

# Understanding Disability History and Learning Self-Advocacy Skills

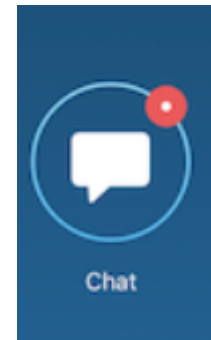
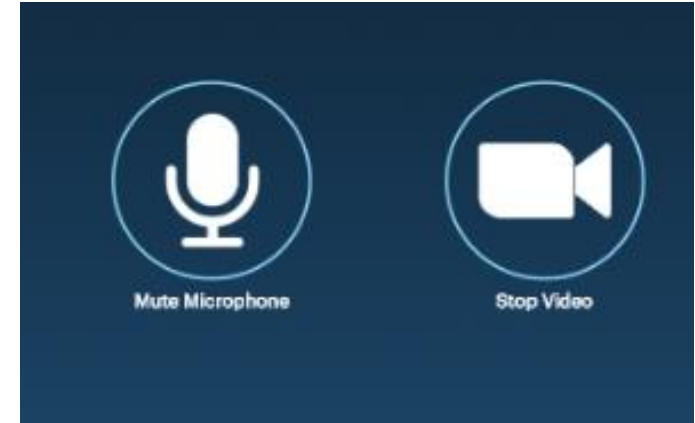
The Arc Wisconsin Academy 2020-2021



# Learning Technology

During class you can:

- Mute and unmute yourself
  - Do this if you are not talking
- Turn the camera on and off
- Use the chat box
- View people on the screen. You can see everyone or only person speaking
- Show your reactions (give a thumbs up)



zoom

# Welcome!

- 6 sessions -1 time a month - 6 months
- New topic each month
- Each class = goals and homework
- Your Instructors: Lisa Pugh and Mike Nagel








# Introductions

Say your name and one thing that you like to do for fun. Here is an example...




My name is Lisa and I like to hang out with friends.






What are our group rules?

<b>1. Be Ready</b>		
	<u>DO!</u> Practice Before the Meeting Be on Time	<u>DO NOT!</u> Wait for the Start Time Show Up Late

<b>2. Check Sound</b>		
	<u>DO!</u> Unmute Microphone to Talk Listen to Others	<u>DO NOT!</u> Eat Food Make Too Much Noise

<b>3. Check Video</b>		
	<u>DO!</u> Wear Nice Clothes Groom Your Hair	<u>DO NOT!</u> Wear Your PJs (Pajamas) Use a Bad Background

<b>4. Take Turns</b>		
	<u>DO!</u> Raise Your Hand Type in the Chat Box	<u>DO NOT!</u> Talk Over Others Talk Too Long

# This class will help you:

1

Describe how people with disabilities were treated in the past

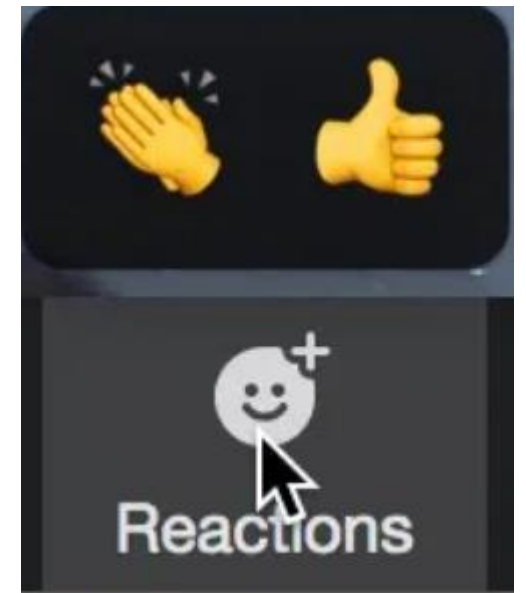
2

Think about how disability history makes you feel

3

Understand why self-advocacy and self-determination are important

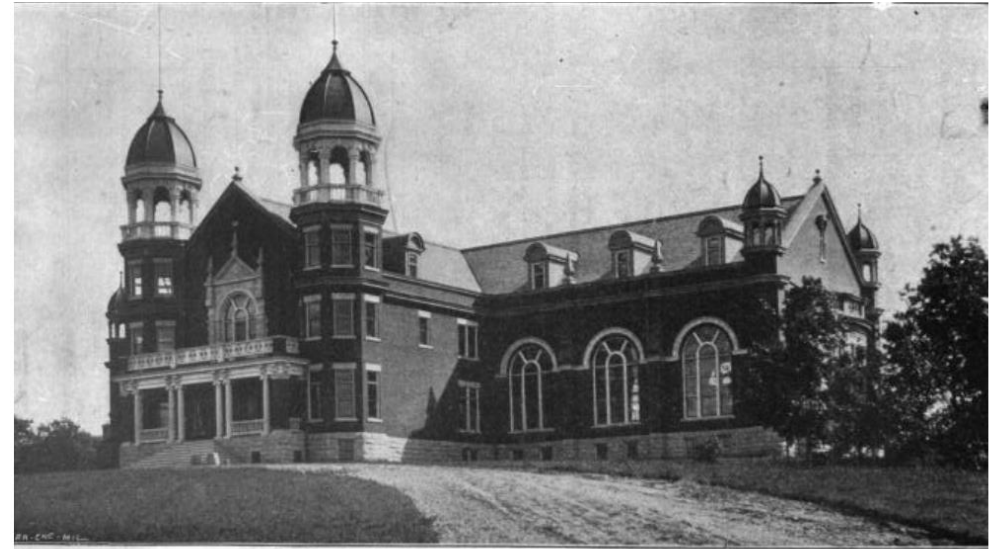
What do you think about this video?





