

**Illinois Self-Advocacy Alliance**

## **The Alliance News**

**Issue #107**

**March 2021**



**March is Women's History Month!**

**WOMEN'S HISTORY  
MONTH 2021**

**Let's empower  
one another**

**In celebration of Women's History Month,  
join The Alliance to learn about  
women with disabilities  
who have made a difference.**

Wednesday, March 31, 2021

10 – 11am Central Time

Join Zoom meeting by clicking [here](#).

Meeting ID: 883 4631 6230

Passcode: 484056

### **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**

In partnership with the Illinois Council on Developmental Disabilities. This communication is supported in part by grant number CFDA 93.630 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.

**Illinois Self-Advocacy Alliance**

**P.O. Box 666 Park Forest, Illinois 60466**

**Email: [info@selfadvocacyalliance.org](mailto:info@selfadvocacyalliance.org)**

**Website: [www.selfadvocacyalliance.org](http://www.selfadvocacyalliance.org)**

**Find us on Facebook at Illinois Self-Advocacy Alliance**



April is Sexual Assault Awareness Month. Join The Alliance as we continue exploring the intersection of disability and sexual violence with our upcoming webinar:

## **Mobilizing Support for People with Disabilities Who Experience Sexual Violence: Considerations for Family Members and Guardians**

Tuesday, April 13, 2021

6 - 7:30pm

Register [here](#).

During this webinar, we will review statistics, hear from survivors with disabilities; and discuss the recently passed Illinois Public Act granting people with intellectual and developmental disabilities the right to sex education and healthy relationship educational resources.

Real Time Captioning services will be provided. If you require any further accommodations such as ASL interpretation, please let us know.

Please click [here](#) to view previously recorded webinars on this topic!

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.





## **ICDD Seeks Public Comment on 2022-2026 State Plan**

The Illinois Council on Developmental Disabilities (ICDD) is seeking public comment on the draft goals and objectives for its 2022-2026 State Plan. This is an opportunity for the public to provide input on the activities and policy work that we will conduct over the next five years. Anyone interested in disability issues in Illinois — including self-advocates, family members of people with developmental disabilities (DD), service providers, and others — can participate and share their ideas. **The deadline to provide comments is March 29, 2021.**

### **About the State Plan**

Every five years, DD Councils develop a state plan with public input and in accordance with the Developmental Disabilities Assistance and Bill of Rights Act. The state plan guides our work in funding initiatives and engaging in public policy to help communities across Illinois build their capacity to support and include people with DD in all areas of life. The draft goals and objectives are the culmination of ICDD input session and survey feedback.

Public comments on the state plan are anonymous, and individual responses will not be shared publicly.

**Click Here >>>>[VISIT THE ICDD 2022 - 2026 STATE PLAN & SUBMIT PUBLIC COMMENT](#)**

**NOTE: If you need support in submitting a public comment, please let The Alliance know.**

**Scholarship opportunity for students with Down syndrome to attend College for Life at John Wood Community College (Quincy, IL)!**



Ruby's Rainbow offers a scholarship for adult students with Down syndrome. The application is due Sunday, April 18, 2021. Click [here](#) to visit the Ruby's Rainbow website for more information and to apply.

**Upcoming Webinar**



**"Universal Design: It's More Than Large Print and Accessible Restrooms"**

Friday, March 26, 2021

1 – 2pm Central Time

Join by clicking [here](#). Meeting ID: 838 9994 7228. Passcode: 117650

Universal Design is an intentional foundation. It works to ensure environments and products can be used and understood by virtually everyone, regardless of their ability. From meeting space to presentations, activities, and handouts, you'll learn that Universal Design isn't just for a few people, it's for everyone!

This webinar is co-presented by Amy Foster, a disability advocate living in Edwardsville, IL. Amy has an Associate's Degree from Lewis & Clark Community College. She has participated in local and statewide advocacy. Amy's biggest advocacy experience has been being involved in building the new Amtrak station in Alton, IL.

## Calling All Self-Advocacy Group Advisors!



Join Alliance Advisors as they meet to learn with and from each other on monthly topics related to self-advocacy and self-advocacy groups. All self-advocacy group advisors are welcome to join! You do not need to be an Alliance member group advisor to join the monthly advisors meeting.

**Monday, March 22, 2021 2 – 3pm**

Join Zoom Meeting [here](#). Meeting ID: 893 3433 4069. Passcode: 780653.

**This month's topic is self-care** and will be facilitated by Mary Ratliff, Program Director for the Illinois Family Violence Coordinating Council (IFVCC) and the Safe From the Start Program at the Illinois Criminal Justice Information Authority.

The work of helping requires professionals to open their hearts and minds to those they support – unfortunately, this very process of empathy is what makes helpers vulnerable to being profoundly affected by their work. We are at a pivotal moment in prioritizing mental health and self-care. While the world is becoming more open about sharing mental health struggles, many people do not know how to navigate it at work. Professional self-care is self-care that is related to your work life. That includes practicing self-care while at work and adopting self-care practices that lead to a healthy work-life balance.



