

Having a VOICE in Connecticut!

DDS Self Advocate Coordinators

Fiscal Year '14 Report

August 2014

Self Advocate Coordinators At Work

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

- Legislature Supported
- A Voice of the People



Self Advocate Coordinators At Work

- What do SACs Do?
 - Promote Self Advocacy –Spread the Word!
 - Promote Consumer involvement
 - Develop leaders
 - Support Regional and State activities



Self Advocacy– Building the Voices



- Empowering Others to Speak Up!
 - Developing and Expanding SA Groups
 - Working with all of the CT Private Providers
 - Increasing the number of Self Advocacy Groups and the number of Individuals attending Self Advocacy Groups.
 - Working with Private Providers to have advocates on their boards and an advocacy group within their agency.
 - SA Groups for individuals in Public supports, STS, Regional Centers/Group Homes

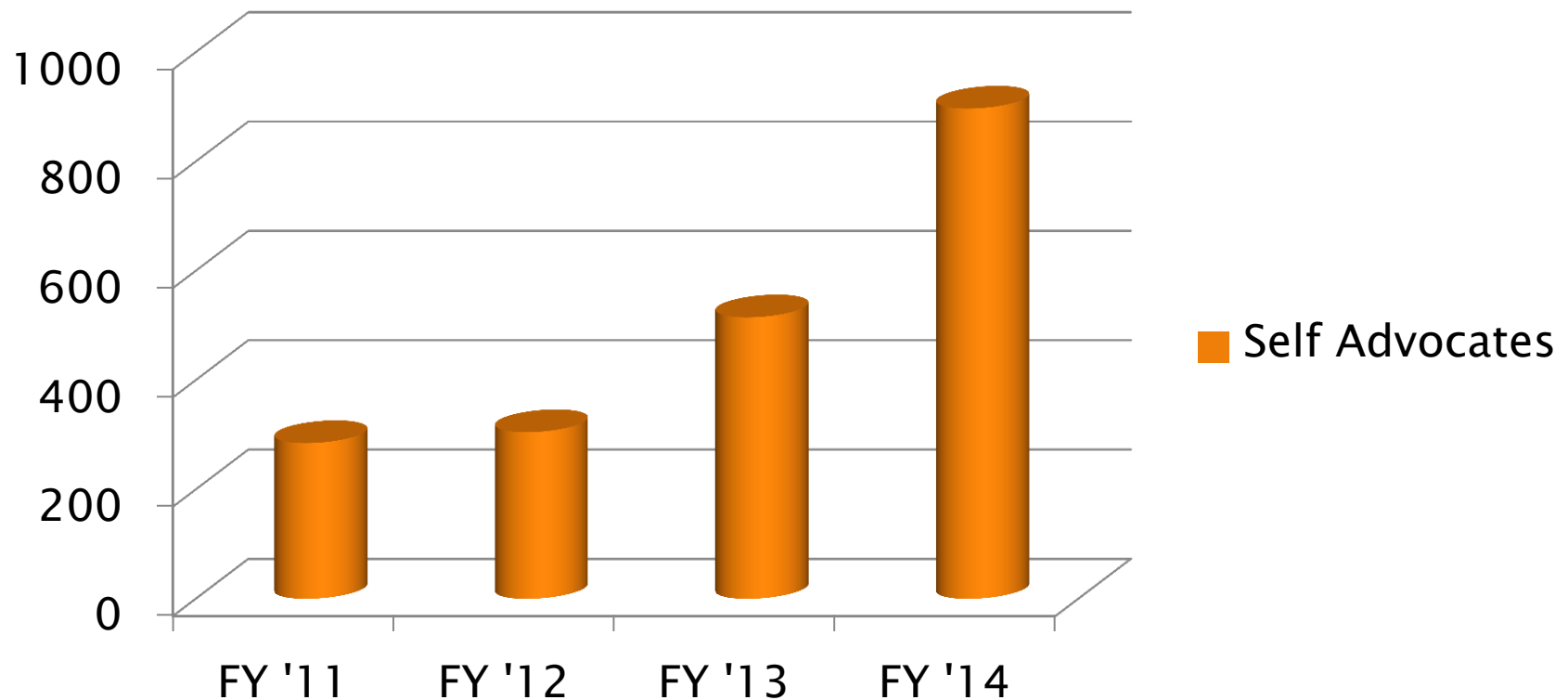
Self Advocacy– Building the Voices



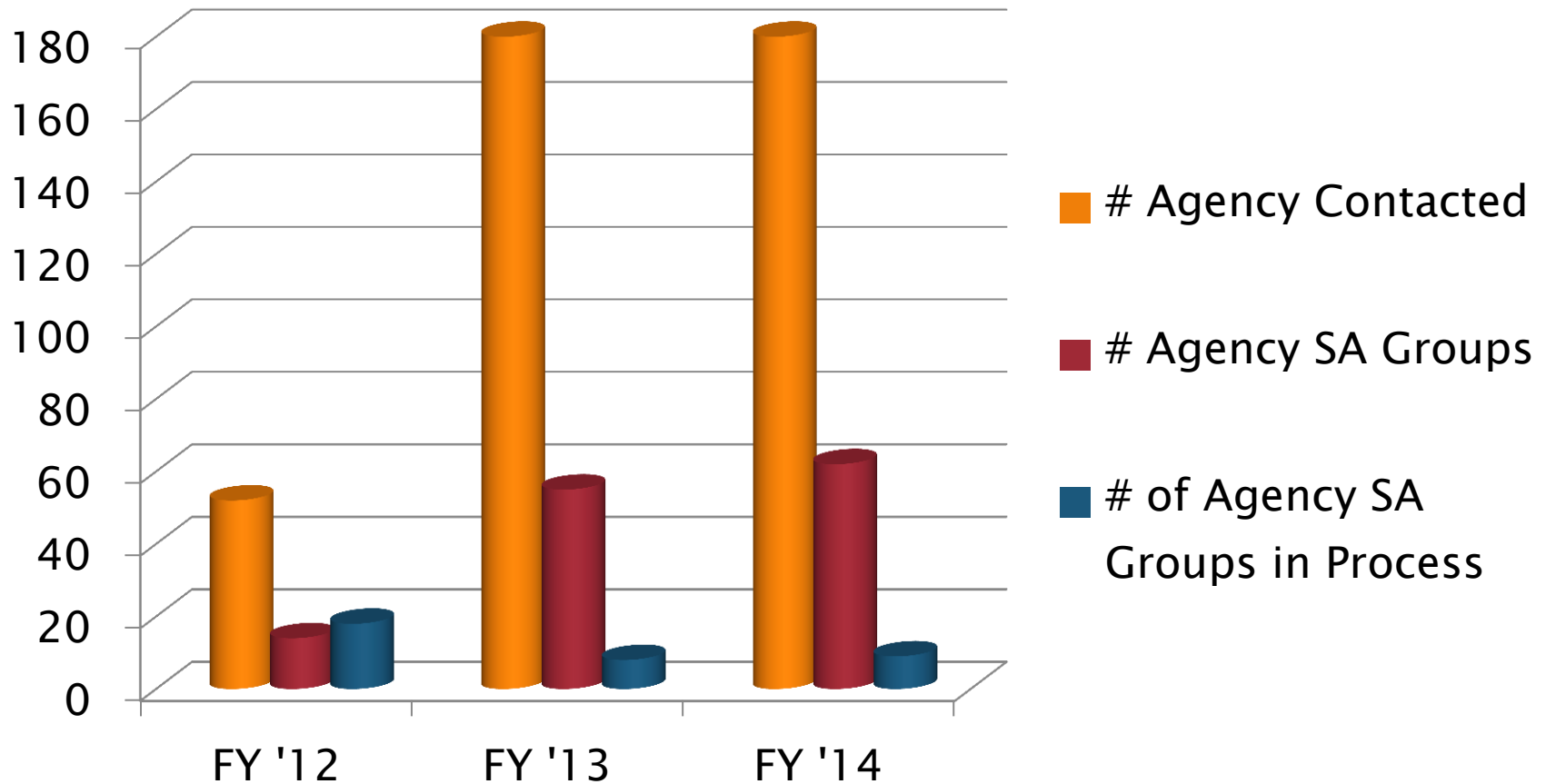
- Empowering Others to Speak Up!
 - Being an IP Buddy and developing IP Buddies to support individual advocacy
 - Developing Self Advocate Volunteers to help Spread the Word!
 - Supporting and participating in “CT Cross Disability Alliance”
 - NCIs – Peer Interviewing and sharing SA Information

