference presentations, general presentations to consumers and staff, members of boards.
- **Promote ADA and Assistive Technology** –provide training and information to support people to be as independent as possible

Self Advocacy– Spreading the Word



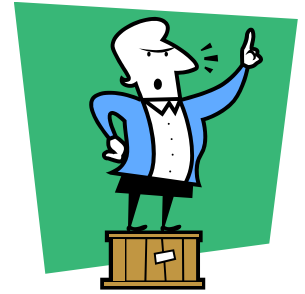
- Promoting People First Language – SACs continue to work on promoting people first language in all publications and documents provided by DDS. Promoting People First Language in all presentations.
- Increasing the number of Self Advocacy Groups and the number of Individuals attending Self Advocacy Groups
- Promoting Advocacy of women issues and sharing health information
- Promoting Advocacy for Aging Issues and aging in place

Self Advocacy– Spreading the Word



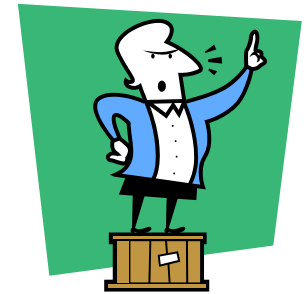
- Conference on Aging – “Aging Together” and Aging in Place
- Conferences – Healthy Living, People First, Transportation
- Presented at the CT Down Syndrome Congress Conference
- Special Olympics – summer games
- Regional Resource Fairs
- On Board Training – New DDS Employees and employees who have been out of work for over one year

Self Advocacy– Spreading the Word



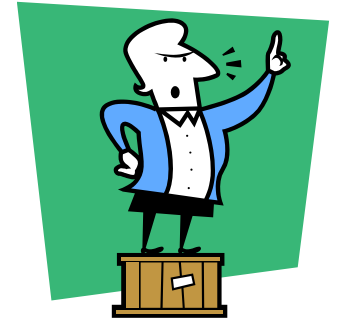
- Transportation Coalition Committee
- Promote Sibling Advocacy – trainings and conference participation to promote sibling advocacy for all ages
- Keeping informed on local, state, and federal laws
- Human Rights Trainings
- One on one meetings with Private Providers to promote Self Advocacy

Self Advocacy– Spreading the Word



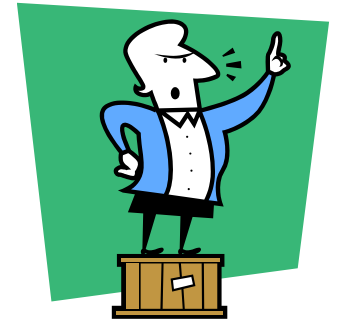
- STS – Spreading the Word and learning the 10 Steps to be a Good Self Advocate
- STS Family Resource Board – sharing stories and resources
- Regional Trainings – Case Managers in all Divisions, Resource Management and Provider Training
- Meetings with CM Supervisors and Case Managers
- One to One Advocacy Meetings

Self Advocacy– Spreading the Word



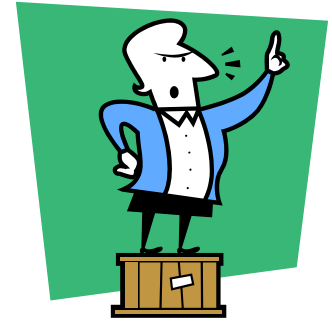
- Create and Update Bulletin Boards
- Share FAB topics with SA Groups around the state
- Spreading the word through email and social networks
- Connected with RIOT, Disability Scoop, and other websites to keep informed
- Regional Family Forums

