

SELF-ADVOCACY: SPEAKING UP FOR YOURSELF



MOVING FORWARD



OUR 2024 WEBINAR SERIES

WELLNESS WITHOUT BARRIERS



Our Mission:

ADMH provides comprehensive, coordinated, person-centered healthcare for teens and adults with developmental disabilities. We strive to empower individuals and their families to become advocates for their own health and wellness needs.



PATIENT
CENTERED
MEDICAL
HOME



WHAT IS YOUR STORY?

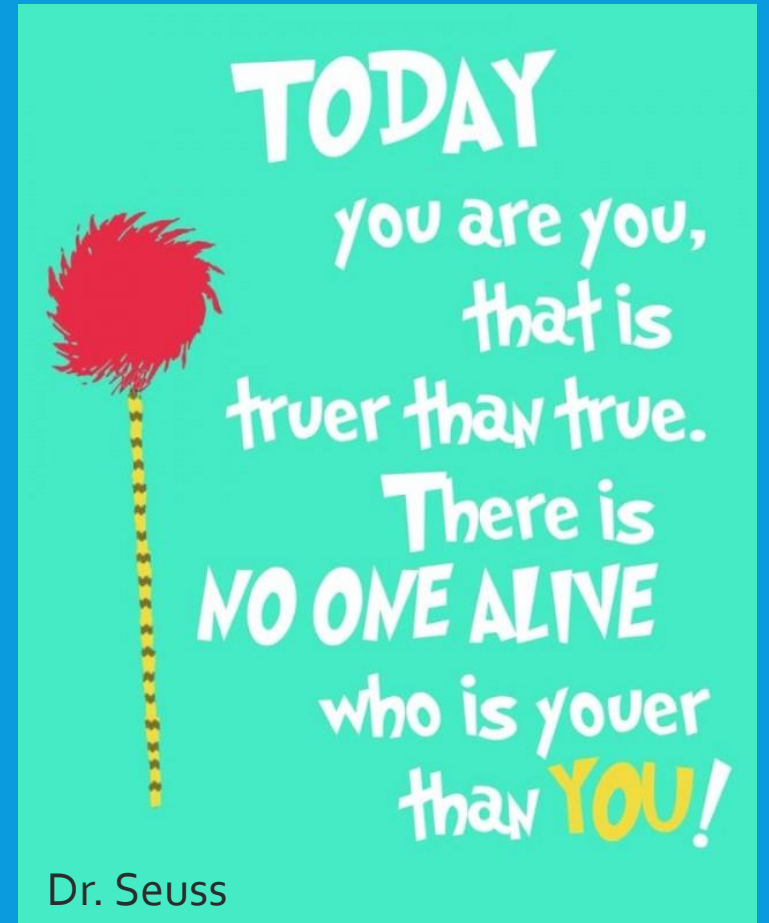
- Who are you?(Self-awareness)
- What plans do you have for the future? (Setting goals)
- Can you tell others your story and your goals ? (Self-advocacy)



YOU ARE UNIQUE!

You are a special one-of-a-kind person! No one is just like you! You have amazing abilities.

You have your own your personality, your special interests and passions, your future goals, and also, your disability. But each of us also has things we need help with.



WHY IS SELF-AWARENESS IMPORTANT?

Planning according to what you know about yourself is a path to a happy and fulfilling future.

You will avoid making choices that will not make you happy or help you to grow as an individual.



WHAT ACTIVITIES DO YOU LOVE?

Are you friendly? Shy?
Do you love music?
Do you dance?
Are you good at sports?
Do you love to read?
Are you an artist?
Do you cook for your family?
Do you have a garden?



CGTN



BBC



Oklahoma State Univ



Unlock Food

YOUR PERSONALITY AND EMOTIONS

Do you like to learn new things or stick with what you already know?

Do you like to be with others or spend time alone?

What do you do for fun?

Do you get frustrated when others don't understand you or treat you differently?

