

# Let's Learn About The Alliance and Self-Advocacy!



[red megaphone with different colored word bubbles coming out of it]



The Alliance is proud to be an initiative of the  
Illinois Council on Developmental Disabilities

Illinois Life Span Program Lunchtime Webinar  
The Arc of Illinois  
Tuesday, June 9, 2020

# Speak Up and Speak Out!

Have you heard of the Illinois Self-Advocacy Alliance (The Alliance)?

- Yes
- No



[logo for Illinois Self-Advocacy Alliance - a drawing of two white hands and two purple hands coming together over the state of Illinois]

# Who We Are

The Alliance is a network of advocates and self-advocacy groups around Illinois.



[15 people, some standing and some sitting, all holding white pieces of paper]

# **Our Vision**

Our vision is for self-advocates to work together to get the support we need and to live the life we want in the community.

# **Our Mission**

Our mission is to speak up for ourselves and each other while working together to make changes in our communities and in Illinois.

# Our Focus

Our focus is on empowering people to speak up about

- what they want and need
- don't want and don't need
- action plan their goals
- participate in advocacy at the personal, agency, community and statewide levels

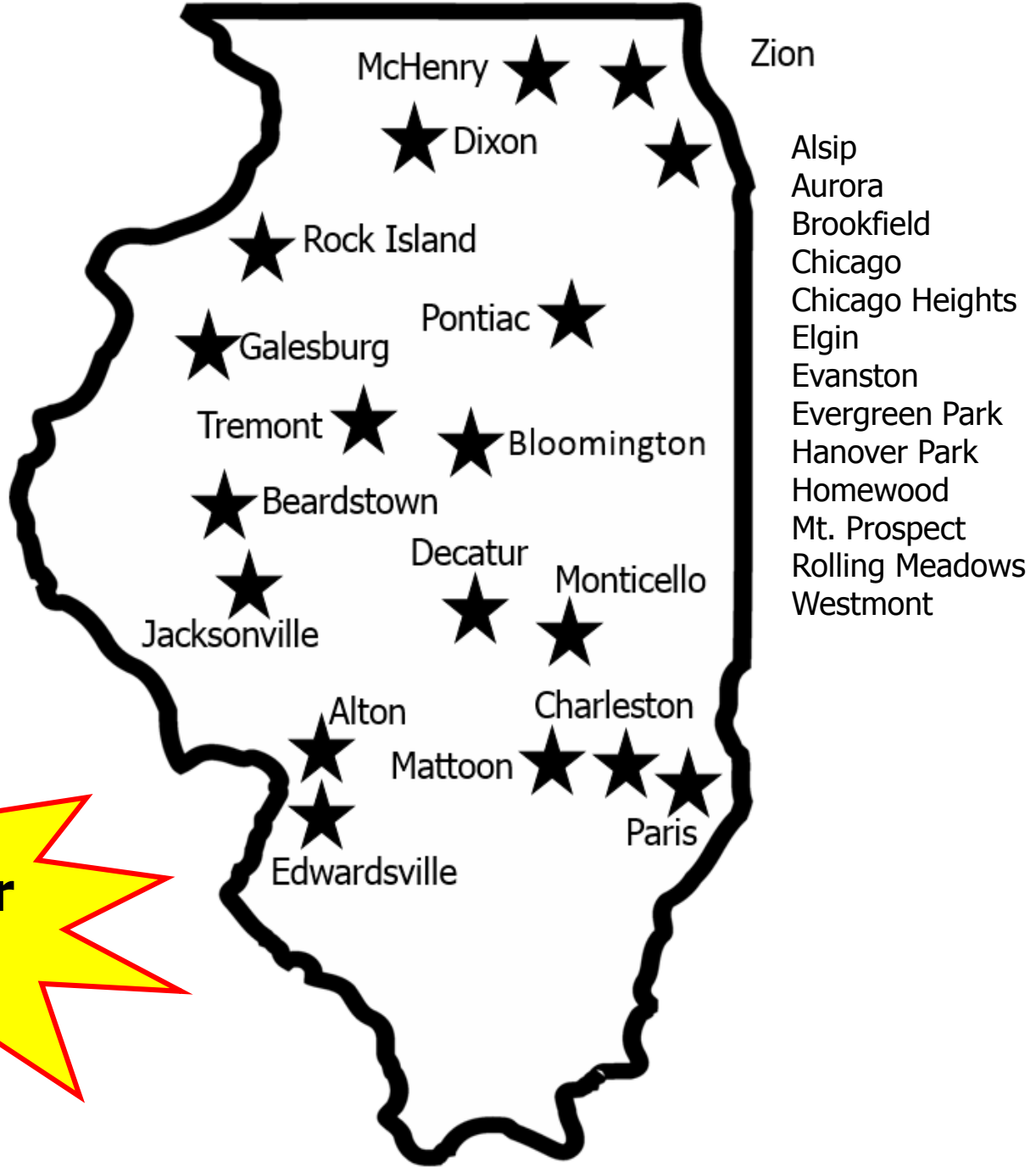
# What We Do

- Support local groups
- Work together on important issues
- Offer networking, advocacy and learning opportunities
  - Monthly newsletters
  - Webinars
  - Alliance Ambassador Leadership Program
  - Training Institute

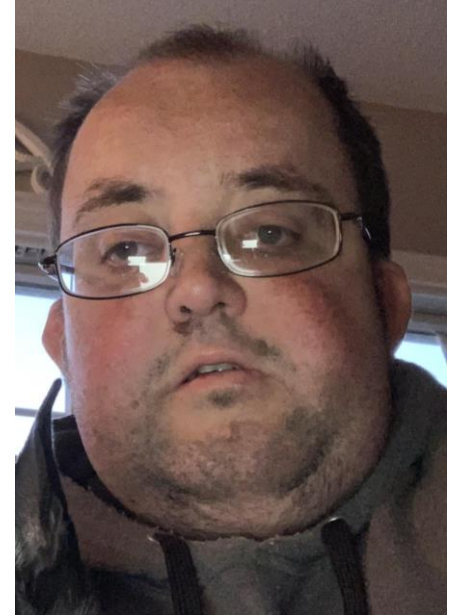


[person with pink skin,  
short brown hair,  
wearing glasses and  
holding papers]

**37 Member  
Groups!**



# Meet the Presenters - 1



[man with pink skin,  
short brown hair,  
wearing glasses]

## **Adam Cooper**

Illinois TASH Co-President

Illinois Council on Developmental Disabilities Board Member

Alliance Ambassador Leadership Training Program Graduate

Illinois Partners in Policymaking Graduate

Edwardsville School District Equity Task Force



# Meet the Presenters - 2

## **Krescene Beck**

She/Her/Hers pronouns

Organizational Director, The Alliance

Co-Director, Blue Tower Solutions



[smiling woman with pink skin and short brown hair, wearing a purple shirt]

# Speak Up and Speak Out!



[drawing of a yellow smiley face with white hand to mouth, eyes looking up, with the words 'self-advocacy' in thought bubble above face]