**Save the Date for the  
2021 Going Home Virtual Advocacy Day!**

**Tuesday, April 27, 2021 at 10am**

The Going Home Advocacy Day is developed under an investment from the Illinois Council on Developmental Disabilities (ICDD).



## **SARTAC Zoom Meetings**

12noon Central Time (in Illinois)

Join on computer, tablet or smartphone

<https://zoom.us/j/324815633> or call 1-929-436-2866

Meeting ID: 324 815 633



**March 15 - Monday**

**Ashley Mabry - Colorado**

**“The “I” in IEP”**

Ashley created resources focussed on teaching students to be self-advocates in their own Individualized Education Program (IEP) meetings

**March 18 - Thursday**

**Grace Hart from DC**

**An Autistic Person’s Guide to Hillternships**

Grace created a guidebook for autistic people interning on Capitol Hill. Capitol Hill is where the laws that influence everyone’s lives are made, and it is critical that people with disabilities become a larger part of the legislative process.



**More on Next Page!**

## SARTAC Zoom Meetings continued

### March 25 - Thursday

#### What the Heck is Vermont LEND?

Do you want to learn how to be a better leader? Do you want to learn more about disability, working as a team, policy, racism, ableism, person-centered care and how to work better with people from different cultures? Come and learn more about VT LEND. It is a remote disability Leadership Training program at the University of Vermont.



### March 22 - Monday

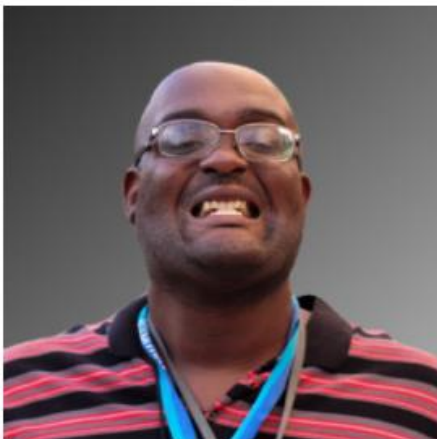


#### SARTAC Zoom Celebration

Last year, on March 17, 2020, SARTAC started hosting 2 national Zoom meetings a week for self-advocates. We are family. We come together to share information and support each other.

**We are celebrating on March 22nd. Show us your talents. Read a poem you wrote, play an instrument, show us your art or other things that you've made!**

Email [Max@gmsavt.org](mailto:Max@gmsavt.org) to sign up



### March 29 - Monday

#### William C. Brewer III - Pennsylvania

##### “Everyday Artist”

William is an artist and long-time fighter for self-advocacy. He is a self-employed artist at Utility Works, an open art studio shared with artists with and without disabilities.





Join Zoom Meeting

<https://us02web.zoom.us/j/81069446373>

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 810 6944 6373

March 16 and 18, 2021 at 2pm

Topic: Self Advocacy at the state, local and federal level

Speakers: Going Home Coalition leaders

Tuesday, March 23, 2021 at 2pm

Topic: ICDD (Illinois Council on Developmental Disabilities) 5-Year Plan

Speaker: Mariel Hamer-Sinclair (DJ Pump, Pump it Up)

Thursday, March 25, 2021 at 2pm

Topic: HCBS (Home and Community Based Services) Waiver

Speaker: Director Allison Stark

**Announcement! We asked, you answered and we changed the times for the Weekly WOW Meetings. Starting in April we will meet on TUESDAYS at 2pm and 3.30pm!**

Tuesday, April 6, 2021 at 2pm and 3.30pm

The WOW Whatever! Open Topics

Tuesday, April 13, 2021 at 2pm and 3.30pm

Money! (Financial Capability and Access to Financial Services)

Tuesday, April 20, 2021 – No WOW register for Disability Policy Seminar!

Tuesday, April 27, 2021 at 2pm and 3.30pm

Recap of the Going Home Rally!

## **Proposed Revisions to CILA (Community Integrated Living Arrangement) Rule 115**

On Friday, February 26, 2021, proposed revisions to CILA (Community Integrated Living Arrangement) Rule 115 (59 Illinois Administrative) were published in the Illinois Register for First Notice. There is a 45-day public comment period that ends on April 12, 2021.

The proposed changes can be found on 2324-2465 in the Illinois Register at [https://www.cyberdriveillinois.com/departments/index/register/volume45/register\\_volume45\\_issue\\_9.pdf](https://www.cyberdriveillinois.com/departments/index/register/volume45/register_volume45_issue_9.pdf).

Send written comments to  
Tracie Drew, Chief  
Bureau of Administrative Rules and Procedures  
Department of Human Services  
100 South Grand Avenue East Harris Building, 3rd Floor  
Springfield IL 62762



30<sup>th</sup> Annual Aging with Developmental Disabilities Conference  
Monday, May 17, 2021 - Tuesday, May 18, 2021  
St. Charles Convention Center (Missouri)  
In Person and Online

Click below for the following information:

[Event Page](#)

[Brochure](#)

[Registration Form](#)