

SPEAKIN' UP & MOVIN' OUT!

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Village Voices Panel

October 23, 2019



LET'S REVIEW



Self-Determination is the ability to make decisions and speak up for yourself without the influence of others.

As a term, **self-advocacy** is generally defined as speaking up when it comes to issues and decisions that are important in your life or to others with disabilities.



MORE REVIEW

Examples of Personal Self-Advocacy

Knowing your rights and responsibilities

Accessing the resources you need

Asking for what you need

Asking someone to speak to you instead of a parent or caregiver

Negotiating for yourself

Speaking up for yourself



IN THIS PRESENTATION WE'RE MOVIN' OUT! SELF-ADVOCACY IN THE COMMUNITY

- For yourself and the benefit of others
- At work
- On community boards
- With a group
- With legislators

**Advocacy to
solve
community
problems**
(Slide 7)

**Advocacy in
the work
place**
(Next slide)

**Speakin' Up
with local
and state
legislators**
(Slide 16)

SPEAKIN' UP AT WORK

- Ways to speak up at work
- Examples from panel

Alerting
people to
accessibility
issues at
work/school

Telling
someone
when you see
discrimination
or bullying



SPEAKIN' UP & MOVIN' OUT!

Time to Vote.

What's next?

Advocacy to
solve community
problems
(Next slide)

Alerting
people to
accessibility
issues at work
(Slide 5)

Speakin' Up
with local and
state
legislators
(Slide 16)

MOVIN' OUT!

ADVOCACY TO SOLVE COMMUNITY PROBLEMS



MOVIN' OUT!

BENEFITS OF SELF-ADVOCACY GROUPS

- There's power in numbers – groups can accomplish more
- Better ideas come out of groups – more heads are better than one
- Self-Advocacy groups help teach people in the community about disability issues
- Being around people with different types of disabilities helps one be more understanding and informed of others' struggles
- Groups provide a social circle for self-advocates and a safe place where they feel understood

LOCAL GROUP ACTIVITIES



MOVIN' OUT!

EXAMPLES OF LOCAL GROUP ACTION

- Advocate with local leaders about community problems (accessibility issues, transportation, employment, housing)
 - Write letters and emails to officials or businesses; contact them through social media
 - Attend and speak at city / county government meetings
- Awareness activity: local disabilities awareness day / Wheelchair Challenge
- Don't forget to publicize your advocacy: on social media, call your local newspaper, and TV and radio stations - *let the community know what you're doing*

Local Group Advocacy in Action

- Clay County Change Makers member Lauren Eakin approached a parent at a local park about how misusing wheelchair swings damaged them
- Social Media post caught the eye of the city Mayor who offered her help in getting the word out



Polk Wheelchair Challenge



Commissioner Phillip Walker, followed by Mayor Bill Mutz, lead the way into City Hall on Monday. (Josh Rojas/Spectrum Bay News 9)

Lakeland Leaders Bring Awareness to Developmental Disabilities Month

By [Josh Rojas](#) | Polk County

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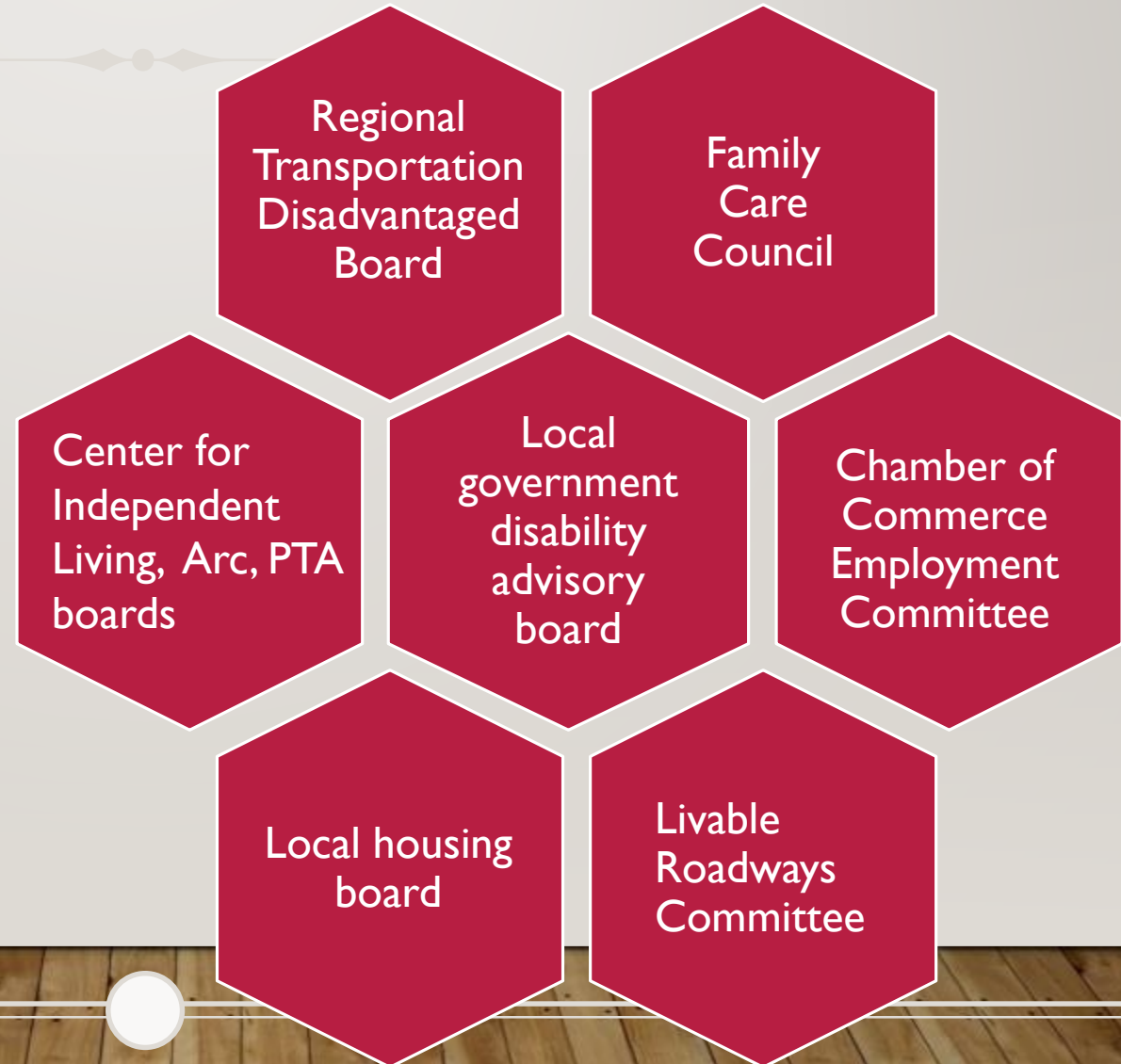
LAKELAND Fla. — Lakeland City Commissioners stepped into the shoes of