Self Advocacy- Spreading the Word



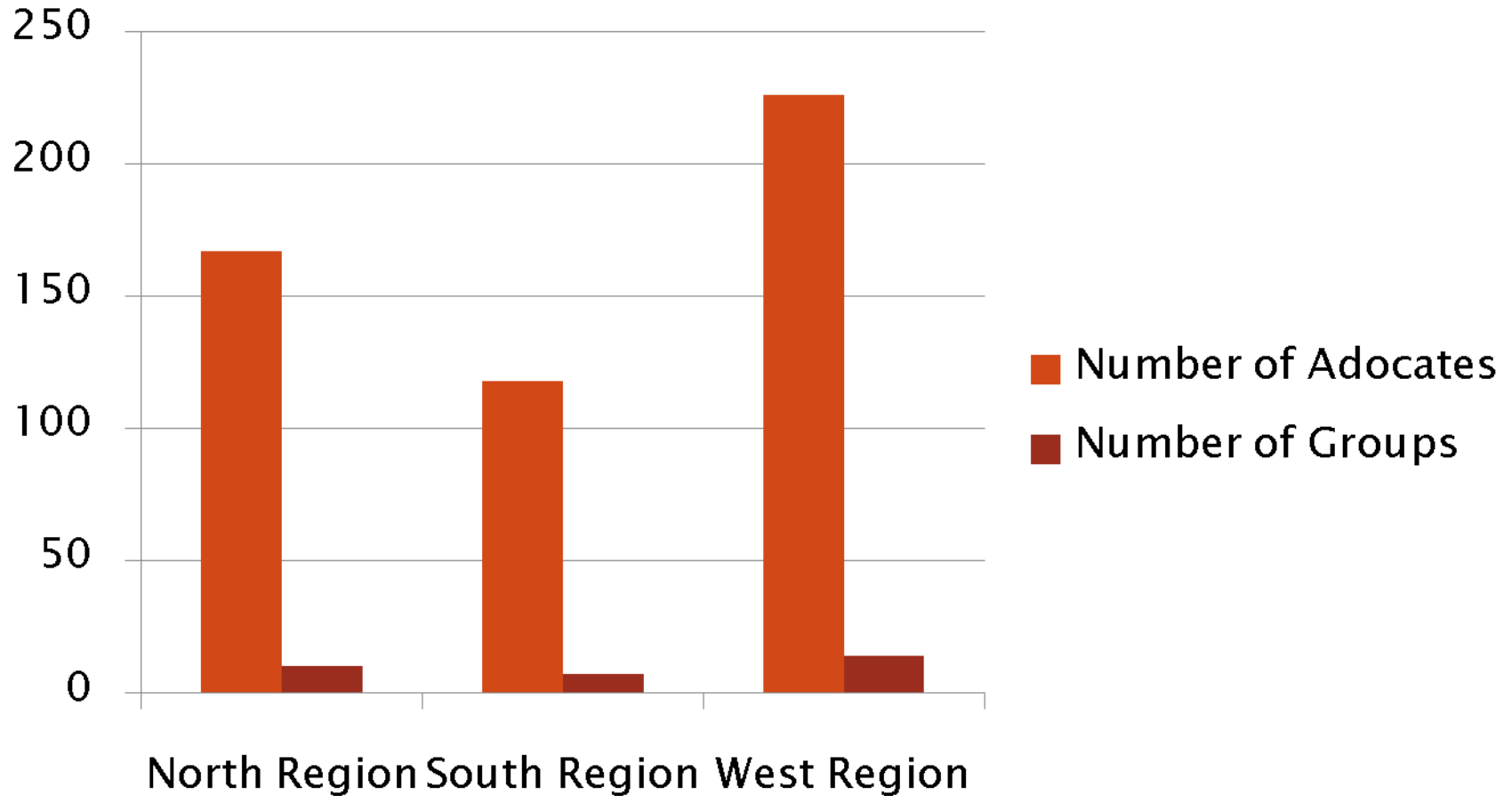
- Brown Bag Lunches to share information
- SABE National Conference and Calls
- Monthly SAC Statewide and Regional Meetings
- Sharing with school students how to speak up and advocate!
- Speaking and sharing information at School Transition Fairs

