

Illinois Self-Advocacy Alliance

The Alliance News

Issue #129

January 2023



How Do You Celebrate IDOA?



Friday, January 20, 2023 is the International Day of Acceptance (IDOA). Started by 3ELove's late founder Annie Hopkins, IDOA is a day to celebrate who you are, spark conversations about acceptance, and show the world you embrace people of all abilities.

This January 20, help spread the 3E's by sharing your story, posting a #DayOfAcceptance photo on social media, or rocking your 3ELove gear.

Click [here](#) to learn how you can prepare and spread the word!

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.

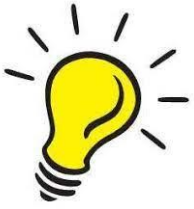
Illinois Self-Advocacy Alliance

P.O. Box 403 Glen Carbon, Illinois 62034

Email: info@selfadvocacyalliance.org

Website: www.selfadvocacyalliance.org

Find us on Facebook at Illinois Self-Advocacy Alliance



**Got an idea for a presentation?
We want to know about it!**

Send your idea to info@selfadvocacyalliance.org.

Alliance Membership Webinar!

Interested in starting a self-advocacy group? Wanting to reinvigorate your current group? Join us and learn about joining or re-signing as an Alliance member group chapter!

Tuesday, January 17, 2023

10am Central Time

Click [here](#) to join.

Membership will look a bit different during this grant cycle. During our time together, we will discuss what services The Alliance will offer to self-advocacy groups, what expectations for member group chapters will be and answer your questions!

Pieces of the Self-Advocacy Puzzle Resource

Self-Advocacy is like a puzzle, and the pieces of the puzzle are Who, What, When/Where, How, and Why. Check out the resource in the following languages:

[**Pieces of the Self-Advocacy Puzzle - English**](#)

[**Pieces of the Self-Advocacy Puzzle - Spanish**](#)

[**Pieces of the Self-Advocacy Puzzle - Polish**](#)

[**Pieces of the Self-Advocacy Puzzle - Simplified Chinese**](#)

[**Pieces of the Self-Advocacy Puzzle - Arabic**](#)

Know Your Rights Video Series



People with disabilities have the same human rights as everyone else. To help you learn about your rights, we have created a series of [videos](#).

Each video tells you about a right you have. You will learn how you can protect your rights, and what people who support you can do to help. Hear why other self-advocates feel each right is important to them.

Click on this [link](#) to download your Living Well Rights Guides.

The Self-Determination Channel is a project of Wisconsin Board for People with Developmental Disabilities: <https://wi-bpdd.org/>



Wise Words From Illinois State Senator Scott Bennett

"Call your Senator, call your State Rep... I understand that sounds like a big deal, sounds like a really daunting thing. Well, I know a little bit about this, I know why it's important to me, but I don't want to get into some crossfire debate with somebody who is going to argue with me about the budget or about other things that maybe I don't have a lot of information about. Keep this in mind - if you are a constituent, your legislator is not going to want to argue too much with you. They may disagree, they may ask you some questions about what your experience is, but you are a much, much better advocate for your causes than a paid lobbyist is."

Illinois state senator Scott Bennett (D) served Champaign and Vermillion counties in the 52nd district from 2015 until his unexpected death on December 9, 2022 at the age of 45.

Is 2023 the year to start or increase your legislative advocacy?

Check out the following resources:

[Illinois House Spring 2023 Calendar](#)

[Illinois Senate Spring 2023 Calendar](#)

[Invisible No More” Using Strong Relationships To Improve Policy Self Advocates Guide to Working with Policy Makers](#)

[Let’s Learn About Legislative Advocacy Presentation](#)

[Speaking Up and Speaking Out by Filing a Witness Slip – Written Resource](#)

[Speaking Up and Speaking Out By Filing a Witness Slip Presentation](#)

The Alliance is on YouTube!
Find and subscribe by searching for
Illinois Self-Advocacy Alliance



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.

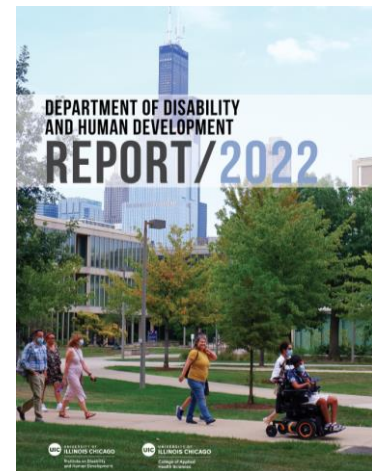
Rights of People Who Have Guardians in Illinois and Get Medicaid Community Services

People with guardians have the right to make choices. Illinois laws say what a guardian can decide. Laws also say what a Medicaid community provider must do. This guide will help you understand these laws.

Check out this resource from Equip for Equality [here](#).

It is my great pleasure to share with you the 2022 Annual Report of the Department of Disability and Human Development and its Institute on Disability and Human Development. As you read through the report, you will learn about the breadth of what we do and the people who inspire our work.

[2022 DHD Annual Report](#)



Thank you to all our staff, students, supporters, and collaborators who have jointly worked to advance policies and practices that improve the lives of people with disabilities, their families, and their communities.

We look forward to your continuing support. Wishing you a wonderful holiday season!

Tamar Heller, PhD
Distinguished Professor and Head
Department of Disability and Human Development
University of Illinois at Chicago



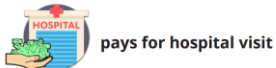
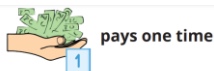
**Self-Advocacy Meetings
Every Thursday at
12noon Central Time**

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



**Thursday, January 19 – How States Can Get
Help To Do Plain Language Project**

SARTAC is picking 4 state self-advocacy groups to
work with on Plain Language Projects. You can get
free training and technical assistance. Find out how
you can apply.



**Thursday, January 26 – Learn How to Be a
SABE (Self Advocates Becoming Empowered)
Board Member**

**“We have come a long way,
but we still have a long, long way to go.”**

~ Dr. Martin Luther King, Jr.