



STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

NEW JERSEY SELF-ADVOCACY PROJECT



EMPOWERING ADVOCATES THROUGH VIDEO

STAY HEALTHY AT HOME WEBINAR SERIES
MARCH 2, 2021 FROM 2 - 3 PM

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

The image shows a screenshot of the GoToWebinar Control Panel. The window title is "GoToWebinar Control Panel". It features a sidebar on the left with icons for navigation, audio, chat, and help. The main content area is divided into sections: "Audio" and "Questions".
Audio Section:
- Radio buttons: "Computer audio" (selected), "Phone call", "No audio".
- A red microphone icon with a slash through it and the word "MUTED" in red.
- A dropdown menu showing "Built-in Microphone".
- A volume slider.
- A dropdown menu showing "Built-in Output".
Talking:
- A section header "Talking:" with a dropdown arrow.
Questions Section:
- A large empty text box for entering questions.
- A text input field with the placeholder "Type question here."
- A "Send" button with a paper plane icon.



ADVOCACY

**ANYTIME,
ANYWHERE**

March is Developmental Disabilities Awareness Month!



The Arc
of New Jersey

New Jersey Self-Advocacy Project
& Statewide Self-Advocacy Network

Coalition for
SP Living Wage

← Annex
Committee Rooms
Office of Legislative Services
Office of Public Information
Legislative Information and
Bill Room
→ State House

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



@NJSAP / @NewJerseySAP
@TheArcofNJ

I have continued to remain an active self-advocate this year by...

sticking up for myself and making decisions that keep me safe. I love seeing everyone on Zoom and stay in touch with family over the phone. I advocated to members of Congress to ask them to support COVID relief for people with disabilities. - Cory

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



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@TheArcofNJ

I have continued to remain an active self-advocate this year by...

Making choices about how I spend my time and what activities I participate in.

- Kalahan

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



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@TheArcofNJ

I have continued to remain an active self-advocate this year by...

“I have testified in front of Assembly Members at a public hearing”

-Evelyn R, Advisory Board President

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



@NJSAP / @NewJerseySAP
@TheArcofNJ

I have continued to remain an active self-advocate this year by...

“I am creating my own website for people with disabilities. It teaches people how to be more confident and independent”
-Nick T, Council 3 Member

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



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I have continued to remain an active self-advocate this year by...

communicating with other self-advocates. I also attend my self-advocacy meetings on Zoom, so I stay connected but also stay safe. - Janet

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



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@TheArcofNJ

I have continued to remain an active self-advocate this year by...

speaking up for myself. It means letting people know what you like and what you do not like. - Dee

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

How have you continued to stay active in self-advocacy?

[Click here](#) to download the 2021 Developmental Disabilities Awareness Month template.

Developmental Disabilities Awareness Month 2021
Advocacy: Anytime, Anywhere



I have continued to remain an active self-advocate this year by...

- attending governmental affairs meetings and being part of advocacy campaigns to raise wages for DSPs.
- I worked on a video to educate self-advocates about the COVID vaccine.
- I also participate in The Arc's Action Alerts. - Barb

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

@NJSAP / @NewJerseySAP
@TheArcofNJ

DD Awareness Barb

Developmental Disabilities Awareness Month 2021
Advocacy: Anytime, Anywhere



I have continued to remain an active self-advocate this year by...

- attending self-advocacy meetings on Zoom instead of in-person.
- I also attend virtual advocacy events to learn about what's happening on the state level. - Pam

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

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@TheArcofNJ

DD Awareness Pam

Developmental Disabilities Awareness Month 2021
Advocacy: Anytime, Anywhere



I have continued to remain an active self-advocate this year by...

- "I have been facilitating my Disability Caucus Meetings online. We have met with several members of Legislature." -Anita C., Council 3 Secretary

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

@NJSAP / @NewJerseySAP
@TheArcofNJ

DD Awareness
Anita

Developmental Disabilities Awareness Month 2021
Advocacy: Anytime, Anywhere



I have continued to remain an active self-advocate this year by...

- attending self-advocacy meetings over Zoom.
- I'm still here for my friends when they need me. They know they can call or text me. - Richard

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

@NJSAP / @NewJerseySAP
@TheArcofNJ

DD Awareness
Richard

EVERYTHING IS AVAILABLE ON:



www.arcnj.org/programs/njsap/videos.html



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



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



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



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

Empowering Advocates Through Video

SORRETIE JARO
FORMER SARTAC FELLOW
SPOKANE, WA
SARTAC FELLOWSHIP PROJECT (CREATED 2019)



What Is SARTAC?