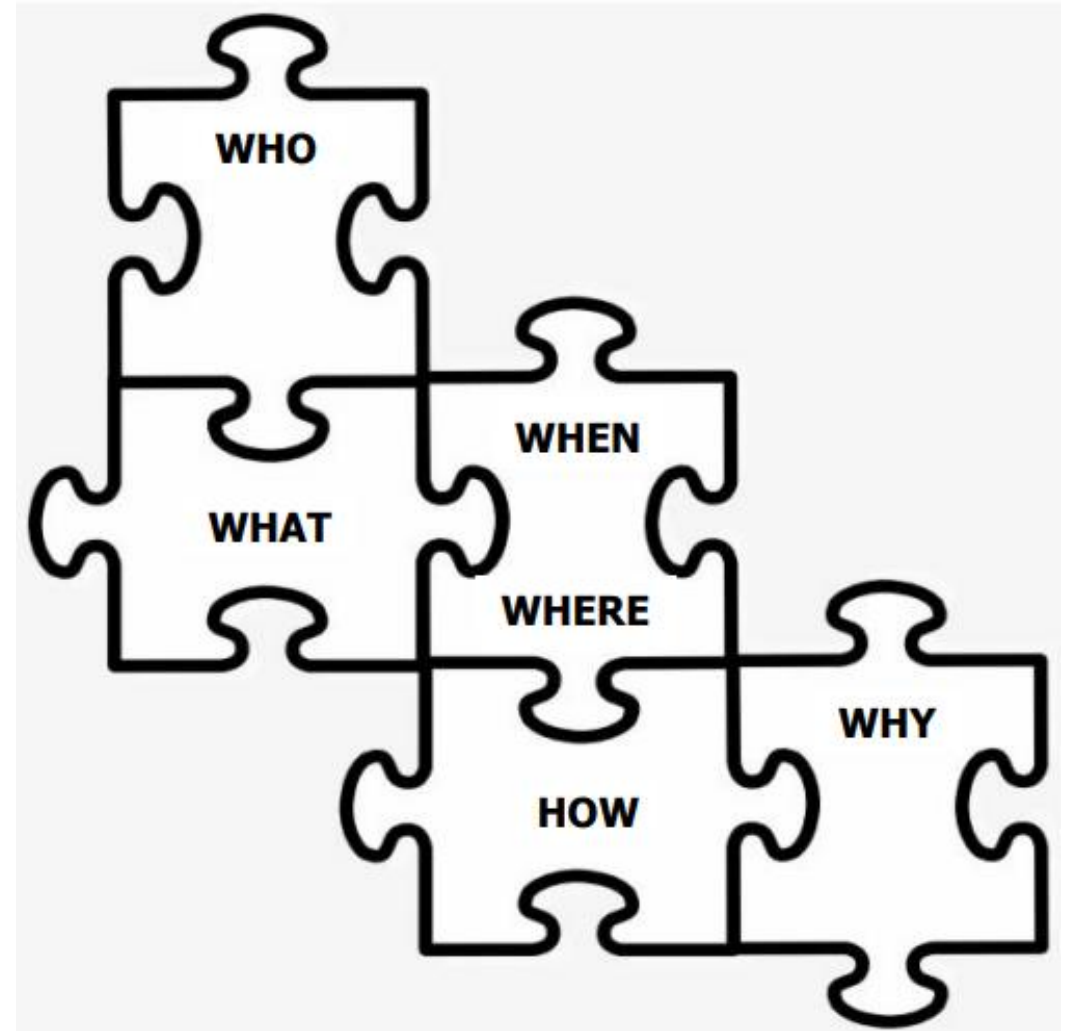
What does self-advocacy mean to YOU?

# Self Advocacy is...

Speaking **UP** and speaking **OUT**  
for yourself and for other people  
who can't or don't know how  
to speak up for themselves.

# Pieces of the Self-Advocacy Puzzle

- What
- How
- Who
- When and Where
- Why

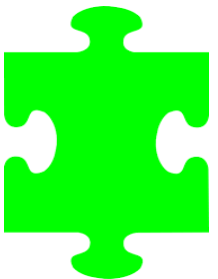


[five interlocking puzzle pieces with the words "who, what, when, where, how, why" written on them]

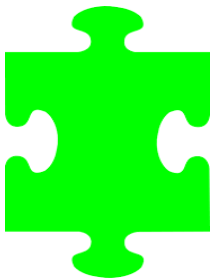
# What are some things you can **ADVOCATE** (speak up and speak out) for?



[person with pink skin, moustache and beard, wearing black clothing  
demonstrating sign for "idea" in American Sign Language – right hand pinky  
touching side of forehead and pulling away from forehead]



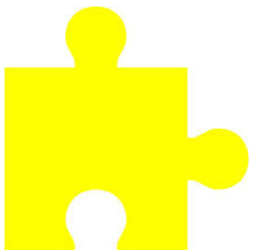
- Things you want or don't want
- Things you need
- Something fun you want to do
- Hopes, dreams and goals
- Where or how you want to live
- Where or how you want to work
- If you are unhappy, being hurt or feel unsafe



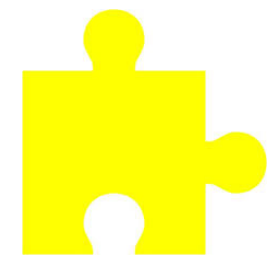
# How Can You **ADVOCATE** (speak up and speak out)?