Growing Self Advocacy Statewide

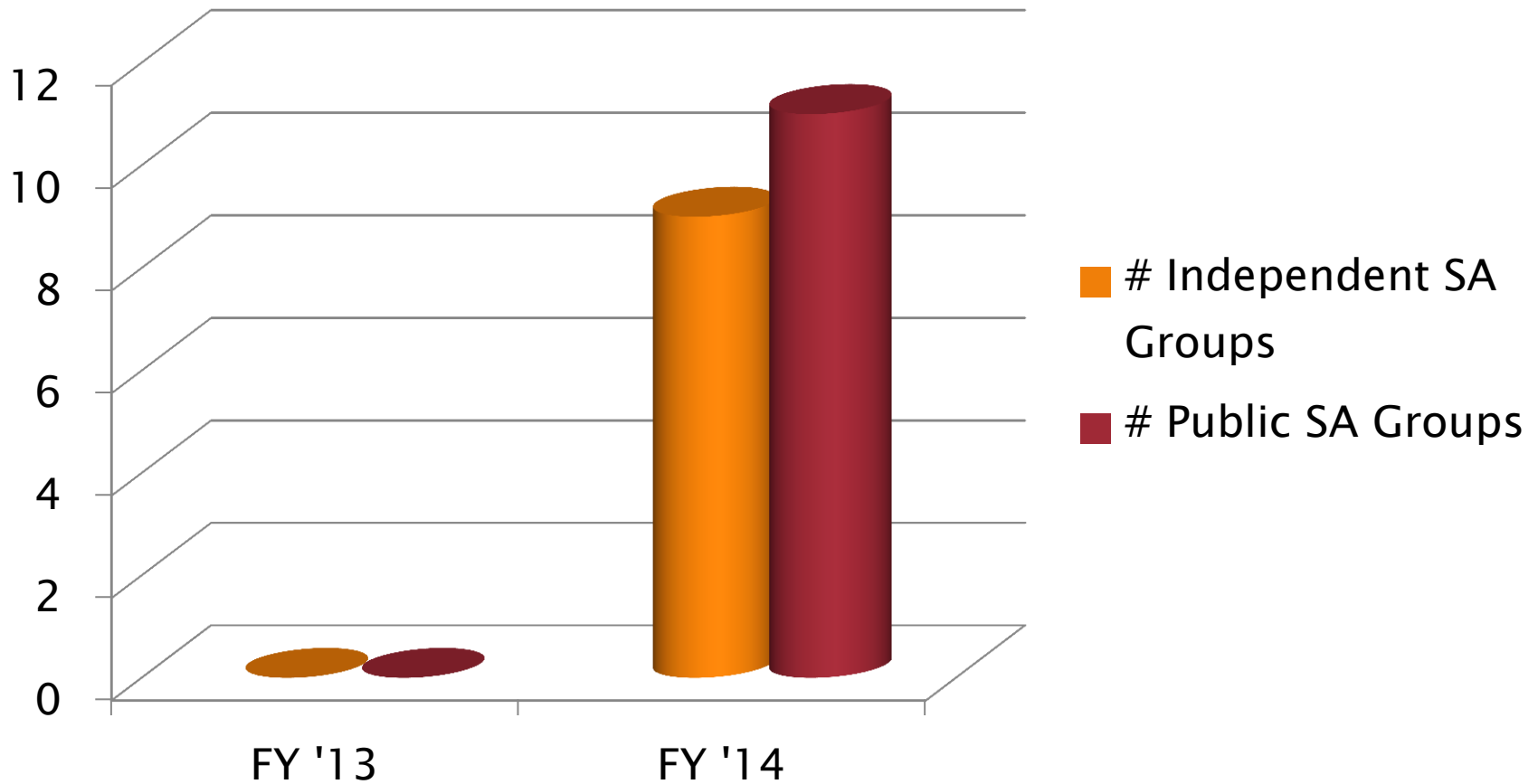
Self Advocates



Private Agency Self Advocacy Groups



Other Agency Self Advocacy Groups



Promote Self Advocacy – Spread the Word!



Knowledge is Power!

