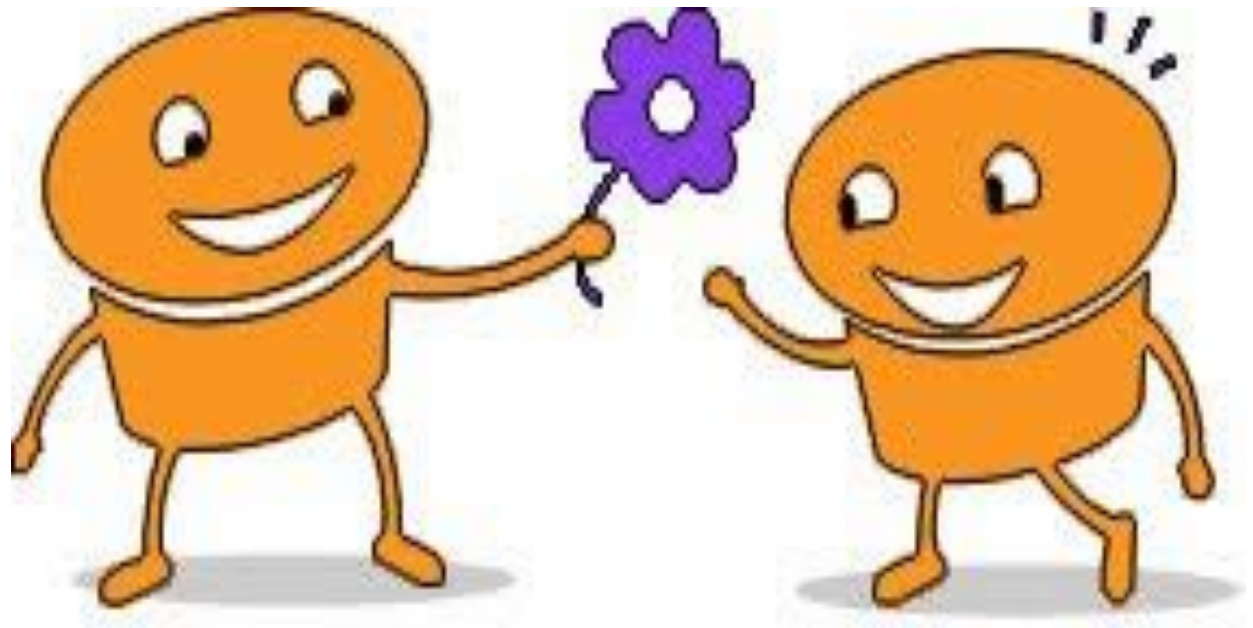


Practice Your CPR

*Providing Services with
Courtesy, Professionalism and Respect!*

Courtesy

*Polite behavior that shows **respect** for other people*



*Courtesy
is part
of the
Mission*



Mission Impossible!

Excerpts of Mission
Statements from
Agencies in NJ

What are the **Common
Values?**

- ... Is to **empower and support people** and their families... utilize all of its resources to ensure our members, their families realize a **full, productive, and enhanced life**.
- ... **Give a voice** to individuals... **Assisting** with housing, life skills, employment, personal finance, relationships, civic engagement, and much more... striving to create an all-inclusive, accessible world where everyone can **lead a fulfilling life** as part of the greater community.
- ... **Advocacy and services empowering individuals** and their families to realize a lifetime of personal achievement and full partnership in the community.
- ... enhancing the quality of life of those individuals and their families through **advocacy, empowerment, education** and prevention.

Mission Impossible!

Common Values



- **Empowerment** – the process of giving a group of people more freedom or rights
 - **Advocacy** - is acting with or on behalf of an individual or group to:
 - Resolve an issue
 - Obtain a needed support or service
 - Promote a change in the practices, policies and/or behaviors of third parties
 - Promoting and protecting the civil and human rights of people
- Give a voice to individuals... striving to create a world where everyone can **lead a fulfilling life** as part of the greater community.*

Professionalism

The state or practice of doing one's job with skill, competence, ethics, and courtesy



Are you a
Caretaker?

Or are you a
Caregiver?

Let's find out!



Caretaker?

Caregiver?

Which are
YOU?

- Caretaking feels stressful, exhausting and frustrating
- Caretaking crosses boundaries
- Caretakers worry
- Caretakers don't trust others' abilities to care for themselves



- **Caregiving** feels right and feels like love. It re-energizes and inspires you
- **Caregiving** honors boundaries
- **Caregivers** take action and solve problems
- **Caregivers** trust others enough to allow them to activate their own inner guidance and problem solving capabilities

Be a *Caregiver*

Give a man a fish, and he
will eat for a day. Teach
a man to fish and he will
eat for a lifetime.



*And we're back
to...*

Advocacy

*Does it REALLY
work?*



Does it
ADVOCACY
work?



