

Illinois Self-Advocacy Alliance

The Alliance News

Issue #133

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TipsForSuccess.org

Ten More Mood Boosters

In December, Tips for Success posted ten ways to move yourself and others up the Emotional Tone Scale.

For this week's featured article, we have added [more mood boosters!](#)

Use them to have a great week and beyond!

**TipsForSuccess Purpose:
To help you reach
greater levels of success
in all areas of your life.**

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



Chris Lenart, The Alliance's Policy Coordinator, has a Policy Moment video that posts on YouTube each Monday morning!

Get caught up by checking out past Policy Moments:

Monday, April 17, 2023 – [ADA Improvements in Transportation](#)

Monday, April 24, 2023 – [Smart Technology](#)

Monday, May 8, 2023 – [ABLE Accounts](#)

Check out the Policy Moment Playlist [here](#).

Got an idea for a policy moment? Let Chris know at chris@selfadvocacyalliance.org

The Alliance is on YouTube!
Check us out [here](#), and don't
forget to subscribe!



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

Send your ideas to info@selfadvocacyalliance.org.

Upcoming Webinar!



Let's Learn About the Illinois ABLE Account!

Tuesday, May 16, 2023

10am Central Time

Join on computer, tablet or smartphone

Click [here](#)

Meeting ID: 845 1142 8727

Passcode: 767703

Invest in yourself. Build greater financial independence.

IL ABLE "Achieving a Better Life Experience" Accounts give people with disabilities and their families greater financial independence while preserving benefits. A high-quality, low-cost IL ABLE savings and investment Account can be opened by an Eligible Individual, or Authorized Individual, at any time, no matter what state they live in.

This webinar will be recorded and uploaded to [The Alliance's YouTube Channel](#).



The Dignity of Risk is about the basic human right to make your own decisions, to take risks, to live a life you choose.

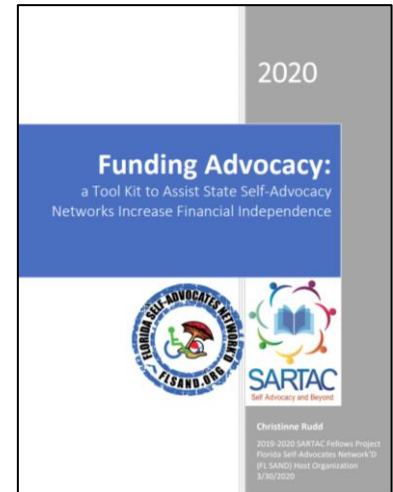
Check out [this video](#) about the Dignity of Risk!

In Case You Missed It!

Funding for State Self-Advocacy Groups

Recorded Live on Tuesday, April 18, 2023

View the recording [here](#).



“Nothing lasts forever.” People say this a lot today. When it comes to the money needed to operate self-advocacy groups it is true. It is important for self-advocacy networks and groups to plan for their future – particularly how they will fund their projects and activities and how they can have enough money to continue their activities when or if they lose a major funding source. This toolkit gives state self-advocacy networks and groups information on how to raise funds from different sources available to them.

About the Presenter

Christinne Gray is a self-advocate from Florida and is a 2019-2020 SARTAC Fellow. Christinne earned her B.A. and M.S. from the University of Central Florida and is a bilingual speaker, a published author, and disability advocate. Her unique experience as a single Hispanic parent with Cerebral Palsy fuels her lifelong passion for advocacy for the rights of parents with disabilities and inclusion of persons with disabilities. Christinne regularly lectures on a wide variety of topics including accessibility, health care advocacy, disability sensitivity and more.

Check out the Funding Advocacy: A Tool Kit to Assist State Self-Advocacy Networks Increase Financial Independence [here](#).

You can contact Christinne at mamasmunchkinblog@gmail.com.

Your Help Is Needed for the DSP Curriculum!

We are looking for self-advocates, DSPs, and other professionals to contribute to the new Illinois Direct Support Professional (DSP) curriculum.

There are opportunities for reviewing written materials as well as creating video content for online curriculum modules.

More information on the opportunities is available [here](#), and a form for communicating your interest in the different opportunities is available [here](#).

We look forward to hearing from you!



**HELP
WANTED**

Looking for DSPs, self-advocates, and other professionals to:

- Create Videos
- Review Written Documents

Info on available opportunities:
tinyurl.com/DSPHelpWanted

Communicate your Interest:
tinyurl.com/DSPContribute

QUESTIONS?: awagne2@uic.edu



**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, May 18 – Interacting With Police

What self-advocates need to know when they interact with police. What police need to know when they interact with people with intellectual and developmental disabilities.



**Thursday, May 25 – Educating Doctors on
Interacting with People with Disabilities**

We will share some ways self-advocates are training healthcare providers. There will be an opportunity to work in small groups to share training ideas.

**The future belongs to those who believe
in the beauty of their dreams.**

Eleanor Roosevelt