

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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Stay  
**HEALTHY**  
at Home

# NEW JERSEY SELF-ADVOCACY PROJECT



# SO RELATABLE!

# EVERYDAY

# SELF-ADVOCACY

STAY HEALTHY AT HOME WEBINAR SERIES

DECEMBER 1, 2020 FROM 2 - 3 PM

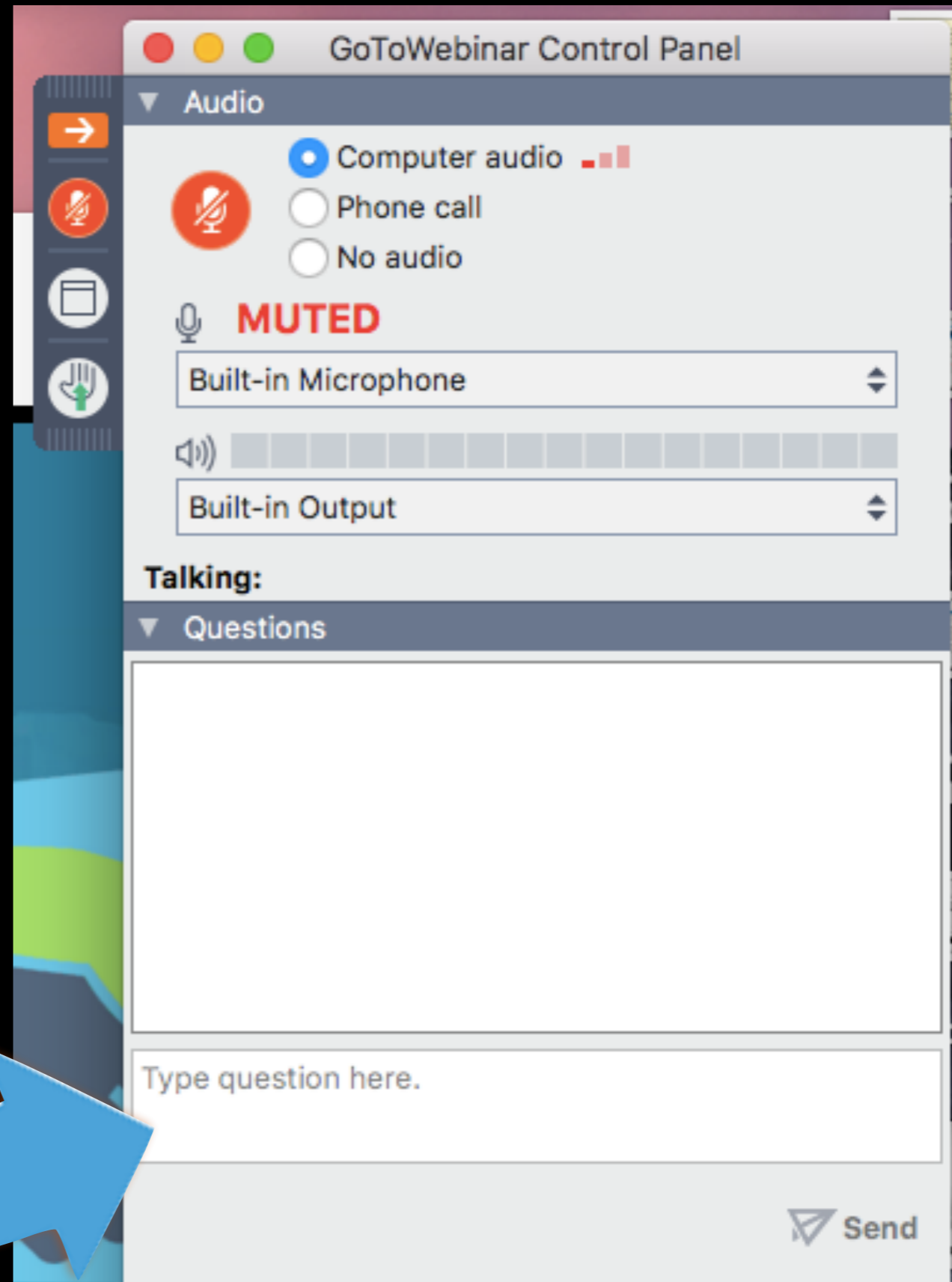
# INTRODUCTION

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- ▶ Ashley Ritchey, MSW, LSW and Director of the [\*\*New Jersey Self-Advocacy Project \(NJSAP\)\*\*](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
**QUESTIONS  
BOX**