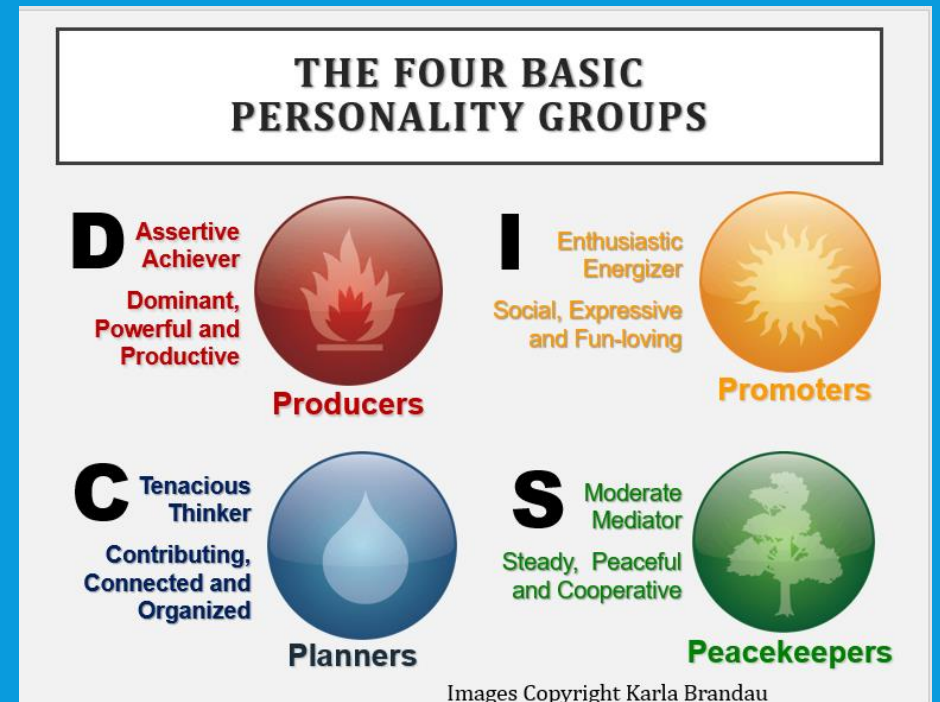
Do you accept help or correction with a good attitude?

How do you feel when you make a mistake?



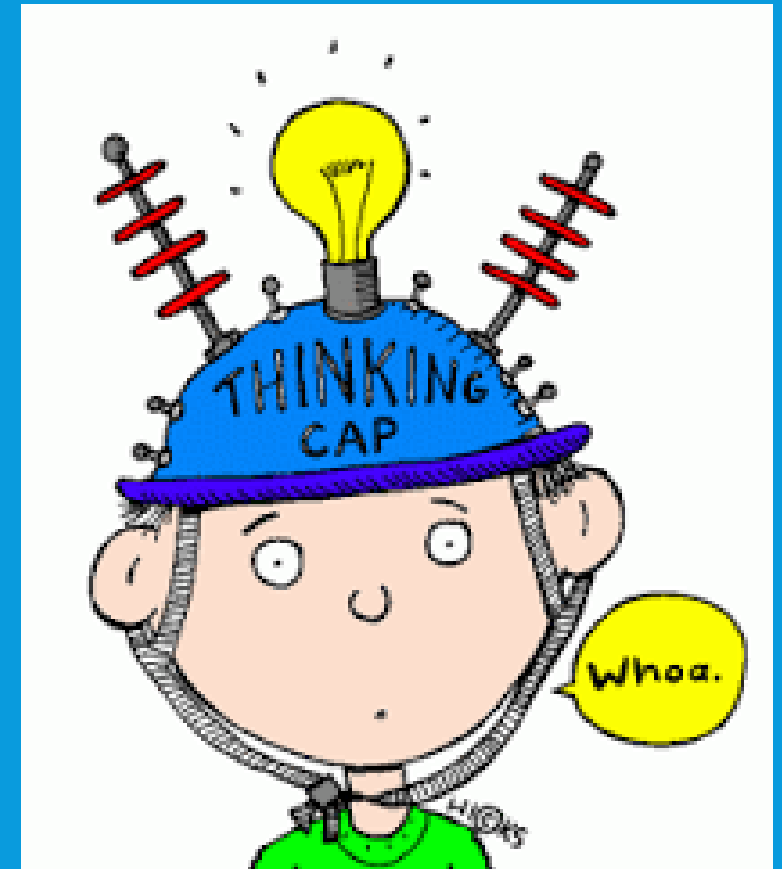
HOW DO I GET TO KNOW MYSELF BETTER?

