

Illinois Self-Advocacy Alliance

The Alliance News

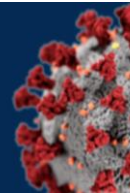
Issue #104

December 2020



COVID-19 Accessible Materials Microsite is Live!

COVID-19 Accessible Resources



The Georgia Tech Center for Inclusive Design and Innovation (CIDI), with funding from the CDC Foundation and technical assistance from CDC, is adapting COVID-19 materials into accessible formats for people with disabilities. The project has created a microsite to house all of the materials which has now gone live. On the microsite, you can request embossed braille, download accessible Word Documents and PDFs, and register for upcoming webinars related to COVID-19 and people with disabilities. More accessible materials are coming soon.

Check it out [here!](#)

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



2020 SABE GoVoter Experience Survey
The survey deadline is January 15, 2021

The SABE GoVoter Project is investigating issues around voting for people with disabilities. We are asking these questions about the November 3, 2020 government elections. This is not your self advocacy group's or organization's elections. You do not have to complete this survey or answer any questions. If you choose to answer, it will help us learn about your voting experience and how we can make it better. We do not ask for your name so no one else will know what you say on the survey. In our report, we will only share the city and state you live in. If you have more questions about your privacy please contact Essie Pederson, Essie.pederson@gmail.com .

Just as it is important to know that YOUR VOTE COUNTS, we need to know that you have the accessibility you need to MAKE IT COUNT!

Thank you,

The SABE GoVoter Team

Survey in English, click [here](#).

Survey in Spanish (Español), click [here](#).

If you need support in completing the survey, please contact The Alliance's Tara Ahern at tara.advocacy@gmail.com or Krescene Beck at krescenebeck@gmail.com.

Recorded Presentation

“Healthy Ways I Live with Depression and Anxiety”

Recorded on Friday, December 4, 2020

Learn with and from self-advocate Tabitha F. as she shares about her journey with depression and anxiety, how her gift of making art has helped her, famous people with depression and anxiety, and resources you can use if you are experiencing depression or anxiety.

View the recording [here](#).

Upcoming Webinar

“Eating Healthy & Finding Your Zen: Tips for Healthy Living and Reducing Stress”

Recorded live on Wednesday, December 9, 2020



Join us for this engaging and informative webinar to get tips on healthy living and cutting down stress in these times of COVID and social distancing. We will also share ideas on staying healthy while enjoying holiday celebrations too. Presenters: Curtis Harris, Patty Dietz, and Jae Jin Pak.

View the recording [here](#).

In partnership with the Illinois Council on Developmental Disabilities. The Alliance was supported, in part by grant numbers 19/2001ILSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

LEARN TO BE MINDFUL:

A Virtual Program for People with Developmental Disabilities and their Siblings

Learn mindfulness strategies to help with stress, enhance relationships, and improve overall health and well-being. Participate in the mindfulness series at your own pace and/or by joining in the live Zoom sessions. Login to the self-paced course at any time that works best for you. Connect to learn with and from each other during the live Zoom sessions.



Session 1: December 15th, 2020 7-8pm Central Time
Becoming Mindful and Keeping Your Mind in The Present
 Self-paced course starting from December 1st, 2020



Session 2: January 19th, 2021 7-8pm Central Time
Acceptance and Willingness to Experience Life
 Self-paced course starting from January 1st, 2021



Session 3: February 16th, 2021 7-8pm Central Time
Living and Committing to A Life You Value
 Self-paced course starting from February 1st, 2021

Click [HERE](#)
to register

Participate in all 3 topics or choose 1 or 2. You do not need to participate in session 1 in order to participate in session 2 or 3.

Groups are welcome to participate, such as people who live together at a group home or people who attend community day services. Disability service providers can register and support groups to participate.

This project is a partnership of the Sibling Leadership Network, the Cognition Behavior and Mindfulness Clinic at the University of Illinois at Chicago, the Illinois Self-Advocacy Alliance, and The Arc of Illinois. Funding provided in part by NCHPAD.

SIBLING
LEADERSHIP
NETWORK



College for Life is ready for you!



Are you (or your student) ready for College for Life at John Wood Community College (Quincy, IL)? Registration is now open for Spring 2021! Course information is attached.

