

Illinois Self-Advocacy Alliance

The Alliance News

Issue #123

June 2022



Welcome Message from Adam Wiser Alliance Project Director

Hello!

My name is Adam Wiser (He/Him Pronouns) and I am very excited to introduce myself to you today.

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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

Find us on Facebook at Illinois Self-Advocacy Alliance

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With great pride, I announce that the Illinois Self Advocacy Alliance was recently re-funded by the Illinois Council on Developmental Disabilities for 5 more years!

I will be serving as the organization's Project Director, which is a big job, and I am filled with a lot of emotions. I am honored to serve the Alliance Board of Directors and all the self-advocates in Illinois to help create more opportunities for people with disabilities.

I participated in the Alliance Ambassador Leadership Program in 2019 and was hired by The Alliance shortly after. I am passionate about sexual self-advocacy, engaging with legislators, and supported decision-making. The Arc of Illinois named me Self Advocate of the Year in 2022 which was a huge honor and a surprise. I live in Evanston, Illinois where I receive services through Center for Independent Futures. There I am part of the Young Professional Board as well as the Advocacy Awareness Club. I received the Jane Doyle Awesome Award in 2021 and work part time at the Nordstrom Cafe in Skokie, Illinois. In my spare time, I like to ride my bike, go on walks, listen to music, and go to the beach.

The Alliance has some AMAZING things happening for the new grant. Our ultimate goal is to support self-advocates in speaking up about what they want to achieve and work to make sure they have equal opportunities in life.

Our areas of focus will be:

- Creating an Advocate Bureau that will offer self-advocates paid advocacy work in Illinois
- LGBTQ+ empowerment groups and support
- Youth & Transition program and support
- Member group chapter development and support
- Learning & advocacy opportunities including webinars, trainings and rallies
- Engagement in new collaborations

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My hope is that you all have the courage to speak up and speak out about your wants and needs because you won't get what you want if you don't say anything. I look forward to making The Alliance the best it can be in the future!

You can email me at adam@selfadvocacyalliance.org.

Sincerely,

Adam Wiser
Alliance Project Director

New Plain Language Resources for Self-Advocates

Rights and Respect



LGBTQ+ people deserve to be treated with respect, just like everyone else! That's why the Autistic Self Advocacy Network made a new guide called Rights and Respect! This guide will help you figure out what to do if you are not being respected. This guide will talk about things like:

- What are my legal rights?
- Why is fighting for rights important?
- What does it look like when a support worker respects me?
- What can I do if my support worker isn't respecting me?
- And more!

Check out the Rights and Respect guide [here](#).



15 Tips for Self-Advocates

September 1, 2019

You may need services and supports to reach your goals. This means you may be communicating with agencies and systems that offer services to people with disabilities. It can also mean attending meetings and advocating for yourself. Self-advocacy can begin at any age.

Check out these tips to help you prepare for meetings, develop a service plan, and resolve conflicts that may arise in the process.

1. You are the Most Important Person in the Process
2. Keep Records
3. Ask for What You Need
4. Primary Language
5. Know Your Rights
6. Prepare
7. Plan
8. Participate
9. Be Creative
10. Work Together
11. Be Assertive Rather than Aggressive
12. Your Right to Appeal
13. Interim Solutions
14. Confirm Agreements and Action Items
15. Signing Documents

Check out the entire tip sheet [here](#).



SARTAC Zoom Meetings are run by Self-Advocates from across the country for our peers and allies.

Meetings Every Thursday!

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



June 9 Meeting – Roe v. Wade

What is Roe v. Wade? What does it mean if the US Supreme Court overturns this decision? How will this change the way we get healthcare? The goal of this session is to present the facts in plain language.

This is NOT a session for a political debate. We are committed to self-advocates understanding what is going on in our country.



June 16 Meeting - Pride Month

The Autistic Self Advocacy Network just released a new guide called Rights and Respect. We will celebrate LGBTQ+ Pride month by talking about this new resource that is written in plain language.

“You don’t need a title to be a leader.”

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June 23 Meeting - Running for Office

Have you ever considered running for public office? Do you have a good reason to run for your town council or school board, even the state legislature? Join us to hear from several self-advocates who are or have run for public office.

"I believe we deserve better.

We deserve better schools, working conditions, healthcare, transportation, social services, public health programs, and housing protections -

AND better representation."

- Lydia X. Z. Brown



June 30 Meeting - New Vaccine Resources Made by Self-Advocates

At least 4 states will share videos and other resources they made to encourage people to get the shot.

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.



Spring and Summer Training For Self-Advocates

Join on computer, tablet or smartphone

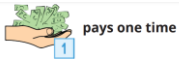
<https://zoom.us/j/324815633> or call 1-929-436-2866
Meeting ID: 324 815 633

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



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!



pays one time



pays for hospital vis



states pay a lot

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.