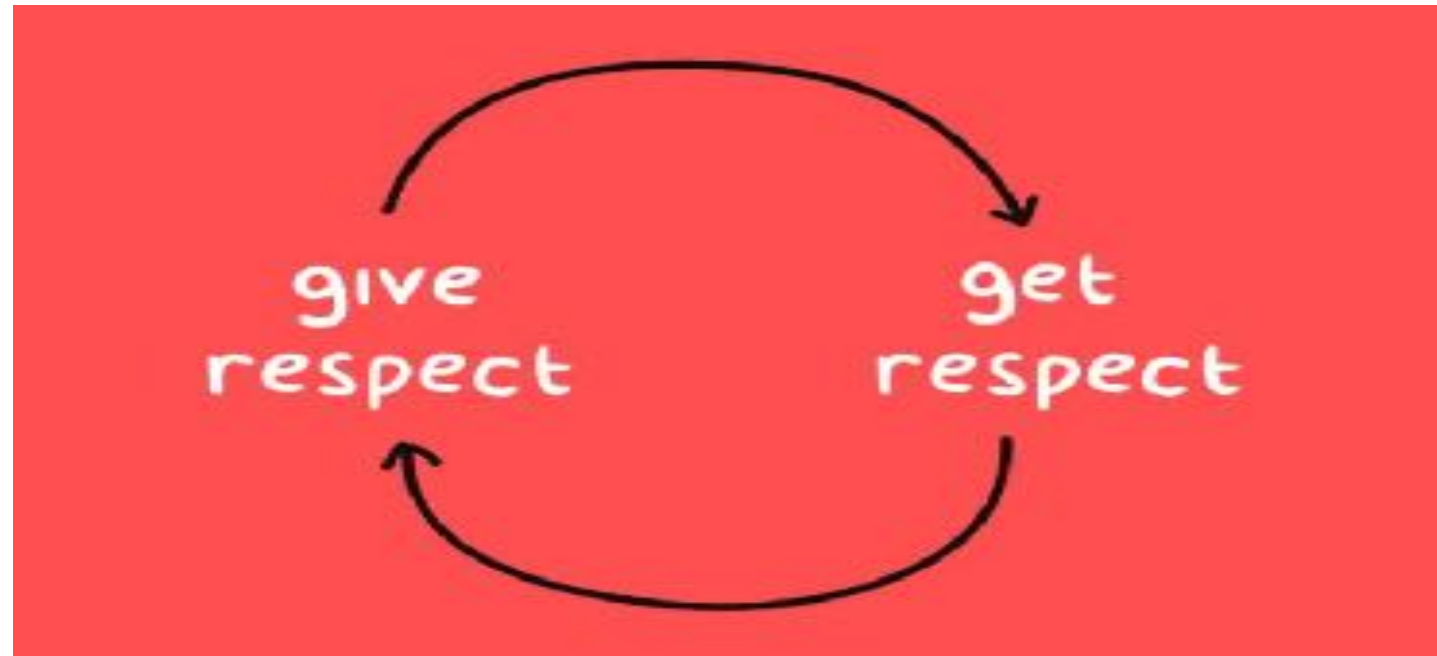
Message from Valerie Sellers, NJACP CEO and Chair of the NJ Coalition for a DSP Living Wage, July 1, 2019:

YOU did it! As NJACP CEO and Chairperson of the Coalition for a DSP Living Wage, I want to personally thank each NJACP member, their colleagues and the people they serve for **outstanding advocacy to support a wage increase for DSPs in the FY 2020 budget.** You continually step up and increase this issues visibility, including, phone calls, letters, visits, testimony and, for the first time this year, attended a rally at the Statehouse in large numbers, despite the awful weather. **As direct result of your advocacy,** Governor Murphy signed into law yesterday a budget that **includes \$20 million in new state funding for DSP wages** (which will generate an additional \$20 million with the federal Medicaid match).

Only together will be able to achieve competitive wages for DSPs that are deserved and long overdue. **Your advocacy** made this accomplishment a reality and, again, THANK YOU!

Respect

Regard for the feelings, wishes, or rights of others.



Respectful



Re-Spect-Ful What is it?

Re

Go back; again (*redo*, *repeat*)

Spect

Look at; examine (*spectacles*)

Ful

Quantity of substance
(*beautiful*, *plentiful*)

The Importance of the *Normal* *Routine*



WAKE UP
&
SMELL
the
COFFEE



How was
YOUR
Normal Routine
changed in 2020 and
2021?



The Importance of the *Normal Routine*

The **NORMAL ROUTINE** allows people to:

- **STA Y** on schedule,
- **ACCOMPLISH** tasks,
- **FEEL** secure, organized and in control,
- **ESTABLISH** a usual way of doing things.

Following the Normal Routine
allows people to feel **SAFE**

When people **FEEL SAFE**, then a
CRISIS can be **AVOIDED**

The
Normal Routine
allows people to
feel
SAFE



Don't Forget to
Practice Your
CPR!

Have a GREAT Day!