Self Advocacy– Spreading the Word

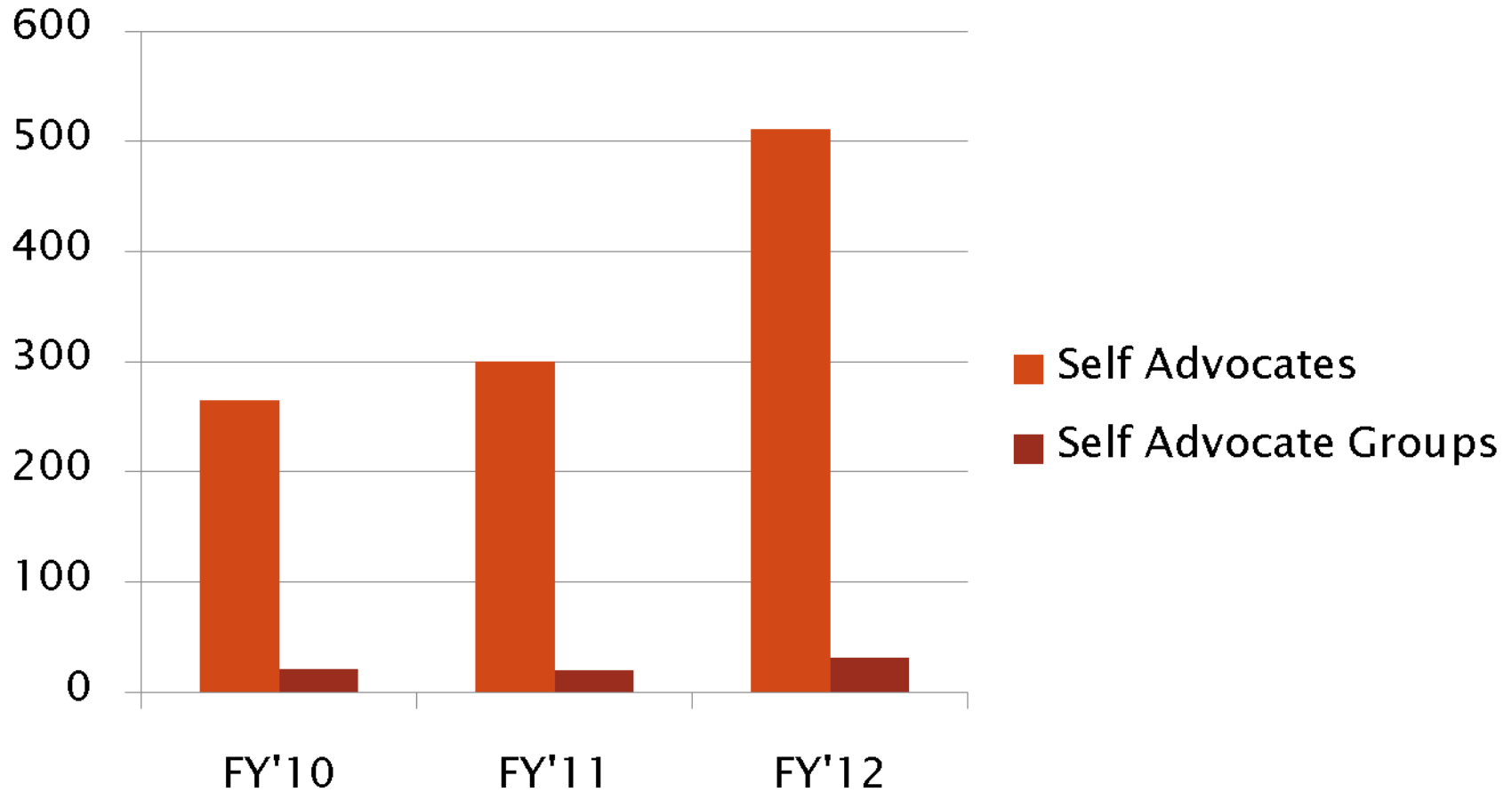


- Being an IP Buddy to support individual advocacy
- Developing Self Advocate Volunteers to help Spread the Word!
- 2 SACs participated and completed the training – “Partners in Policy Making”
- Share the 10 Steps with everyone!

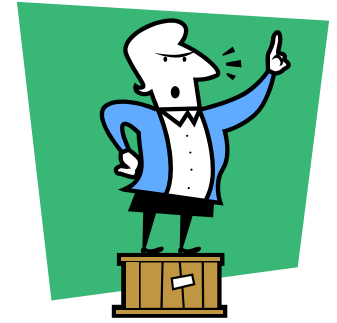
Growing Self Advocacy FY'12



Growing Self Advocacy Statewide



Growing Self Advocacy



- ▶ All 178 Private Providers Contacted
- ▶ 31% have Self Advocacy Groups Established
- ▶ 58% increase in consumer participation in Self Advocacy Meetings over the last FY'11
- ▶ All the groups use the FAB topics calendar

Promoting Employment For ALL!