# TODAY, WE WILL DISCUSS:

- Building and practicing Self-Advocacy skills
- Case examples to illustrate different ways to advocate in daily life with parents, staff, friends, partners, & co-workers



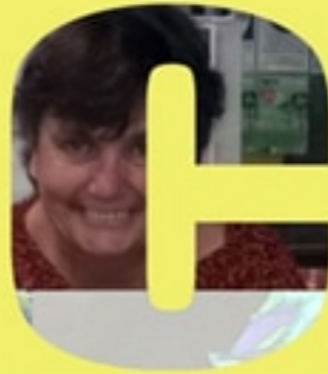
# WHAT IS ADVOCACY?



SPEAKING UP

WORKING FOR  
POSITIVE CHANGES

CAN BE DONE ON  
OUR OWN BEHALF  
OR ON BEHALF OF  
ANOTHER PERSON  
OR GROUP







# A BRIEF HISTORY OF SELF-ADVOCACY



- **Late 1960s:** A self-advocacy meeting, comprised of people with *and* without disabilities, forms in Sweden
- **1972:** National conference held in England
- **1973:** National conference held in British Columbia; attended by US residents with I/DD
- **1974:** National conference held in Washington State, USA
- **1980:** The first self advocacy group in **Australia** opened its doors. The group was called Reinforce and it was run by and for people with intellectual disabilities
- 1983: New Jersey's first self-advocacy organization, NJ-USA, is established and later becomes NJSSAN
- **1995:** Over 600 self-advocacy organizations existed in the United States, including the national organization Self-Advocates Becoming Empowered (SABE)

Source: <https://mn.gov/mnddc/parallels/index.html>



# Goals of The Self-Advocacy Movement

- Having your **HUMAN RIGHTS** respected
- Making choices about **YOUR LIFE**
- **SPEAKING UP** for yourself
- Knowing your **OPTIONS**
- Receiving **SUPPORT** when you need
- Working toward your own **GOALS**
- Having things explained in a way **YOU UNDERSTAND**







**RELATIONSHIP  
CHOICES!**

**FOOD CHOICES!**



**CLOTHING  
CHOICES!**





# What Do Self-Advocates Do?



- ★ SPEAK UP FOR THEMSELVES
- ★ SPEAK UP FOR OTHERS
- ★ ASK FOR SUPPORT WHEN NEEDED
- ★ HAVE A SAY IN DECISIONS THAT AFFECT THEM
- ★ ASK QUESTIONS
- ★ LEARN NEW SKILLS
- ★ GET INVOLVED IN THEIR COMMUNITIES
- ★ USE PERSON FIRST LANGUAGE
- ★ VOTE!



# Self-Advocacy at Work

Influencing Policies in NJ

1. Letter Writing
2. Phone Calls to legislators
3. Attend hearings
4. Lobbying
5. Outreach
6. VOTING



# Human Services Virtual Budget Listening Session

Monday, December 14, 3PM – 5PM  
Tuesday, December 15, 10AM – 12PM

New Jerseyans can offer verbal or written testimony to inform the Department of Human Services budget for 2021-22.

To accommodate as many speakers as possible, verbal testimony can be no more than 3 minutes.

Email [humanservices@dhs.nj.gov](mailto:humanservices@dhs.nj.gov) for a time slot reservation. Include your full name, phone number and organization, if applicable. Sign language and captioning will be provided. Please note any other accommodations needed to participate in your email.