# History

- In the past, people with disabilities were not treated very well
- How would you feel if you:
  - did not make any choices?
  - were not independent?



ADMINISTRATION BUILDING—WISCONSIN HOME FOR THE FEEBLE-MINDED—CHIPPEWA FALLS.

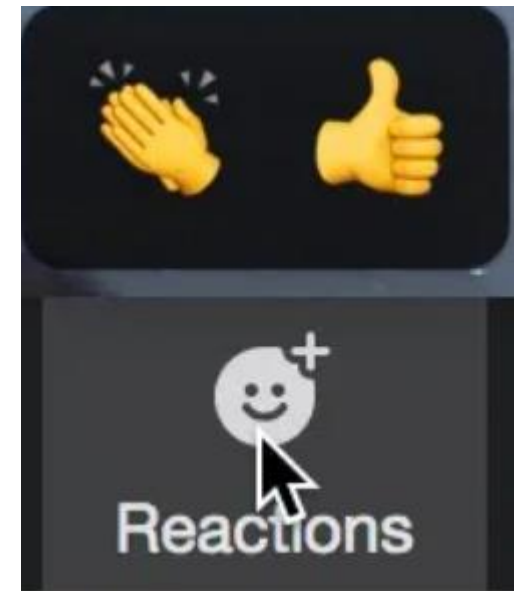
# Self-Advocacy

- Living in institutions was very bad
- People wanted to help people move into their communities
- People wanted to close institutions

# Self-Advocacy

- The people who helped to close institutions are called advocates
- They believed people with disabilities should live in their community, make their own choices and be independent
- This is how the self-advocacy movement began

What do you think about this video?



Which picture shows someone who is making a choice?

Which picture shows someone who is following orders?



# Self-Advocates stand up for themselves

- Self-advocacy is learning how to stand up for yourself and be more independent
- When were you able to stand up for yourself?

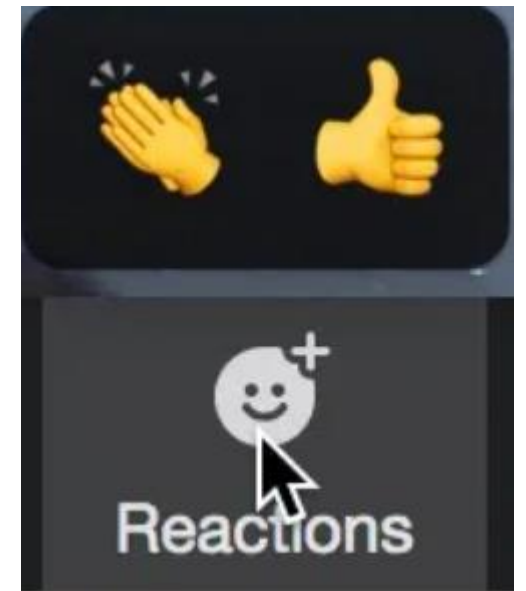


# Wisconsin outlaws the “R” word

- Many words used to describe people with intellectual disabilities are hurtful
- One of those words is R.....
- Self-advocates in Wisconsin told lawmakers to stop using the “R” word



What do you think about this video?





Which words might you use to describe someone? Which words would you not use?



smart



worker



talented



# What did we learn today?

- People with disabilities were treated poorly in the past
- This history helped people with disabilities to stand up for themselves
- It's important for people with disabilities to learn how to be great self-advocates

# What are your goals?

- To feel more confident
- To learn how to speak up for myself
- To help others speak up
- To be treated with more respect
- To learn how to use public transportation
- To start a new job
- To live in a new place
- To make more friends
- To have more activities
- To start a romantic relationship with someone I care about
- Other goal?

# SMART Goals

- **EXAMPLE 1:** I want to make a new friend by the end of the year.
- **EXAMPLE 2:** By the end of the month, I want to talk to my IRIS consultant or Care Manager about something important to me that I haven't talked about.



## Creating SMART Goals

**SPECIFIC:** What specific goals do I want to achieve? (Example: I want to make more friends)

Write notes here...

**MEASURABLE:** How will I be able to tell if I am getting closer to my goal? (Example: I will go to a new event or activity once a month)

Write notes here...

**ATTAINABLE:** Am I able to do this? Is this something that I can really accomplish?

Write notes here...

**RELATABLE:** Does this goal going to make my life better?

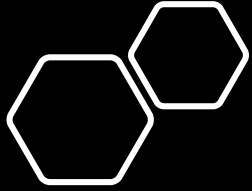
Write notes here...

**TIMELY:** When or how long are you going to work on this goal? (Example: I will do this for 2 weeks; I will reach this goal in one year)

Write notes here...

# Homework

- There are 3 different assignments
- You should pick 1 assignment to do between now and the next time we meet
- Do not pick more than 1 assignment



# Homework

## Assignment 1

Find pictures that help you talk about how you think people with disabilities should be treated.

## Assignment 2

Fill-in-the-blanks.

I feel \_\_\_\_\_ when I'm not able to make my own choices

People who are not independent are \_\_\_\_\_

People who don't have friends feel \_\_\_\_\_

I get \_\_\_\_\_ if I'm not treated with respect

Standing up for myself makes me feel \_\_\_\_\_

In order for me to do \_\_\_\_\_ I may need some help standing up for myself

## Assignment 3

Visit the People First Wisconsin website

<http://www.peoplefirstwisconsin.org/>

Learn about what they do. Subscribe to their newsletter.

# What did you think of this class?



GOOD



BAD