- Ask for feedback from others who know you well.
- Find out more about your personality type.
- Write what you are feeling in a diary.
- Think about behavior – yours and others. How do you act and how do others react to you?



HOW DO I GET TO KNOW MYSELF BETTER?

- Ask yourself why you do or don't like different things.
- Ask yourself if some things bother you more than other things.
- Think about what you say to yourself. Do you tell yourself that **you will be able to do something?**
- Do you have **confidence** in yourself?





DO YOU HAVE CONFIDENCE IN YOURSELF?

Speak to yourself with positive words!

Be thankful!

Don't compare yourself to others!

Hang out with people who love and appreciate you!

10 WAYS TO PRACTICE POSITIVE SELF-TALK

1. HAVE A PURPOSE HIGHER THAN SELF
2. CUT OVERLY NEGATIVE PEOPLE OUT OF YOUR LIFE
3. BE GRATEFUL
4. DON'T COMPARE YOURSELF TO OTHERS
5. USE POSITIVE WORDS WITH OTHERS
6. BELIEVE IN YOUR SUCCESS
7. DON'T FEAR FAILURE
8. REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES
9. POST POSITIVE AFFIRMATIONS
10. DON'T DWELL IN THE PAST

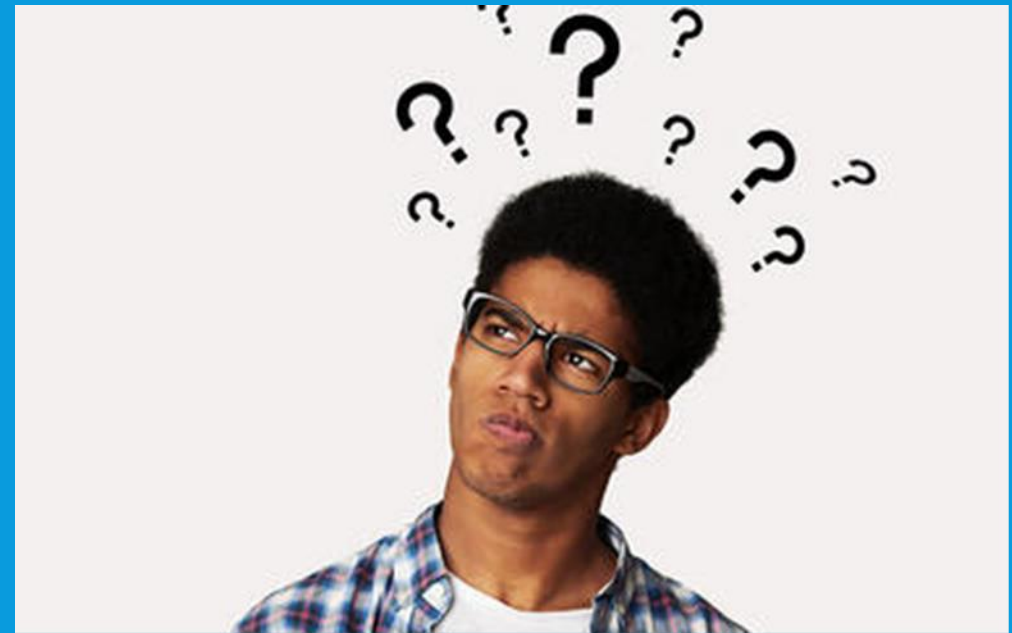
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WHAT IS YOUR DISABILITY?

