

Illinois Self-Advocacy Alliance

The Alliance News

Issue #100

August 2020



**The Alliance Wants YOU
to Speak Up and Speak Out!**

**SPEAK
OUT**

**In Your Own Words...
Why is Voting Important?**

Please submit your answer by writing down 1 – 2 sentences or by doing a 1 minute or less video and sending it to info@selfadvocacyalliance.org. Answers will be shared on The Alliance's Facebook page and in upcoming issues of the newsletter.

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**

This newsletter was developed under an investment of the Illinois Council on Developmental Disabilities

Illinois Self-Advocacy Alliance
P.O. Box 666 Park Forest, Illinois 60466
Email: info@selfadvocacyalliance.org
Website: www.selfadvocacyalliance.org
Find us on Facebook at Illinois Self-Advocacy Alliance

**In Your Own Words...
Why is Voting Important?**



“It’s important to me to vote so that the right people are in office who will support me.”

Derrick Morris, Self-Advocate Leader
Illinois Self-Advocacy Alliance



Vote.org uses technology to simplify political engagement, increase voter turnout, and strengthen American democracy.

Visit www.vote.org/state/illinois/ for Illinois Election Tools, Deadlines, Dates, Rules, and Links.

Launched by the League of Women Voters Education Fund in October of 2006, VOTE411.org is a "one-stop-shop" for election related information. It provides nonpartisan information to the public with both general and state-specific information many aspects of the election process.



Check out Illinois information at www.vote411.org/illinois

Let's Get Ready to Return to Community Day Services (CDS) – Know Before You Go!

On June 9, 2020 Division of Developmental Disabilities Director Allison Stark announced that Community Day Services (CDS) programs may reopen September 1, 2020 if Illinois continues to meet identified goals in the Restore Illinois Phase process.

Here are a few things to "Know Before You Go"!

CDS providers have been working through a self-assessment tool to help prepare for your return. This tool is helping them plan and carry out day services to make sure there is

- an organization-wide systematic implementation
- support for an individual's needs and choice
- the safety of individuals, families, caregivers and provider staff
- proper training for staff to support individuals as they phase back into services

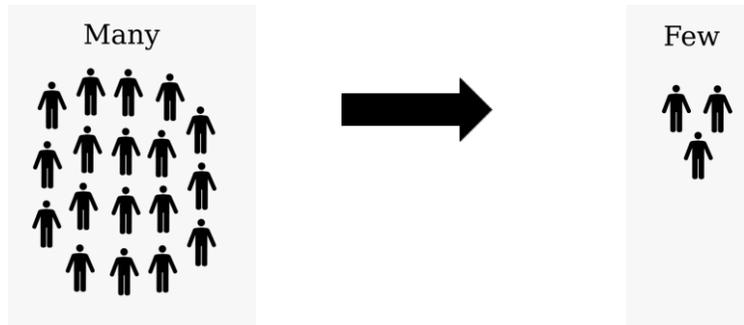
You can check out the entire COVID-19 Provider Preparedness for Community Day Services Self-Assessment [here](#).

You will complete the COVID-19 Risk Benefit Discussion Tool. You will talk with your guardian (if applicable), family, caregiver(s) housemate(s) and other service providers. It looks at the positive and negatives of returning. It is for planning and does not determine if you can or cannot return to CDS. Discussion questions include

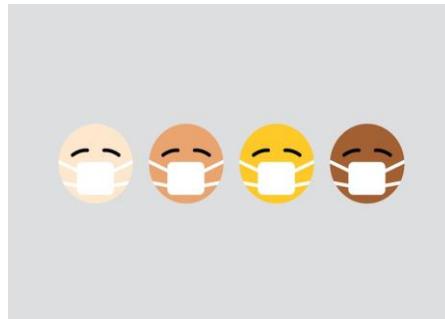
- Why you want to return to CDS
- Other possible options for participation
- Your situational risks
- Your personal risks
- Your health related risks
- Home & Related Parties Risks

You can check out the entire COVID-19 Risk Benefit Discussion Tool [here](#).

Not everyone will come back to CDS at the same time. CDS may start with a few participants and more will return as time goes on. You may go every day or you may go only a few days a week. You may see some of your friends and not others. Don't worry...your CDS provider has a plan!



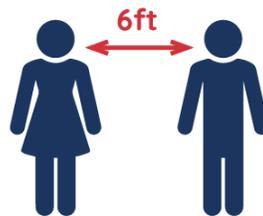
Masks are a must! You must wear a mask when riding a van or bus to and from CDS, and while you are at CDS. Everyone needs to wear masks – you, other participants, CDS staff. If you eat lunch at CDS, you can take your mask off but you must put it back on when you are done eating. You should keep your hands away from your eyes, nose, mouth, and face even when you are wearing a mask.



You will have your temperature taken every time you go to the CDS program. If your temperature is 100.4 degrees or higher, you will need to go home. CDS staff will let you know what you should be doing at home to stay safe and get better. If you don't feel good, don't go to CDS! If you start to feel sick while at CDS, tell staff right away. We must all work together to help keep ourselves and others safe and healthy.



You must make sure you are at least 6 feet apart from others. Staying 6 feet apart is called Social Distancing. Social Distancing includes your friends, other CDS participants, and staff. It will be exciting to see your friends and CDS staff after being gone for so long. Don't go closer than 6 feet and remind others to keep their distance. Stay safe and say hello by waving at them from 6 feet away!



Classrooms, lunchrooms, and contract work stations may look different. Tables and workstations may be 6 feet apart or may have short walls in between to help keep people safe. If you eat lunch at CDS, you may have to eat at the same table with participants you live with. Remember, your provider has a plan.



Making sure your hands are clean is important. You will do this by washing your hands at the sinks and using hand sanitizer that will be around the CDS program. You may have to clean off your lunch table before and after eating. There will also be more cleaning of high touch areas such as tables, chairs, light switches, bathrooms, work contract stations, door handles, and phones.



Finally, if you want to know your CDS's plan before you return, be a self-advocate! Speak up and speak out by contacting your CDS and asking questions and getting answers.



If we are going to return to CDS, we need to understand what it will be like. Our voices are important and need to be heard. Remember, Nothing About Us Without Us!

A Message of Thanks from the Illinois Self-Advocacy Alliance, Inc.

Thank you to the self-advocates who participated in the development of this resource. Your voices are important. Continue to speak up and speak out!



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