**\*TIME SENSITIVE\***

# SELF-ADVOCACY



SPEAKING UP  
FOR YOURSELF



STAYING  
INFORMED



KNOWING  
YOUR RIGHTS



FINDING  
SUPPORT



PROBLEM  
SOLVING



SELF  
DETERMINATION



ASKING  
FOR HELP

# SELF-ADVOCACY **IS** ...

- A worldwide civil rights *movement!*
- Working together on things we think are important
- Making important changes
- Knowing your strengths and using your skills
- Making choices, mistakes and learning from it all
- Building new skills

**Other thoughts? Please share in the Questions box.**



# SELF-ADVOCACY IS **NOT**...

- “Just” a pizza party, an ice cream social, or holiday celebration
- Complaining without taking action
- “Only” for people who talk/use verbal language
- Keeping things the same
- Allowing other people to make decisions for you

# New Jersey Statewide Self-Advocacy Network

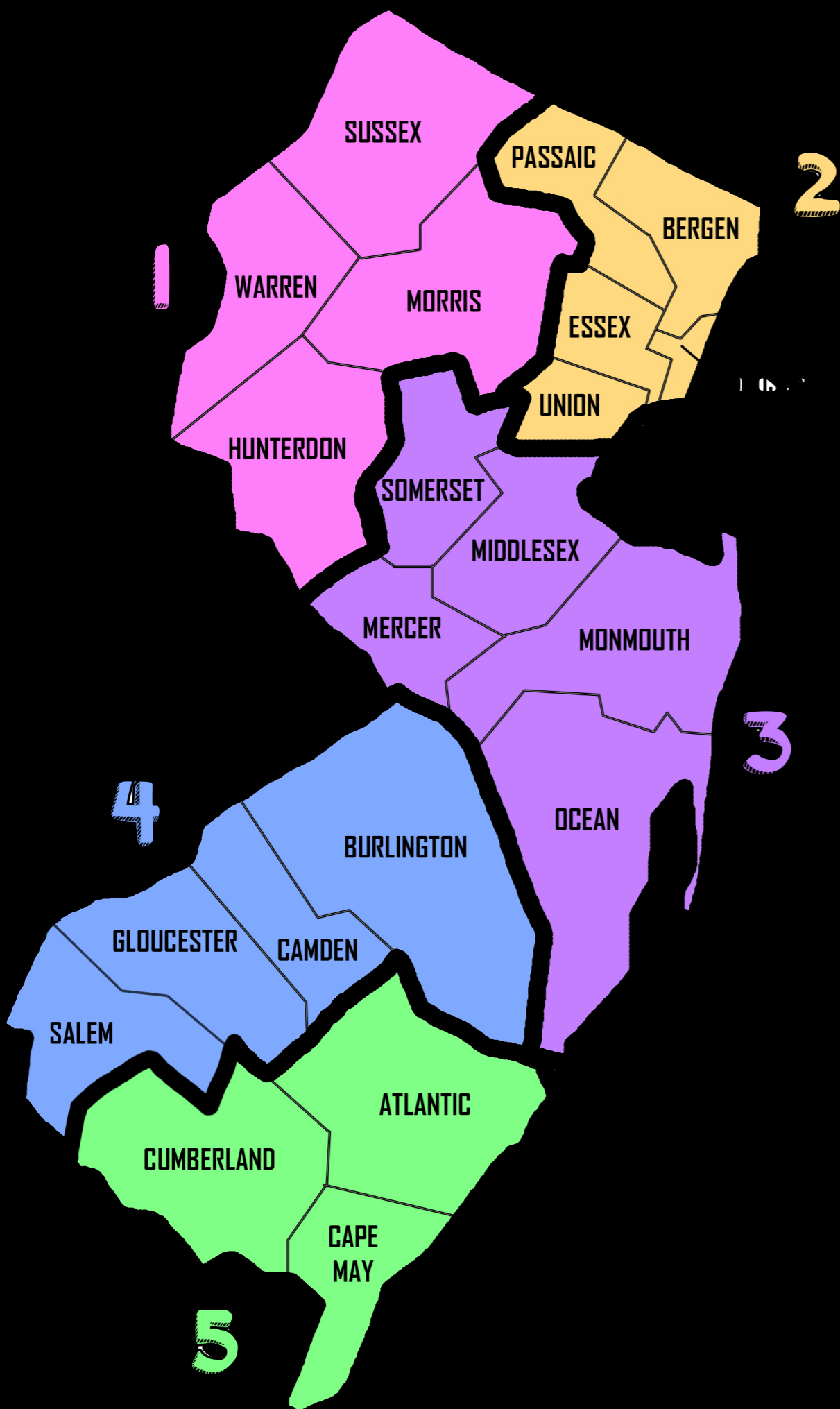
Council 1: Sussex, Warren,  
Morris, Hunterdon