- Promote Employment First DDS Policy
- Provider Training on Why Work?
- Mentoring Day
- Promoting REAL WORK FOR REAL PAY! – trainings, conferences, IP meetings, On Board Training and Private Providers



Promoting Employment For ALL!

- Transition Fairs – booths and speaking out!
- SAC on APSE Board of Directors
- SAC member of the Employment Steering Committee
- One to One with consumers
- Promoting Employment Goals in IP



Promoting Employment For ALL!

- ▶ Viewing of the Employment Idol Video (1,2,3,4) for DDS Staff, Providers, Consumers and Families – in libraries and public places – “Popcorn Showings



Promoting Employment For ALL!

- Employment Highlights on “Consumer Corner” and DDS Websites
- Sharing Employment Success Stories on the “Consumer Corner”
- Benefits Booklet Developed and Shared Success Stories



Building Healthy Relationships

- Coordinated training series to promote Healthy Relationships for consumers
- SAC Healthy Relationship Credo presented at various conferences and presentations
- 3 Day Training provided for staff – “Ambassadors for Relationships”
- 1 Day Training for Managers



Building Healthy Relationships

- Promoted Parents with Intellectual Disabilities to speak up and have more supports to be a parent
- Supported, attended and presented with David Hingsburger promoting Healthy Relationships



Building Healthy Relationships



- Healthy Relationship Series For DDS Consumers
 - Collaboration with Planned Parenthood of Southern New England
 - SAC and PPSNE Staff team teaching
 - 6 session series in each region – provided 3 series in each region
 - Up to 25 participants in each region
 - PPSNE added more professional educators to support the Healthy Relationship Series
 - Provided training for staff and family members the first session of each series

LEADERSHIP



- Consult and provide guidance to DDS Commissioner Macy on all areas of DDS Supports and Services
- Provide training and guidance to DDS Management
- Self Advocacy Groups – DDS and People First
- Regional Committees – Diversity, Abuse and Neglect, Human Rights, Employment Initiative, Interviews

LEADERSHIP



- Statewide Committees including Rate Setting
- APSE Board
- DDS Vision and Mission Development and Launch
- Special Olympics
- Participated in the National Core Indicators as Interviewers
- CT Youth Leadership Project, Inc Board Member
- CT YLF staff – role models
- Family Support Network

LEADERSHIP



- Developed and in the process of training “Degrees of Mean” to promote Speaking Up against abuse, neglect and bullying
- Promoting Rights through understanding Guardianships – “I Have an Intellectual Disability: Do I Need a Guardian?”
- Supporting the development of “CT Cross Disability Alliance”
- Interviewers for NCI Project

LEADERSHIP



- Leadership Responsibilities – SAC Focus Areas:
 - Genna – Employment
 - Carlos – Leadership
 - Jossie – Healthy Relationships
 - Jamie – Self Advocacy within DDS and Special Olympics
 - Varian – Sibling Advocacy and Government/Legislation
 - Carol – Women’s Issues
 - Sarah – Aging
 - Jeff – Spreading the Word at STS
 - Jamar – Youth Advocacy and Transition
 - Latasha – ADA and Assistive Technology

ADA and Assistive Technology

- ▶ One SAC uses Dragon Speaking Naturally to support her work
- ▶ Promoting Assistive Technology to support employment and living more independently
- ▶ SACs exploring various devices to share with individuals through CT Tech Act
- ▶ Promote ADA – “My Vote Matters” added to the “Consumer Corner” and general information about ADA (American with Disabilities Act)



Coming this year – FY 13!



- ▶ Continue to Meet with Commissioner Macy to discuss issues that are important to all consumers who receive services from DDS
- ▶ Establish Self Advocate Volunteers
- ▶ Increase Family Support Network Collaboration
- ▶ “Degrees of Mean” training – collaborate with Private Providers to support trainings
- ▶ Promote the New Vision and Mission
- ▶ Promote the DDS Five Year Plan



Coming this year – FY 13!



- ▶ Healthy Relationship Policy for DDS
- ▶ Work with PPSNE to educate “Health Centers” in supporting people with ID/DD
- ▶ Continue to promote “People First Language”
- ▶ Train and enlist more consumers to be NCI interviewers
- ▶ Promote DDS Initiatives through DDS Media Center by creating videos
- ▶ Promote IP Buddy to assist people to SPEAK UP And SPEAK OUT!





THANK YOU