- ▶ Self Advocates Becoming Empowered (SABE), the oldest national Self-advocacy organization in the country, has been awarded a grant from the Administration for Community Living to establish the first-ever national Self Advocacy Resource And Technical Assistance Center (SARTAC)
- ▶ The resource center is funded as a Project of National Significance by the Administration on Intellectual and Developmental Disabilities under the Administration on Disabilities.
- ▶ The Advisory Committee includes 13 self-advocates from all over the USA who work as a team to oversee the SARTAC project.
- ▶ The center was created to share self advocacy ideas and help others across the country.

Visit the SARTAC website to learn more:



<http://selfadvocacyinfo.org/>



Select Language

AAA

Listen to Page

Access Options



SARTAC
Self Advocacy and Beyond

**Self Advocacy Resource and
Technical Assistance Center**

HOME

ABOUT

RESOURCES

SELF ADVOCACY

SUPPORT

CONTACT US



Your one-stop resource for organizing and supporting self advocacy groups

What Is A Fellow?

- ▶ A Fellow is a person chosen by SARTAC to do one of these projects.
- ▶ As a Fellow, you will work with a group called a Host organization.
- ▶ SARTAC will choose 6 Fellows each year.
- ▶ There will be a total of 24 Fellows over 4 years.

Past and Present SARTAC Fellows & Staff



My SARTAC Project

- ▶ My project is called “**Empowering Advocates Through Video**”
- ▶ I am providing you some resources on what to do to advocate for yourself, to others and your legislators. Ways to know how to SPEAK UP!
- ▶ I made an advocacy video provided by Skills’kin
- ▶ The video will help teach you ways to communicate to your legislators. To know what to do and where to go to find your legislator.
- ▶ The video helps teach what advocacy looks like in a legislative setting.

Sorretie's Advocacy Video

S Sorretie Jaro on educating legislators

Watch later Share



More videos

Cognitively Accessible Toolkit Types

Plain Language	Easy Read
<ul style="list-style-type: none">• Important details come first• Active voice• Simple, familiar language• Few acronyms	<ul style="list-style-type: none">• Clear and easy to understand• A picture for every idea• Fewer ideas on a page

▶ Video on SARTAC Website: <https://selfadvocacyinfo.org/resource/empowering-advocates-through-video/>



GENERAL INFO
Our Legislature
Legislative Process
Historical Info
Public Info Assistance
State House Tours

MEMBERS
Find your Legislator
Legislative Leadership
Legislative Roster
Seating Charts

DISTRICTS
Districts by Number
District Map
Municipalities Index

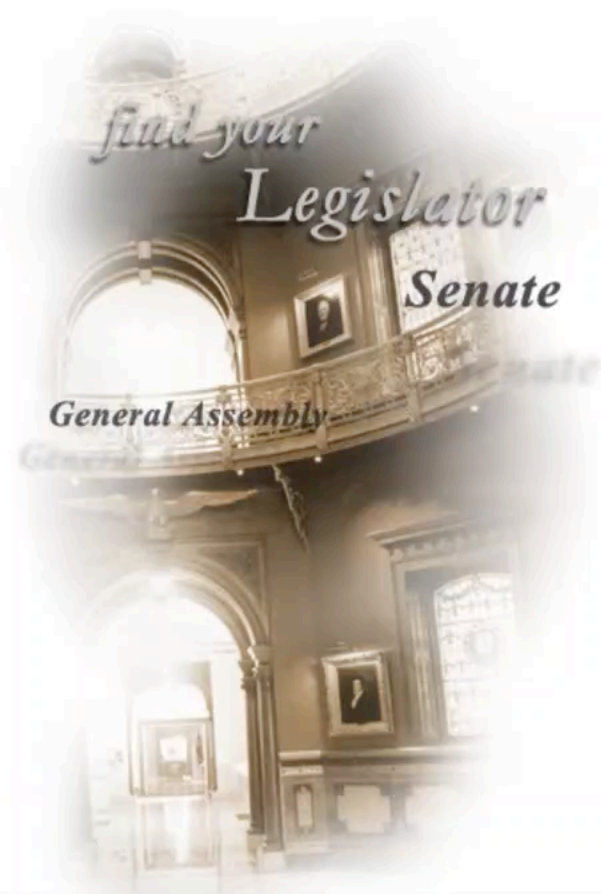
BILLS
Bills 2020-2021
Prior Sessions

COMMITTEES
Senate Committees
- Committee Aides
Assembly Committees
-Committee Aides
Joint Committees
Committee Groups
Legislative Commissions
Senate Nominations

LAWS and CONSTITUTION
Statutes
Chapter Laws
Constitution

RULES
Senate
General Assembly

ETHICS
Conflicts of Interest
Law
Code Of Ethics
Financial Disclosure
Termination or Assumption of



members

Search Legislative Members by:

