

# The Arc Wisconsin Academy



**Course Description  
2020–2021**

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The Arc Wisconsin Academy is a new online learning opportunity that can help individuals with disabilities increase their leadership skills, improve their wellbeing, and learn to speak up for themselves and others. Built upon the principle of self-determination, The Arc Wisconsin Academy courses are designed by experts in the field of intellectual and developmental disabilities (I/DD), including self-advocates.

Self-determination is an essential skill for self-advocates. Evidence supports that self-determination is linked to positive outcomes and a better quality of life. Building self-determination and self-advocacy skills are noted to protect against abuse and neglect, while being aware of how to speak up against discrimination can address what the Centers for Disease Control and Prevention lists as among the most common barriers to community participation for people with disabilities. In addition, learning how to be in control of your own health can help you improve your quality of life.

### The Arc Wisconsin Academy Courses launching in Fall 2020:

- **Two courses:** Self-Advocacy Leadership in Action Online Course (seven lessons); Health Matters™ Online Course (six lessons)
- An individual lesson is delivered twice monthly for 12 months (one bonus lesson)
- 60-minute interactive sessions; lessons recorded for review
- **Course platform:** Zoom
- **Materials:** PowerPoint, homework exercises, videos, links to resources
- **Design:** People First language, Universal Design; group discussion; homework follow-up
- **Facilitation:** two instructors, including an instructor with a disability
- Evaluation components to assess learner outcomes
- **Online class size:** 10 – 15 participants
- Receive a certificate of completion
- **Course costs:** Self-Advocacy Course or HealthMatters™ Course: \$240 (\$40/class). Annual fee for 12 months of classes plus one bonus class is \$475.
- Must have access to the internet and a computer or iPad to participate.

The Arc Wisconsin is an approved provider of Participant Education in the adult long-term care system (IRIS and Family Care). The course can be part of addressing a person's individual goals to improve self-advocacy or self-determination skills or become a stronger and healthier self-advocate.

### How to register?

Register and submit payment at [arcwi.org/the-arc-wisconsin-academy](http://arcwi.org/the-arc-wisconsin-academy). Or, contact your care manager or IRIS consultant about how to include this course in your plan.

# Self-Advocacy Leadership in Action Online Course (seven classes)

The seven-lesson course is built upon evidence-based self-determination principles and modeled after successful, in-person self-advocacy training programs. Content has been specifically designed for effective on-line learning for self-advocates in Wisconsin.

## Lesson 1: Understanding Disability History and Learning Self-Advocacy Skills

### Objectives: Learners will be able to:

1. Describe how people with disabilities were treated in the past
2. Express how disability history makes them feel about themselves
3. Discuss the importance of self-advocacy and self-determination

## Lesson 2: Knowing What You Want For Your Future

### Objectives: Learners will be able to:

1. Recognize how to become more independent
2. Discuss what's missing in their lives
3. Begin to make a future plan

## Lesson 3: Learning to Take Safe Risks

### Objectives: Learners will be able to:

1. Describe why taking risks helps them learn: What is Dignity of Risk?
2. Recognize that taking risks must be done in a safe environment
3. Discuss what to do if taking a risk doesn't work

## Lesson 4: Accepting Help From Other People

### Objectives: Learners will be able to:

1. Recognize that no one is totally independent
2. Explain why asking for support is not a sign of weakness
3. Practice one example of when and who to ask for support

## Topic 5: Speaking Up For Yourself

### Objectives: Learners will be able to:

1. Repeat the reasons why speaking up is important
2. Practice how to speak up if they feel disrespected
3. Practice how to speak up if they want to make an important point

## Lesson 5: Being Proud of Who You Are and Teaching Others

### Objectives: Learners will be able to:

1. List why people are should be proud of who they are
2. Recall ways that people with disabilities can teach people without disabilities
3. Practice one way they can contribute to their community

## Lesson 7: Knowing Your Policymakers

### Objectives: Learners will be able to:

1. Identify their policymakers
2. Understand how policies affect people with disabilities
3. Practice sharing their story with a policymaker

# HealthMatters™ Online Course (six classes)



Adults with disabilities are three times more likely than people without disabilities to experience heart disease, diabetes, stroke, and cancer. In Wisconsin, people with disabilities have obesity rates that are almost double, and their exercise activity is about half that of the general population.