Are you able to explain to others how your disability affects you?

Do you have medical, physical, or intellectual challenges that are connected to your disability?



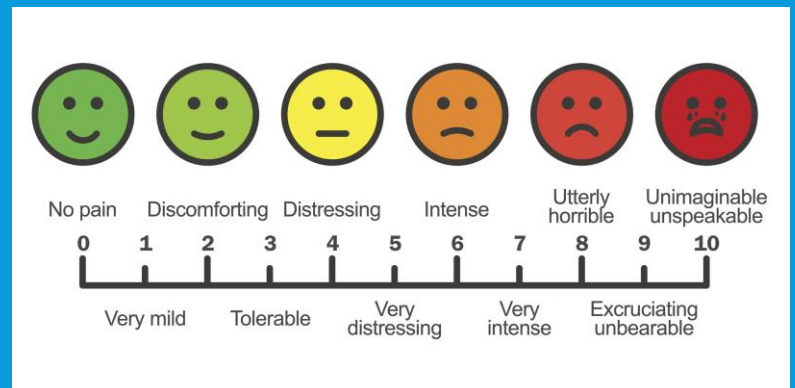
ARE YOU ABLE TO TALK TO YOUR DOCTOR?

One of our goals at ADMH is that YOU are able as much as possible to speak to your doctor directly.

- Can you tell the doctor how you are feeling?
- If something hurts, can you tell the doctor where and how much?
- Can you tell someone when you feel sick?
- Do you use sign language or a picture to help?



Spectrum Autism Research News



EXAMPLE

I have Down Syndrome. I was born with heart defects and I still have to go to the cardiologist every year. I have sleep apnea but don't like what I am supposed to do to help with that. I like to learn new things, but need a little more time than other people. I got achieve my goal of going to college.



WE ALL NEED HELP!

Do you need help with certain things each day?

With what do you need help?

Who helps you?

What would you like to do that you will need help with?

Do you like to ask for help?



SMART GOALS

What do you want to do in your life? Live on your own? Have a job? Travel?

Include others who care about you in setting SMART goals.

Good goals have these characteristics.



Specific

Do: Set real numbers with real deadlines.

Don't: Say, "I want more visitors."



Measurable

Do: Make sure your goal is trackable.

Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."



Attainable

Do: Work towards a goal that is challenging, but possible.

Don't: Try to take over the world in one night.



Realistic

Do: Be honest with yourself- you know what you and your team are capable of.

Don't: Forget any hurdles you may have to overcome.



Time-bound

Do: Give yourself a deadline.

Don't: Keep pushing towards a goal you might hit, "some day."

MISTAKES IN SETTING GOALS

Goals are not realistic.

Make sure your goal is possible to reach!

Is it within your ability?

Do you have a plan for how and when you will reach this goal?



MISTAKES IN SETTING GOALS

Setting too many goals.

Work on one or two goals at a time.

It is easy to try to work on too many things at once and not reach any of them.



MISTAKES IN SETTING GOALS

Setting goals and then walking away.

Giving up....

Needing help and not asking for it....

Needing to revise your goal....



MISTAKES IN SETTING GOALS

A goal is where you want to end up, not the steps to get there.

The “what” is the end of the goal.

The “how” are the steps to reach the goal. The steps are sometimes called objectives.



