

# Illinois Self-Advocacy Alliance

## The Alliance News

Issue #120

April 2022



Supported Decision-Making (SDM) is an alternative to guardianship for adults with intellectual or developmental disabilities who need help in making decisions. In February 2022, the Supported Decision-Making Act became effective in Illinois. The SDM Act emphasizes that all adults are presumed to have the capacity to make their own decisions unless otherwise determined by a court

Learn more about Supported Decision-Making by clicking [here](#). You can also contact Teresa Parks at the Illinois Guardianship and Advocacy Commission (IGAC) at [Teresa.Parks@illinoig.gov](mailto:Teresa.Parks@illinoig.gov).

### 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.



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

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

Find us on Facebook at Illinois Self-Advocacy Alliance



Did you know you could "see" your mail before it's delivered? You can with Informed Delivery by USPS (United States Postal Service)!

You can digitally preview your mail and manage your packages scheduled to arrive soon. Informed Delivery allows you to view pictures of the exterior, address side of letter-sized mail pieces and track packages in one convenient location. See what's coming to your mailbox...for FREE!

Learn more [here](#).

Thanks to Vincent S., self-advocate, for sharing this information!

**“What I’m telling you is this,  
if you want to do things your own way,  
you’re going to have to make a decision –  
you’re going to have to find a little courage.”**

— John Irving

**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 send an article, a poem, a piece of artwork, photography, write a column, or ask a question. Send your content to

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



## **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

[Click Here](#) for handouts shared during Meetings



### **April 14 Meeting - How Self-Advocates Can Help Their Peers to Make Supported Decision-Making Agreements**

Chester Finn worked with Massachusetts Advocates Standing Strong (MASS) when they made a supported decision-making form. They believed other tools were too hard to understand. Chester wrote a [report](#) on what he learned. In it, he made suggestions for self-advocates who want to help their peers make supported decision-making agreements.



### **April 21 Meeting - What is Mental Health?**

Join us to share your concerns. What helps? What does not work? For sure, something that works for 1 person may not work for others. We thank self-advocates for talking about this tough topic.



## **How To Find Your Dream Job – Even If You Don't Know What You Want** by Green Mountain Self-Advocates

It is okay if you want to look for a new job. More than half of workers today are wanting to change jobs. And, it is okay if you're still trying to figure out what would be the perfect job for you. Check out the resource [here](#).

## **New Self-Advocacy Resource – Fighting for Fairness: A Toolkit About Discrimination**

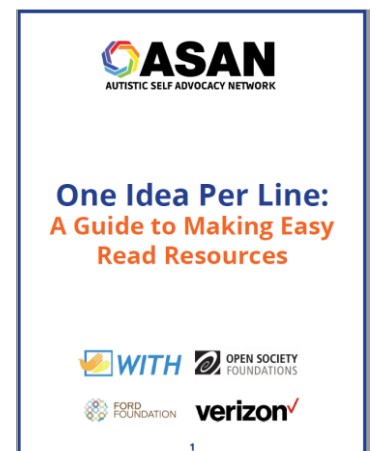
The Autistic Self Advocacy Network made this toolkit for self-advocates to learn about discrimination. Fighting for Fairness: it starts with you! provides easy-to-understand explanations of different forms of discrimination.



Check out the resource [here](#).

## **One Idea Per Line: A Guide to Making Easy Read Resources**

This guide was made by the Autistic Self Advocacy Network (ASAN). It will help you write in Easy Read, an accessible format that uses pictures and easy-to-understand language. Creating resources in Easy Read helps make sure that all people with disabilities have the tools we need to understand and speak out about policy that affects our lives.



Click [here](#) for the resource.



## Spring and Summer Training For Self-Advocates

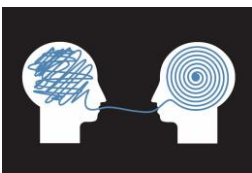
Join on computer, tablet or smartphone

[https://zoom.us/j/32481](https://zoom.us/j/324815633)

**5633** or call 1-929-436-2866

Meeting ID: 324 815 633

[Click Here](#) for handouts shared during trainings



### Wednesday, April 20 – Plain Language 2.30 – 4pm Central Time

Plain language writing is more accessible for people with disabilities and English language learners. Learn how to write in plain language with this webinar.



### Tuesday, May 24 – Easy Read Text 2.30 – 4pm Central Time

Writing in Easy Read is different than writing in plain language. Learn what makes Easy Read unique and important -- and how to write in Easy Read -- in this webinar!

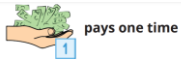


### Monday, June 13 - Easy Read Icons 2.30 – 4pm Central Time

You don't need to be able to draw to make great icons for Easy Read documents. Learn how in this webinar!

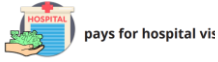
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## **Tuesday, June 21 - How To Format or Arrange Pictures and Text on a Page**

### **2.30 – 4pm Central Time**



Learn how to use a computer program like InDesign or Illustrator to format plain language and Easy Read documents.



## **Tuesday, July 5 - Earn Money By Doing Plain Language Projects**

### **2.30 – 4pm Central Time**

Learn how your group can make money with your knowledge of Easy Read and plain language formats! This webinar will talk about how to make money through focus groups, translation, and writing.

## **Welcome to the HUBClubPod!**



Welcome to KCCDD's (Galesburg) first episode of the HUBClubPod! HUBCLUBPod is podcast brought to you for and by folks with intellectual and developmental disabilities. HUBCLUBPod is about increasing awareness, decreasing stigma, and just being awesome.

Listen [here](#).