HealthMatters™ is an evidence-based curriculum approved by the HHS Administration for Community Living (ACL) and developed by the University of Illinois at Chicago (UIC). HealthMatters is designed to increase self-determination around health by increasing knowledge of healthy foods, nutrition, and physical activity levels. Participants in HealthMatters in-person classes have lost weight, improved their Body Mass Index (BMI), lowered blood pressure and, most importantly, reported making lifestyle changes.

Participants in The Arc Wisconsin Academy online HealthMatters course will increase their self-determination in health, develop health-related leadership skills, and learn to make healthier choices.

## Lesson 1: What Does It Mean to Be Healthy?

**Objectives: Learners will be able to:**

1. Identify what it means to be “healthy”
2. Identify ways to be physically active
3. Manage their own health and determine areas to improve upon to achieve a healthier lifestyle

## Lesson 2: Step Into Exercise

**Objectives: Learners will be able to:**

1. Identify proper attire when exercising
2. Determine levels of fatigue when exercising
3. Describe benefits of warming up and stretching prior to exercising

## Lesson 3: The Fab Five

**Objectives: Learners will be able to:**

1. List the five food groups and examples of foods in them
2. Define carbohydrates, fats, and proteins
3. Identify benefits of snacking between meals and healthy snack foods options
4. Learn how to create a healthy meal

## Lesson 4: How Much Food Is Too Much?

**Objectives: Learners will be able to:**

1. Identify recommended portion sizes for foods
2. Read a food label to compare and identify healthier options
3. Create a nutritional plan to make well-balanced meals and prevent overeating

## Lesson 5: Benefits Healthy Eating Has on Our Bodies

**Objectives: Learners will be able to:**

1. Identify how eating healthy foods affect our bodies
2. Describe what blood pressure and cholesterol are
3. Identify the importance of drinking water and signs of dehydration

## Lesson 6: Healthy Lifestyle Review

**Objectives: Learners will be able to:**

1. Evaluate personal goals and changes to make to continue their health journey
2. Review what it means to live a healthy lifestyle and components involved

# Meet Your Instructors



**Lisa Pugh** is the State Director of The Arc Wisconsin and co-chair of the Survival Coalition of Wisconsin Disability Organizations. She is a former Kennedy Foundation Fellow who worked as a disability policy advisor in the United States Congress and the U.S. Department of Education. She previously served as the Public Policy Director for Disability Rights Wisconsin. She was appointed by President Obama to the President's Committee for People with Intellectual Disabilities and later served on the U.S. Department of Labor Advisory Committee for Increasing Competitive Integrated Employment for Individuals with Disabilities. She co-chairs the Governor's Task Force on Caregiving and is parent to an adult daughter with I/DD.



**Mike Nagel** is a Program Associate with The Arc of the United States and one of the nation's top self-advocate leaders. A disability rights advocate, Nagel was previously a Paul Marchand Public Policy Intern in Washington, DC and served as Assistant Sergeant at Arms in the North Dakota State Senate. He also served as an intern for U.S. Senator Heidi Heitkamp.



**Sydney Badeau** is the current Wisconsin Youth Leadership Forum Board President. She is a graduate of Wisconsin's Partners in Policymaking program and holds an Associate Degree from the University of Wisconsin-Rock County. She has experience supporting people as a Crisis Text Line Volunteer, has been a regular Disability Advocacy Day participant, and is committed to supporting young people with disabilities to learn more about leadership opportunities, self-advocacy skills, and career awareness.



**Kerry Mauger** is the Senior Manager of Special Projects at The Arc of the United States, which has included overseeing all training and educational components for three health projects that serve individuals with intellectual and developmental disabilities (I/DD), including the evidence-based HealthMatters curriculum. Kerry is a lifelong athlete with a degree in Health and Human Performance: Exercise and Sports Management and has worked as a high school coach and volunteered for Special Olympics.



For more information about The Arc Wisconsin Academy, contact The Arc Wisconsin at [info@arcwi.org](mailto:info@arcwi.org) or 608-422-4250. Register online today at <https://arcwi.org/the-arc-wisconsin-academy/>

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