Council 2: Passaic, Bergen, Essex,  
Union, Hudson

Council 3: Somerset, Middlesex,  
Mercer, Monmouth, Ocean

Council 4: Burlington, Camden,  
Gloucester, Salem

Council 5: Atlantic, Cumberland,  
Cape May



## KEEP UP TO DATE WITH YOUR COUNCIL

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of 5 regional Councils.

All adults with intellectual and developmental disabilities are welcome to attend NJSSAN

Council meetings. We encourage and challenge group members to learn about their rights, get

involved in advocacy events, and speak out about issues that affect their lives. For more

information on each Council as well as past and upcoming events, click the pages below.

- **Council 1 Page**

Hunterdon, Morris, Sussex & Warren Counties

- **Council 2 Page**

Bergen, Essex, Hudson, Passaic, and Union Counties

- **Council 3 Page**

Mercer, Middlesex, Monmouth, Ocean & Somerset Counties

- **Council 4 Page**

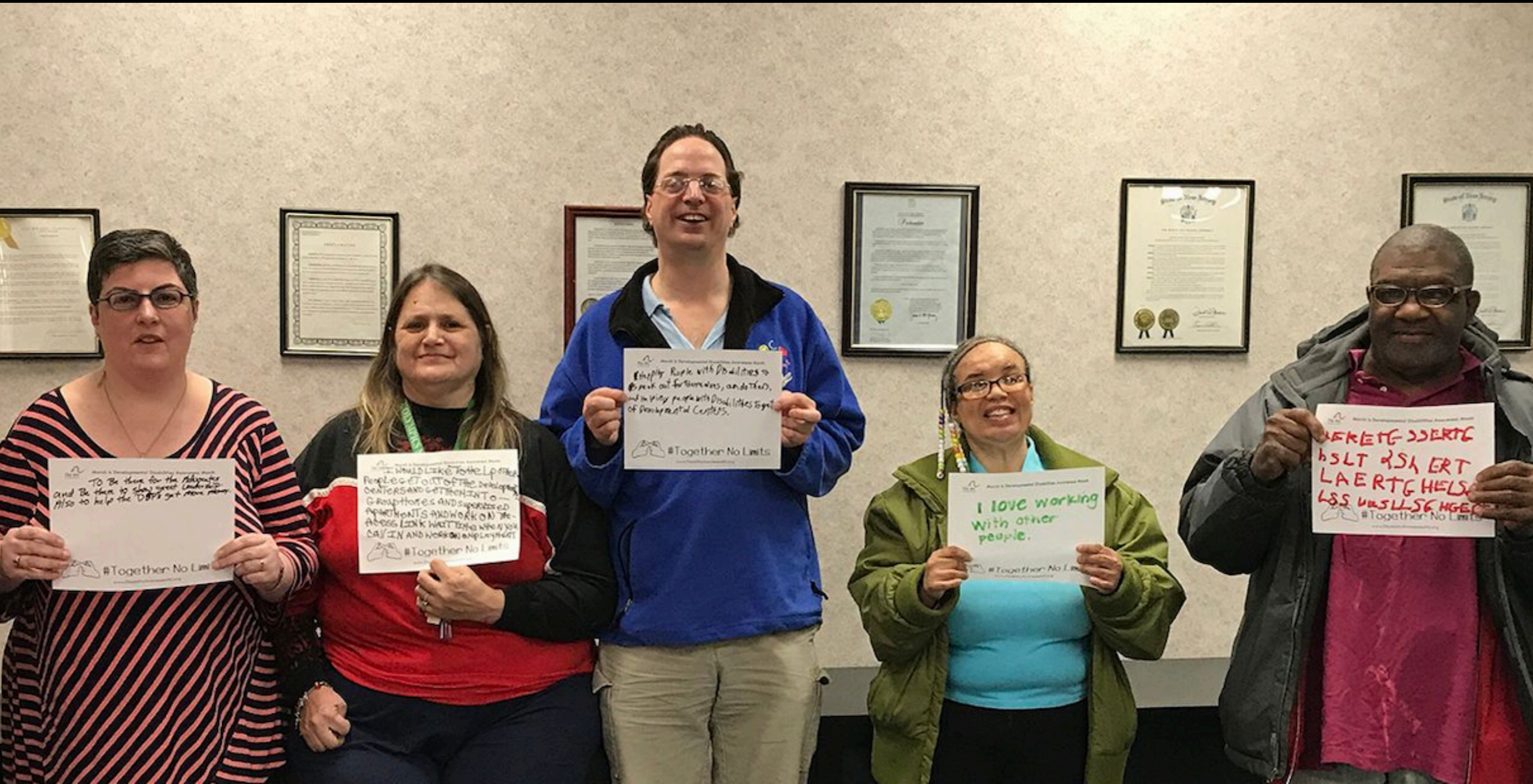
Burlington, Camden, Gloucester, and Salem Counties