Movin' Out!

PARTICIPATING ON COMMUNITY BOARDS & COMMITTEES

Representation in these groups

- Raises awareness about disability issues and our abilities with community leaders
- Contributes to solving community problems





Movin' Out!

PARTICIPATING ON COMMUNITY BOARDS & COMMITTEES



Steps, tips for acquiring positions ...

- Learn about positions (ask advisors, providers, someone at the Arc)
- Let your desire to serve be known – get your name out there!
- Seek out mentors and allies on the boards– ask for help or to be mentored



SPEAKIN' UP & MOVIN' OUT!

Time to vote again. What's next?

Advocacy to solve community problems
(Slide 7)

Alerting people to accessibility issues at work
(Slide 5)

Speakin' Up with local and state legislators
(Next slide)



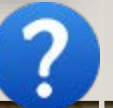
SPEAKIN' UP TO STATE LEGISLATORS

- Every community in Florida has 2 representatives in the Florida State Legislature – a representative and a senator
- They make many of the laws that affect people with disabilities in Florida
- They decide how much money state agencies that serve people with disabilities get
- Self-advocates can impact this process – your voice is important!

SPEAKIN' UP TO STATE LEGISLATORS

HOW SELF-ADVOCATES CAN MAKE A DIFFERENCE

- Make an appointment to visit your legislators at one of their offices (each has an office in Tallahassee and in the community they represent – hint: visits to the local office can have more impact than on DD Day)
- Dress appropriately for the appointment
- Plan what you are going to say
 - Have a short personal story related to issue ready--you have limited time for the appointment
 - Have potential solutions ready (if possible)
- 17** ➤ Leave brief printed summaries of what you want



SPEAKIN' UP TO STATE LEGISLATORS

OUR VOICES ARE MAKING A DIFFERENCE

- Current activities to protect our services (Medicaid waiver re-design)
- Transportation pilot project – Advantage Ride in Tampa area
- Working People with Disabilities program
- Annual legislative priorities -- delivering them to state legislators on DD Day at the State Capitol

SPEAKIN' UP & MOVIN' OUT!

- Time to vote again --- what's next?

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GET MOVIN'

- Tell someone you want to get more involved in self-advocacy in the community – tell them what you learned today and talk about how to get started
- Use FL SAND and Florida Self-Advocacy Central as resources (contact info. on next slide)

QUESTIONS?

GET CONNECTED WITH THE SELF-ADVOCACY MOVEMENT IN FLORIDA

- ❑ Florida Self-Advocacy Central – Florida’s go to source for self-advocacy news and information
 - ❑ www.FSACentral.org
 - ❑ Subscribe on the website to receive updates
- ❑ www.FLSAND.org / contactflsand@gmail.com
 - ❑ Search “Florida Self-Advocates Network’D” on Facebook or facebook.com/groups/flsand
 - ❑ Search “Florida Self-Advocacy Central” on Facebook or go to facebook.com/fsacentral



THANK YOU FOR YOUR ATTENTION

Florida SAND & the FL SAND Fellows

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