

# Illinois Self-Advocacy Alliance

## The Alliance News

Issue #93

January 2020



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United States  
Census  
2020



### **Census 2020 You Count! Be Counted. ~ The Arc of the United States**

The 2020 Census is quickly approaching, and it is important that people with disabilities and their families are ready to be counted!

Every ten years, everyone in the United States is counted through the census. It is important that everyone is counted because the census data impacts many key things.

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### **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.



Illinois Council on  
**Developmental  
Disabilities**

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## **Self-Advocacy Spotlight!**

My name is Tania S. and I am the president of my self-advocacy group AIM (Advocacy In Motion) (McHenry). To my self-advocacy means speaking up for what I want and need. I am learning to work on my goals and achieve my dreams. I like it!

My gifts and talents are helping others, especially my nieces and nephews. I am good at sending cards to people. I love spending time with my mother and nephews.

My hope and dream is to spend more time with my family, shopping with them. I would also like to go on vacation to Michigan or Florida. I would like to work with children someday, maybe at a day care center.

Self-Advocate Interview: Tammy

"Self-advocacy means standing up for myself and being more independent. I spoke up and asked my guardian for more spending money. I am good at reading, writing, bowling and coloring. I want to help kids at a daycare center."

Self-Advocate Interview: Kristin

"Self-advocacy is speaking up for myself and doing it in a calm way. I speak up in AIM group. I am good at playing flute and bowling. I would like to live in a group home someday."

Self-Advocate Interview: Jason

"To me, self-advocacy means being more independent speaking up for myself and making my own decisions. I spoke up about my job when we had advocacy day at the center. I am good at helping kids with crafts at my job at the library. I would like to live in my own apartment with a friend someday."

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**Staff Interview: Amy**

“To me, self-advocacy means helping my clients achieve their goals and work towards independence. I provide opportunities to clients to become more independent by teaching life skills and providing paid job opportunities to those who want to make some money.”

**Staff Interview: Chanel**

“Self-advocacy is speaking up for yourself, telling others what you like or don’t like and not letting others make decisions for you. I speak up for others and take the time to find out what they want or don’t want.”

**Stay tuned for next month’s Self-Advocacy Spotlight!**

**Census 2020 Continued from Page 1**

For example, the census data is used to figure out how much money state and local governments get for Medicaid, housing vouchers, the Supplemental Nutrition Assistance Program (SNAP), and education programs. When there isn’t enough money, services and programs for people with disabilities can be cut. Census data is also used to determine how many Representatives each state gets in the House of Representatives.

Census Day is April 1, 2020 – The Arc has developed resources to support individuals and organizations in understanding what the census is, why it’s important for people with disabilities, and how to complete it. Check out the resources at <https://thearc.org/census/>.

**WE NEED YOU!**  
**TO MAKE IT HAPPEN**

Contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance. You can submit an article, a poem, a piece of artwork, photography, write a column, or ask a question.

Let us know if you have any questions. Submit your content to [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org).

## **Welcome DINI (Disability Is Not Inability)!**

Welcome DINI, a new Alliance member group! Located in Westmont, DINI is 10 members strong and meets monthly based on member availability.

DINI's mission is an inclusive leadership group focused on self-determination, education, employment, and independent living, especially for students ages 12 – 22; the vision is opportunities and leadership for all!

Having goals is an important part of a self-advocacy group, and DINI has several: host a PATH (Planning Alternative Futures with Hope) training; participate in public speaking training; and host informational meetings on relevant topics.

DINI members have marched in the Disability Pride Parade, attended Speak Up and Speak Out Summit, and are involved with the Expression Dance Unified Team and/or Momenta's Integrative Dance Program.



Welcome DINI; we are excited to learn with and from you!

**“It is my responsibility to advocate for myself.”**

~ Ralph Hastie, Self-Advocate

## **Welcome CAC Trailblazers!**

Welcome CAC (Chicagoland Autism Connection) Trailblazers, The Alliance's newest member group! CAC Trailblazers meet in Evergreen Park and have 15 members.

CAC's goals are to bring acceptance, awareness and inclusion as well as to provide resources.

Welcome CAC; we can't wait to learn with and from you!

## Recently Recorded Webinar



### **"Individuals with Hearing Loss and Deaf Culture"**

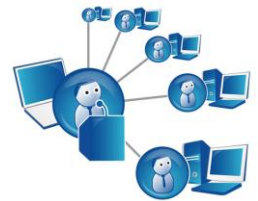
Recorded Live on Tuesday, December 17, 2019

Hearing loss can be a big deal, no matter how much a person can or cannot hear. What are important things to know about individuals with hearing loss? Many individuals may not realize that some individuals with hearing loss identify with Deaf Culture. Let's learn about the different types of hearing loss, along with some basic about Deaf Culture. This presentation welcomes questions, so please feel free to BRING YOUR OWN QUESTIONS.

View the recording at

<https://register.gotowebinar.com/recording/3694676132287499777?assets=true>

## Upcoming Webinar



### **"Health Matters: A Path to Exercise and Nutrition"**

Scheduled for Tuesday, January 28, 2020 at 10am

Here's to a healthier new year! Together we will explore how exercise, eating fruit and vegetables, and drinking water are important parts of our everyday life. Through creative discussion and activities, we will discuss and learn ways to "Create a Path" towards more exercise and better food choices!

Register for the webinar at

<https://attendee.gotowebinar.com/register/2945829548893374221>

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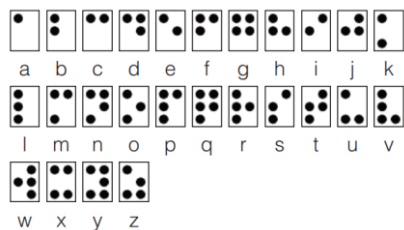
**Welcome to Community Connections, where we share awareness, information, and celebrations relating to the disability community.**

## **Famous People with Disabilities – February Spotlight**



### **Louis Braille (1809 – 1852)**

Louis Braille was a French inventor. He invented the script braille system, which helps blind people and people with low vision to read. Braille is read by passing one's fingers over characters made up of an arrangement of one to six embossed points. Braille is not a language; it is a code by which all languages may be written and read.



Learn more about Braille by visiting

<https://www.royalblind.org/national-braille-week/about-braille/braille-facts>

## **Disability Inclusion Awareness in February**

Black History Month

Low Vision Awareness Month

## **Disability Inclusion Awareness Ideas for February**

Learn about famous African Americans with disabilities at

<https://www.respectability.org/2018/02/highlighting-african-americans-disabilities-honor-black-history-month/>

Visit the online Louis Braille Museum at <https://www.afb.org/about-afb/history/online-museums/life-and-legacy-louis-braille>

Don't be afraid to "think outside of the box" and come up with your own Disability Inclusion Awareness Ideas for the month. Let The Alliance know what you did by emailing us at [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org).