- **Council 5 Page**

Atlantic, Cape May, & Cumberland Counties



# NJSSAN ADVISORY BOARD CONSISTS OF ELECTED SELF-ADVOCACY LEADERS







# FY2021 NJSSAN ADVISORY BOARD POLICY PRIORITIES

1. Educate the public about the R word, Person First Language, and bullying issues.
2. Assist people transitioning to community living and advocate for increased funding for supported living, abiding by the Olmstead decision, and preventing abuse and neglect of people with intellectual and developmental disabilities.
3. Advocate for improvements in the public transportation system and Access Link (i.e.: lower fares, accessibility, improved wait times, scheduling).
4. Advocate for better and more employment opportunities, as well as raising the minimum wage, new training centers, better working conditions, and more competitive jobs.
5. Educate people with I/DD about healthy lifestyles and address Medicaid and CMS issues as needed.
6. Advocate for more transparency and including self-advocates in decision making in systems change from the Division (i.e: supports program, fee for service, waiting list, housing and the CCW).
7. Increase membership and attendance at NJSSAN meetings- distribute flyers/invitations, call or email group homes and apartments to remind people about meetings.
8. Participate in or present more workshops/conferences to train members of the public and law enforcement on effective communication, leadership, and working with people with intellectual and developmental disabilities.
9. Provide resources and education on managing personal finances and making sound financial decisions



Click [here](#) to  
join the NJ  
Self-Advocacy  
Project's  
email list.



# GROUP ACTIVITY: CASE EXAMPLES



# CASE EXAMPLE #1



- You or someone you support wants to learn more about personal budgeting and finances. You think it should be a goal discussed at the next ISP meeting.
- What's the first step?
- What kind of follow-up should you do to make sure the goal is added to the ISP?

# CASE EXAMPLE #2



- You have an appointment with your doctor. You ask staff to wait in the lobby until you are done with your appointment, but the nurse says they have questions for your staff.
- How can you advocate in this situation?

# CASE EXAMPLE #3



- You are an adult with developmental disabilities. You live with your parents and sibling. Mom and Dad still want you to have a bedtime and curfew. You don't agree with this and want it to change.
- Let's discuss how you can bring up your concerns to your parents.

# COMMUNICATION STYLES

I Win / You Win

I Lose / You Lose

Assertive

Passive-  
Aggressive

Aggressive

Passive

I Win / You Lose

I Lose / You Win



# CASE EXAMPLE #4



- You are a support coordinator for adults with I/DD. A client you support wants to get registered to vote but their parents “forbid it” and tell you that you must respect their decision because they are legal guardians.
- How would you approach this situation?
- What resources might you share?



# CASE EXAMPLE #5

- One of the staff members who works in your apartment building has a habit of entering your apartment with their shoes on. You like everyone to remove their shoes *before* they come inside.
- You have asked the staff member a few times to remove their shoes, but they say they forget.
- How can you advocate in this situation?