Questions? Click [here](#) to make an appointment, call 217-641-4340, or email mwestmaas@jwcc.edu

Course Schedule

All courses will be offered to students in the classroom at the JWCC Quincy campus. Students may attend most classes in-person or virtually. Instruction may transition to remote at any time due to public health mandates.

Times	Days	CRN	Course Title	Required/ Elective	Room	Instructor	Tuition
9-9:50	T/Th	61146	Law & Order	elective	D158	O'Neal	\$250
9-9:50	T/Th	61201	News Today	elective	D115	Dedert	\$250
10-10:50	T/Th	61150	History of the Holidays	elective	D158	Fierge	\$250
10-10:50	T/Th	61151	Fitness	elective	G112	Sommers	\$250
11-11:50	T/Th	61154	Healthy Relationships	Year 1	D158	Ginster	\$250
11-11:50	T/Th	61153	Theatre - Scene Study	elective	D129	Shea	\$250
1-1:50	T/Th	61155	TED Topics - Current Events	elective	D158	Ginster	\$250
2-2:50	T/Th	61157	Person Centered Planning	Year 2	D158	Cooper	\$250

Mobilizing Support for People with Disabilities Who Experience Sexual Violence

“People with disabilities experience domestic and sexual violence at alarming rates. Yet they are less likely to receive services, supports, and justice than their counterparts without disabilities receive.”

(Forging New Collaborations, A Guide for Rape Crisis, Domestic Violence, and Disability Organizations, VERA Institute on Justice, April 2011)

❖ **People with disabilities experience sexual violence more than 3 times higher than people without disabilities.**

(Bureau of Justice Statistics, U.S. Dept. of Justice, 2017)

❖ **People with intellectual and/or developmental disabilities experience sexual violence more than 7 times higher than people without disabilities.**

(NPR Abused & Betrayed Series, January 2018)

Let’s Mobilize To Do Something About This!

The Illinois Self Advocacy Alliance is excited to collaborate on the AAPD (American Association of People with Disabilities) 2020 Paul G Hearne Leadership Award to engage survivors with disabilities, rape crisis centers, service providers, professionals and advocates in doing collaborative regional and statewide work aimed at improving services, policies and opportunities for people with disabilities who have experienced sexual violence.



Introduction to Mobilizing Support for People with Disabilities Who Have Experienced Sexual Violence

Thursday, November 5, 2020

View recording [here](#)

Considerations for Rape Crisis Centers and Advocates

Tuesday, November 10, 2020

View recording [here](#)

Considerations for Disability Service Providers and Advocates

Wednesday, November 11, 2020

View recording [here](#)

Considerations for People with Disabilities

Thursday, November 12, 2020

View recording [here](#)

Healthy Relationships Talk - NOTE: Contains strong language

Thursday, December 3, 2020

View recording [here](#)

Art & Trauma Recovery Event

Tuesday, December 8, 2020

View recording [here](#)

Disability & Bisexuality

Wednesday, December 9, 2020

View recording [here](#)

STILL TO COME - Continuing the Journey of Mobilizing Support for People with Disabilities Who Have Experienced Sexual Violence

Tuesday, December 15, 2020 from 10 - 11.30am CST

Register [here](#).

STILL TO COME - Healthy Sexuality & Sexual Expression Panel Discussion

Thursday, December 17, 2020 from 6 - 7.30pm CST

Register [here](#).

If you have questions, please contact Tara Ahern, The Alliance's Project Director, at tara.advocacy@gmail.com.

Call for Presentations



Speakers Interested in Presenting a Break-Out Session at The Arc of Illinois 2021 Convention

The Arc of Illinois is in the beginning planning stages for the 2021 Annual Convention to be held on Zoom Webinar April 21 - 22, 2021. We are looking for individuals or panels of individuals interested in sharing their experiences, expertise and goals in their important work in the field of intellectual and developmental disabilities.

This year's theme is "Navigating in Our New World: Moving Forward with Strength, Resilience, Creativity and Community". Participants will be a mixture of self-advocates, families, direct care staff, educators, managers and other professionals in the field of intellectual and developmental disabilities. Topics of special interest include, but are not limited to, the following:

Aging	Choice and Inclusion	Community Integration
Diversity	Dual Diagnosis	Early Childhood
Employment First	Supported Living	Team Building
Management Best Practices		Training for Direct Care
Self Determination and Individual Advocacy	Siblings	
Transitions from High School to Community		

Click [here](#) to learn more about the Call for Presentations.