Alphabetical List of Members

Municipality

Legislative District

Interactive Map of Legislative Districts

Electronic Correspondence

Helpful Hints for Recording Advocacy Videos

- ▶ Pay attention to your camera angle & lighting
- ▶ Be presentable (NJSAP's Virtual Meeting Infographic)
- ▶ Prepare your talking points ahead of time
- ▶ Know your audience
- ▶ Communicate clearly and with respect
- ▶ Ask for help if you need it

Video Chat Etiquette

Your appearance & behavior reflect your professionalism

1

PREPARE AHEAD OF TIME

Make sure the program is downloaded beforehand. Sign in to make sure there are no issues. Practice using it.

2

BE ON TIME

Sign into the meeting a few minutes early so you are ready to start when the meeting begins.

3

CHECK YOUR SETTINGS

Make sure your sound is on and make sure your camera is on. Position your camera so you can see your whole face.

4

INTRODUCE YOURSELF

Let people know who you are and where you are from. You can also do this in the chat box if you are muted.

5

BE CONSIDERATE

Always try to be in a quiet place. If you are in a noisy location, mute yourself so that everyone can hear the speaker.

6

BE RESPECTFUL

Always be respectful when you are speaking to other people. Do not interrupt anyone and focus on what is going on in the meeting.



MORE TIPS:



Look Professional

You will be on camera. Wear clean clothes, do your hair, & tidy up your surrounding area.



MORE TIPS:



Look Professional

You will be on camera. Wear clean clothes, do your hair, & tidy up your surrounding area.

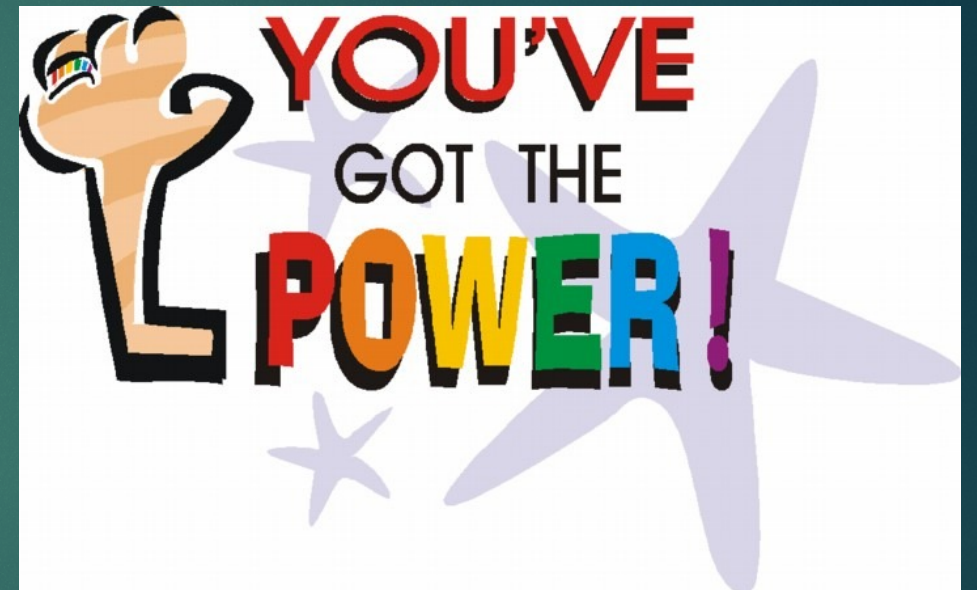


Be Informed

Print out the agenda, any talking points you need, & any notes you have. Keep them with you during the meeting.

What does Self-Advocacy mean to you?

- ▶ What does it mean to **advocate**?
- ▶ Can you share an example of how you have **advocated for yourself**?



How Does Advocacy Help?

- ▶ Who is registered to vote?
 - ▶ Advocacy helps by being registered to vote
- ▶ Connecting with your legislators
- ▶ Helps you improve things. Examples?
- ▶ Help make systems better
- ▶ Help solve a problem
- ▶ Asking for disability accommodations in school, at work, and in the community

What Happens If You *Don't* Advocate For Yourself?

- ▶ Your voice is not heard.
- ▶ People speak over you.
- ▶ People may say or do things you don't want.
- ▶ People assume they know what's best for any person.

Quote:

- ▶ “When someone does things you are not comfortable with, don't ignore it. Say something”.

Noah's Advocacy video



You can watch Noah's video on YouTube: <https://youtu.be/reAApmmvfjs>

Stay in touch!

- ▶ Sorretie's email:
sorretiejaro@ymail.com






Questions?

Comments?



NJSAP CONTACT INFORMATION

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