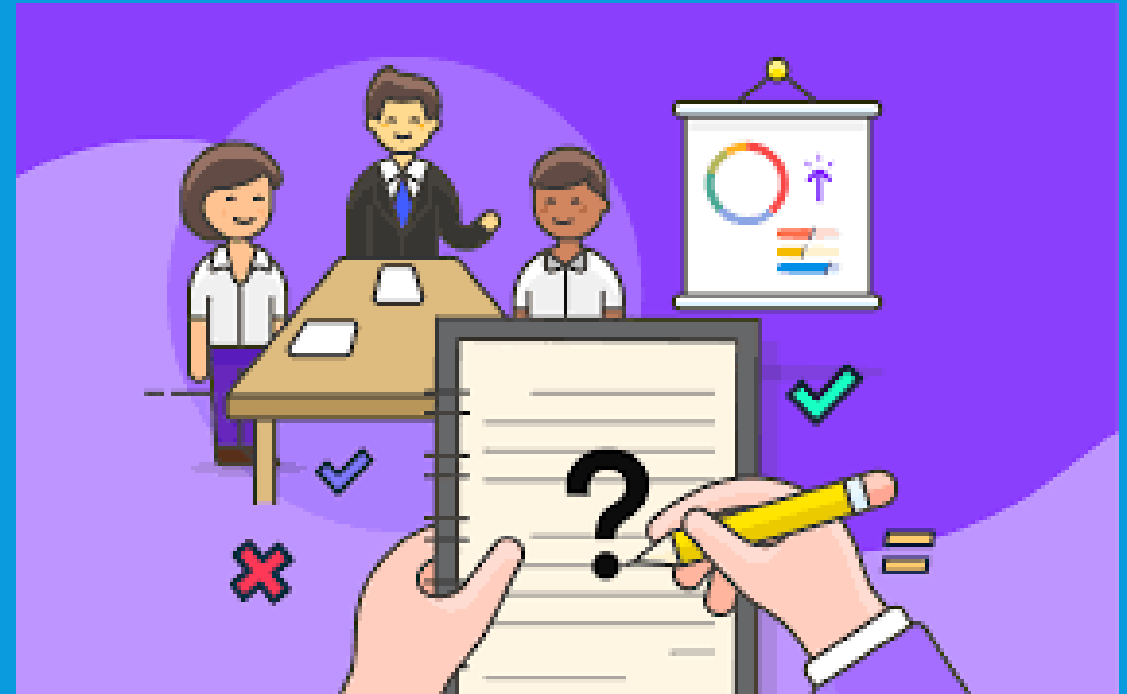
BEING A SELF-ADVOCATE

If you **know yourself** (who you are and what you need),
AND you have **set realistic goals for yourself**,
THEN you will be **able to share what you want for your life with others with great success.**



BEING A SELF-ADVOCATE

- **Make notes before you share.**
- **Be confident in what you share but be open to the views of others who care about you.**
- **Don't be afraid to ask or answer questions.**



COMMUNICATING CLEARLY

I think

I feel

I want

I will

LET'S PRACTICE

Goal: To work in a restaurant.

- I think that a restaurant would be a great place to work and meet people.
- I feel happy about meeting and serving others.
- I want help to learn to cook.
- I will not eat too much food at work.

MORE PRACTICE

Goal: To work with children.

- I think children are special and important.
- I feel happy when I am around children.
- I want to learn how to teach them things.
- I will explore different kinds of jobs with children.

MORE PRACTICE

Goal: To live independently

- I think I have the ability to manage my own place.
- I feel confident that I can shop, cook, do laundry, and clean my own place.
- I want to live in an area where I can walk or ride the bus to activities.
- I will allow someone to help me budget my money.



STORYTELLING WITH CHARLIE MILLER



GCDD Legislative
Advocacy Director



THEY NEED TO HEAR FROM YOU!

Speaking to those who make the laws and give access to services for individuals with intellectual and developmental disabilities is **important work**. You need to tell them **your story**, what you need and want.

- You need to tell them that you can be **successful working** with a little support!
- You need to tell them that you want to be as independent as possible, and **live and play in the community in your choice**.

QUESTIONS AND FEEDBACK

Do you have any questions
for Pat or Charlie?

Thank you for your time this
evening!

Please take just a moment to
complete our Zoom poll.