- All SACs have a Focus Area
- Regular meetings with the Commissioner to discuss issues that are important to all consumers who receive services from DDS
- **FAB** Topics – Shared with the SA Groups
 - Fun
 - Advocacy
 - Brain Power

SAC FOCUS AREAS



- Leadership Responsibilities – Each of the SACs support all of the Focus Areas and are responsible for “Spreading the Word” with all of the topics. They each coordinate the following Focus Areas:
 - Carlos – Leadership
 - Jamie –Self Advocacy within DDS and Special Olympics
 - Varian –Sibling Advocacy
 - Josh – Spreading the Word at STS
 - Ivan – Aging
 - Carol – Women’s Issues
 - Latasha– ADA and Assistive Technology
 - Genna – Employment
 - Jamar – Youth Advocacy and Transition
 - Jossie – Healthy Relationships

SAC Focus Area– Leadership



- **LEADERSHIP** – SACs lead the way by Supporting and participating in various Regional and Statewide Committees, conference presentations, general presentations/trainings to consumers, families, providers and DDS staff, and are board members for various organizations
- Some **Committees** include: Healthy Living Conference, Hiring Interview Committees, Qualified Provider interviews, In Home Support Rate Structure, Spirit Committee, Assistive Technology, Parents With Intellectual Disabilities State and National planning Committees, Community Companion Homes, Community Of Practice Committees – all 10 have SAC representation, CT Coalition for Aging and Developmental Disabilities, Aging Committee at STS, Employment Steering, Family & Mentoring Leadership, and DDS various LEAN groups, Shared Living

SAC Focus Area – Leadership



- **LEADERSHIP** – SACs lead the way by Supporting and participating in various Regional and Statewide Committees, conference presentations, general presentations/trainings to consumers, families, providers and DDS staff, and are board members for various organizations
- ▶ **Providing Education/Trainings:** Regional Leadership Forums, CO Quality Service Review,, Cross Disability Lifespan Alliance, Peer Support, Supporting the DDS Consumer Corner website, Developing videos to post on our websites to promote various DDS initiatives, DDS Council, Job Development Leadership Network, CT Family Support Network, Presented for National Webinars, Presented National and State Conferences, Ongoing trainings for Healthy Relationships, STAR Program at UCONN, SABE Webinar, SAC Volunteers, Partners in Policy Making – presented and a 2013 graduate was a SAC

SAC Focus Area – Leadership – Education and Training



- Ongoing Trainings Provided – Tool Chest
 - “10 Steps to Being a Great Self Advocate”
 - “Employment Now!”
 - “Next Steps– Speak Up! School Days to Pay Days”
 - “Speak Up! Speak Out! – Self Advocacy”
 - “Self Determination – Make Life Happen”
 - “We Have Human Rights!”
 - “What’s So Important About Having A Job”
 - “Degrees of Mean”
 - “I Have an Intellectual Disability: Do I Need a Guardian?”
 - “Employment First – Real Work for Real Pay!”

SAC Focus Area – Leadership



- **SACS Leading the Way!**
- Youth Leadership Forum – Counselors
- National Core Indicator Surveys – Interviewers
- Individual Plan Buddies
- Mentoring Day – October 16, 2013
- Presenters at National and State Conferences
- SAC– James participated in National Special Olympics



SAC Focus Area– Self Advocacy



Self Advocacy – SPREADING THE WORD!

- **Self Advocacy within DDS–** Developing and supporting SA groups for people living in DDS supported homes and out reach to community SA groups. Promoting to DDS Staff the importance of self advocacy and how it empowers people to “Make their life Happen”!

SAC Focus Area - Self Advocacy - **SPREADING THE WORD!**

- Public Speaking
 - State Conferences – Aging, Healthy Living, People First, Transportation, CT Down Syndrome Congress Conference, Siblings
 - Regional and State Trainings
 - Mentoring Day – Promote Employment
 - Promote DDS Mission and Vision
 - Promote DDS Five Year Plan



SAC Focus Area – Self Advocacy – SPREADING THE WORD!



- Presentation Boards
 - Special Olympics summer games, Regional Resource Fairs, CT Youth Leadership Project/Forum, Transition Fairs, School Fairs, Family Forums
- On Board Training – New DDS Employees and employees who have been out of work for over one year
- Collaboration with CT Family Support Network

SAC Focus Area –

Self Advocacy – SPREADING THE WORD!



- “Making the Connection”
 - Consumer Corner Website
 - Create and Update Bulletin Boards
 - Share FAB Topics with all SA Groups around the state
 - Spreading the word through email and social networks
 - Connected with RIOT, Disability Scoop, and other websites to keep informed
 - Brown Bag Lunches to share information
 - Sharing with school students how to speak up and advocate!

SAC Focus Area – Self Advocacy



Self Advocacy – SPREADING THE WORD!