[person with pink skin, moustache and beard, wearing black clothing demonstrating sign for `idea" in American Sign Language – right hand pinky touching side of forehead and pulling away from forehead]



- Using your voice
- Writing down what you want to say
- Asking for a meeting (teacher, boss, family, guardian, case manager, administration, legislator)
- Writing a letter
- Making a phone call
- Sending an email
- Using a communication device

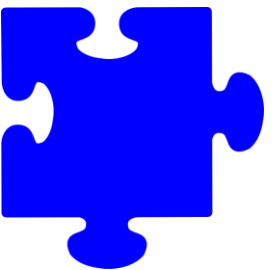




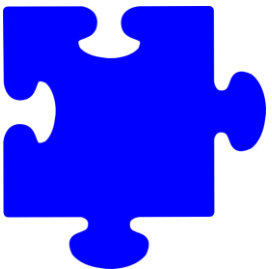
# Who Can You **ADVOCATE** (speak up and speak out) for?



[person with pink skin, moustache and beard, wearing black clothing demonstrating sign for `idea" in American Sign Language – right hand pinky touching side of forehead and pulling away from forehead]



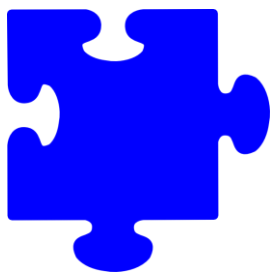
- YOURSELF!
- Other people with disabilities
- Your friends
- Your school
- Your employer
- The disability service agency where you get services
- Your family
- Something that is important to you



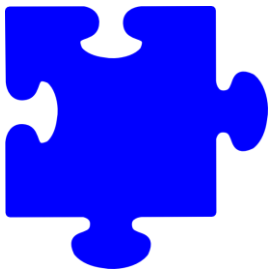
# Who Can You **ADVOCATE** (speak up and speak out) to?



[Person with pink skin, moustache and beard, wearing black clothing demonstrating sign for `idea" in American Sign Language – right hand pinky touching side of forehead and pulling away from forehead]



- Case manager
- Social Worker
- Teacher
- Family, Parents or Guardians
- Friends
- Doctor or Nurse
- Counselor
- Legislator



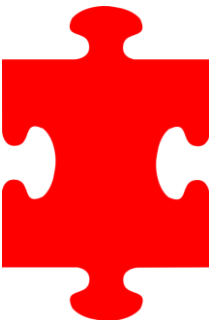
# When and Where Can You ADVOCATE (speak up and speak out)?



[person with pink skin, moustache and beard, wearing black clothing demonstrating sign for "idea" in American Sign Language – right hand pinky touching side of forehead and pulling away from forehead]



- Home, School, and Work
- IEP (Individualized Education Program), Discovery, and Person-Centered Planning meetings
- Community Day Services
- Wherever you receive services
- In the community – restaurants, bowling alley, etc.
- Appointments – doctors, hair salon, etc.
- The capitol and legislator's offices



# Why should you **ADVOCATE** (speak up and speak out)?



[Person with pink skin, moustache and beard, wearing black clothing demonstrating sign for `idea" in American Sign Language – right hand pinky touching side of forehead and pulling away from forehead]



- It is good to ask for something you want or need
- It is good to ask for something someone else may want or need
- Put a stop to what you don't like or want
- To get better services and supports
- To show we are equal

**It is my right to speak up for myself!**





# Where Do We Go From Here?



[Pole that has street signs pointing in various directions. Signs have the following words written on them: 'who, what, where, when, why, how, questions, answers']

# Advocacy is Everywhere!

- Let people know what is important to you – at work, home, and in the community
- Speak UP and Speak OUT!
- Check out the Culture of Self-Advocacy: An Illinois Voices Environmental Checklist
- Think of topics you want to learn about and ask others to present or research and invite guest speakers
- Start a self advocacy group, consumer council, or leadership group
- Start a suggestion box

# Speak Up and Speak Out!



[drawing of a yellow smiley face with white hand to mouth, eyes looking up, with the words 'My Next Steps' in thought bubble above face]

What are your next advocacy steps?

Email:

[info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org)

Website

<http://selfadvocacyalliance.org/>

Facebook

[www.facebook.com/IllinoisSelfAdvocacyAlliance  
/?ref=bookmarks](http://www.facebook.com/IllinoisSelfAdvocacyAlliance/?ref=bookmarks)



[Person with pink skin, short brown hair, raising right hand in fist. Person is wearing purple shirt with the words 'Ask Me About The Alliance' written in white.]

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