

# Illinois Self-Advocacy Alliance

## The Alliance News

Issue #101

September 2020



### Congrats to the newest graduates of The Alliance's Ambassador Leadership Program!



Mollie O.



Karen M.



Carl N.



Lindsay T.



Adam W.

Keep on speaking up and speaking out!

Illinois Self-Advocacy Alliance  
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Website: [www.selfadvocacyalliance.org](http://www.selfadvocacyalliance.org)  
Find us on Facebook at Illinois Self-Advocacy Alliance

### 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.



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

## 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



**September 17**

 Illinois Self-Advocacy  
**Alliance**

**Jae Jin Pak  
& Tracey Wyant**

**Self-Advocacy  
Groups Taking Care  
of Business**

*when meeting online*



**September 24 — Voting**

**Using Accessible  
Voting Machines**

**SABE** ★ ★ ★  
**GOVOTER  
PROJECT**

sabeusa.org



**UIC** INSTITUTE ON DISABILITY  
AND HUMAN DEVELOPMENT

# WEBINAR SERIES

Register at:

<https://www.accessibilityonline.org/IDHD/schedule/>

Learn from experts and advocates in the Autism and Intellectual and Developmental Disabilities field! Webinars are free to attend and free continuing education units (CEUs) are provided.

- ***Vote and be Counted!***  
September 23, 2020 12-1pm CT  
Presented by: Timotheus Gordon Jr., UIC-IDHD & Jae Jin Pak, IL Self Advocacy Alliance
- ***Cognition Behavior and Mindfulness Clinic: A new service option in Chicago area***  
September 30, 2020 12-1pm CT  
Presented by: Mark Dixon, Ph.D., BCBA-D, LBA, Jessica Hinman, M.S., BCBA and Zihui Yi, & M.S., BCBA
- ***Coping with Loss During COVID-19 and 2020 Societal Conflicts***  
October 21, 2020 12-1pm CT  
Presented by: Timotheus Gordon Jr., UIC-IDHD
- ***Welcome to the Autistic Community!***  
November 11, 2020 12-1pm CT  
Presented by: Helen Rottier, UIC-IDHD






Sponsored by:




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## Self-Advocacy Groups Taking Care of Business: Tips and Strategies for Successful Online Meetings

  <p>Google Meet</p>	<h3>Choose an Online Platform</h3> <ul style="list-style-type: none"> <li>• Zoom <ul style="list-style-type: none"> <li>◦ Free and easy to use</li> <li>◦ Widely used due to COVID</li> <li>◦ Free account limited to 40 minute maximum per meeting</li> <li>◦ Can pay for more time and options</li> </ul> </li> <li>• Google Meet <ul style="list-style-type: none"> <li>◦ Free</li> <li>◦ Host must have Google account such as Gmail to host meeting</li> <li>◦ Has captioning available</li> </ul> </li> </ul>
	<h3>Advance Planning Strategies to Make the Online Meeting Run Smoothly</h3> <ul style="list-style-type: none"> <li>• Decide which online platform will be used</li> <li>• Practice using online platform with participants prior to meetings</li> <li>• Prepare a clear agenda</li> <li>• Assign tasks/roles to different participants such as note taker, chat monitor, meeting facilitator</li> <li>• Send out meeting agenda and information on how to join the meeting at least one week in advance</li> </ul>

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	<ul style="list-style-type: none"> <li>• Send information and instructions on how to join the meeting including links and call-in numbers Including, meeting links, call in numbers</li> <li>• Send out meeting reminder a few days before the meeting with related materials such as agenda, task assignments, meeting links, and call in numbers</li> <li>• Set up meeting so all participants start on mute to reduce background noise</li> </ul>
	<p><b>Tips for a Productive Online Meeting</b></p> <ul style="list-style-type: none"> <li>• Have an agenda</li> <li>• Start on time and keep to the schedule</li> <li>• One person talks at a time.</li> <li>• Say your name when you speak, example “This is Jae, and I want to say...”</li> <li>• Join meeting from one device</li> </ul>



Disarming Disability Podcast was founded in 2019. The podcast's mission is to powerfully deconstruct disability through candid conversations with experts exploring topics related to disability. The podcast looks to educate, empower, voice, and build a more inclusive society. Our vision is that people will connect to the history, policy, stories, and research on disability to launch their advocacy efforts and create more inclusive communities.

Check out Disarming Disability at [www.disarmingdisability.com](http://www.disarmingdisability.com)