- **Sibling Advocacy** – Promoting more involvement with siblings of people with intellectual disabilities and supporting them to advocate together to make a difference
 - Parents with a Voice – PID Group
 - SibShops
 - Sibling Leadership Network– Discussed Starting a Website, Guardianship, and Understanding your role as a Sibling
 - Resources put on a Bulletin Board the importance of Siblings
 - Adult Siblings– Katie Arnold Sibling Leadership Network

SAC Focus Area – Self Advocacy – SPREADING THE WORD!

- **Spreading the Word at STS** – supporting consumers living at STS (state institution) to understand their rights and how to advocate for the life they want
 - Spreading the Word through – 10 Steps for Being a Good Self Advocate
 - Developed training plan for Spreading the Word for Stopping Bullying, Neglect, and Abuse through the “Degrees of MEAN” presentation to individuals and STS staff



SAC Focus Areas

Aging Issues – Promoting healthy aging and advocating for services as we age across the Life Span

- SAC Board Member of CCADD
- Support the Annual Aging Conference



Women's Issues – Addressing women's issues and advocating for healthy supports and services

- Providing Women's health information and promoting breast exams



SAC Focus Area – Promoting ADA and Assistive Technology

Exploring the world through technology. Voices can be heard if the right support/technology is used. SAC's explored various forms of technology and have shared with consumers, families and staff to assist people to live and work independently.

- SACS shared what they have learned about various technology and supports – Some examples include:
 - Smart watch, Safe eye, Dragon speaking, self serve gas station for disabled, Smart toothbrush, Wheelchair lifts, Halo starlight 2800 power charger, IPADS, Talking boards, Various Service Animals, ADA Healthcare, Automobile adaptations
- Resources:
 - CT Tech Act, NEAT Market Place, Assistive Technology Inc., Sengistix, Montano Assistive Technology



SAC Focus Area – Employment



Employment for all– promoting employment goals in IP, increase employment activities and interviews, promote review of benefits with Benefits Counselors, Spread the Word – Employment is Empowerment!

- SAC is Board Member of APSE – accepted the AAIDD “Organizational Hero” Award for CT APSE
- Conversations with Jonathan Slifka, Gov. Malloy’s Disability Liaison
- Promoting and Showing the Employment Idol Videos – Family Forums, Transition Fairs, Staff Trainings, and Various State Agency Events

SAC Focus Area– Employment

- Transition Trainings at High Schools for parents students – “Why Work” – School Days to Pay Days
- Member of JDLN – Job Development Leadership Network
- Supported Employment Leadership Network – Data for CT around Employment
- Promote and support CT Works, Connect–Ability, and CTDOL
- SACs participated in National Webinar for Customized Employment
- SAC (Carlos) participated in the Coordinated Transportation Partnership Project in Washington DC



SAC Focus Area – Employment

- Promoting Employment:
 - Transition Fairs
 - Winter Family Fair Transition Expo
 - Attended Achieving Thru Technology Conference
 - Presented to Climb Step Program
 - Creative Housing Forum
 - Resource Fairs



SAC Focus Area - Healthy Relationships



- New Healthy Relationship Policy Signed By Commissioner Macy June 3RD, 2014 promoting the Right of all consumers to have and enjoy a Healthy Relationship
- DDS and Planned Parenthood of SNE collaborate to create a Healthy Relationship Brochure
- Collaboration between the PPSNE and DDS to promote health care supports in the PPSNE Clinics in CT
- Established ongoing training collaboration with PPSNE to train Clinic Staff
- Presented at the Annual PPSNE Conference – “Working with People with ID in Health Care Settings”

SAC Focus Area – Healthy Relationships



- Presented at the Annual PPSNE Conference – “Working with People with ID in Health Care Settings”
- Ongoing Healthy Relationship Series
 - 3 Series held in each Region
 - 3 One Day Overview Sessions held in each Region for DDS Clinical Staff
- Presented at the TASP conference in Mystic – October 2, 2013 – “Relieving Stress for Parents”
- Established Advocacy groups for Parents who have ID/DD

Coming this year – FY 15!



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



Coming this year – FY 15!



- ▶ Continue to work with PPSNE to educate “Health Centers” in supporting people with ID/DD
- ▶ Continue to promote “People First Language”
- ▶ Promote DDS Initiatives through DDS Media Center by creating videos
- ▶ Promote IP Buddy to assist people to SPEAK UP And SPEAK OUT!





Connecticut
VOICES

are
growing...

Speak up!

Speak out!