# FREE TRAININGS FOR ADULTS WITH DISABILITIES



The New Jersey Self-Advocacy Project team presents  
**FREE workshops across the state!**  
We have an array of topics to choose from:

A training on our program, NJSAP  
Starting a Self-Advocacy Group  
Team Building  
Human Rights and Responsibilities  
Erasing the R-Word & Person First Language  
Legislative Advocacy  
Governmental Affairs  
Advocating for Yourself



Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

Healthy Relationships  
Online Dating  
Aromatherapy  
First Aid  
Get Better Sleep  
Outdoor Safety  
Illness Prevention  
Proper Hygiene

**NEW!** 2020 Census  
**NEW!** Consent & Respect  
Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
Stress Relief  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness



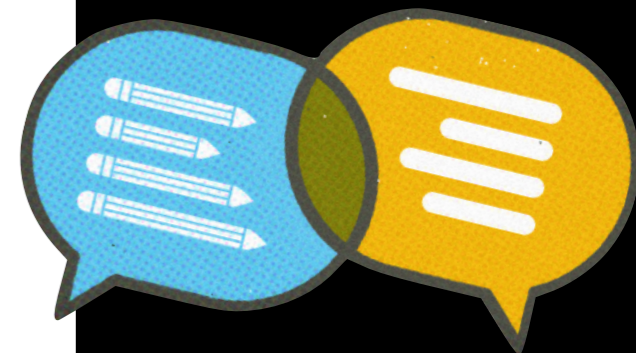
**Don't see what you're looking for?  
We'll make it for you!**

**To schedule a FREE training at your  
program, please contact:  
Frankie Bayak  
NJSAP@ArcNJ.org  
732-749-8514**

**Want a preview?  
View videos of some of our trainings on Youtube:  
<http://www.arcnj.org/programs/njsap/videos.html>**

**Check out photos and videos of some our past  
trainings on our social media pages and website:**

**Twitter: @NJSAP  
Facebook: @NewJerseySAP  
Instagram: @NewJerseySAP  
[www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org)**





# STAY HEALTHY AT HOME SERIES



## Webinars



Register [here](#).



Healthy  
Lifestyles  
Project  
**LIVE** 

Live Healthy,  
Together



Register [here](#).

# EVERYTHING IS AVAILABLE ON:



[www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

# Questions?




# Comments?





# NJSAP CONTACT INFORMATION

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- ▶ Sign up to speak up! [Click here](#) to join our email list.
- ▶ Phone & Fax: 732-743-8345
- ▶  [twitter.com/NJSAP](https://twitter.com/NJSAP) or @NJSAP
- ▶  Facebook: [https://www.facebook.com/  
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/  
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://  
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

# RESOURCES FROM WEBINAR RECORDED ON JULY 28, 2020

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**The Arc of New Jersey:** <https://www.arcnj.org/>

**New Jersey Self-Advocacy Project:** <http://njselfadvocacyproject.org>

**Join the NJSAP email list:** [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vIVTdajyOgbl3ejPfej5\\_IYANtZZVdceO7DjpChIHrmndLyH8%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3ejPfej5_IYANtZZVdceO7DjpChIHrmndLyH8%3D)

**NJSAP Facebook:** <https://www.facebook.com/NewJerseySAP>

**NJSAP Twitter:** <https://twitter.com/njsap>

**NJSAP Instagram:** <https://www.instagram.com/newjerseysap/>

**NJSAP LinkTree:** <https://linktr.ee/njsap>

**NJSAP videos:** [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)

**New Jersey Statewide Self-Advocacy Network:** <https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>

**SARTAC: (US)** <https://selfadvocacyinfo.org/self-advocacy/>

**New Jersey Department of Human Services:** <https://www.state.nj.us/humanservices/>

**Voices Together (Australia):** <https://www.voicestogether.com.au/self-advocates/what-is-self-advocacy/>

**Governor's Council on Developmental Disabilities (Minnesota, US):** <https://mn.gov/mnddc/parallels/seven/7b/3.html>

**Removing Barriers: Tips and Strategies to Promote Accessible Communication:** [https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/other-resources/NCODH\\_PromoteAccessibleCommunication.pdf](https://fpg.unc.edu/sites/fpg.unc.edu/files/resources/other-resources/NCODH_PromoteAccessibleCommunication.pdf)

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