

Self Advocates Becoming Empowered

OCTOBER 2018

SABE FALL EDITION

Note from Bernard Baker, President of SABE



**Bernard Baker, New
SABE President**

I would like to thank people for voting for me at the SABE **“Let’s Make It Happen! Disability Rights Are Civil Rights,”** conference in Birmingham Alabama. Being President of SABE has already been an adventure.

I want to share with you why I think voting is so important. It is your right as a United States Citizen. It is being a self advocate. Voting is speaking up. Voting is another way your voice can be heard.

With each vote we pick the people who will help us. Politicians who get the most votes are elected to office. Electing a person is like asking them to represent us in local, state, and federal government.

If you don’t vote, some politicians don’t pay as much attention to you. This means people without disabilities need to vote too. Voting is also how Citizens tell others what they support and do not support. Tells legislators what you think about the issues.

Self Advocates told us that “When You Vote”:

It makes you feel like a very important person.

You get to choose who you want to vote for. It is important to learn as much as you can

about the candidates.

You need to know your local and national officials.

Self Advocates said, “I Believe”:

People with disabilities can change policies and improve serves.

In the “Power” of my story to help policy makers connect to issues.

We can change things all over the country.

Talking with my Legislators about disability issues helps them vote.

There is “Power” in numbers.

When I know the Facts, I can help more people

Knowing the number of people hurt by losing a service or support is a fact we need to help us make our point.

I want to share some ideas about how we can prepare to vote

Get involved. Learn about issues. Vote how you believe is best.

Remember: It is important you register to vote. It tells people you have strong ideas. You believe in Voting.

You will fight for people with disabilities right to VOTE.

Your vote does count.



SABE Executive Committee

Bernard Baker, President

Georgia, Region 6

Vicki Wray, Vice President

Colorado, Region 3

Eric McVay, Secretary

Maine, Region 8

Darren Morris, Treasurer

Arkansas, Region 9

David Taylor Jr., Sergeant At Arms

North Carolina, Region 6

SABE Board Members

Region 1

2 Vacant

Region 2

2 Vacant

Region 3

1 Vacant

Region 4

Roger Crome, Missouri

1 Vacant

Region 5

Diana Mairose, Ohio and

Melody Cooper, Indiana

Region 7

Gary Rubin, New Jersey

1 vacant

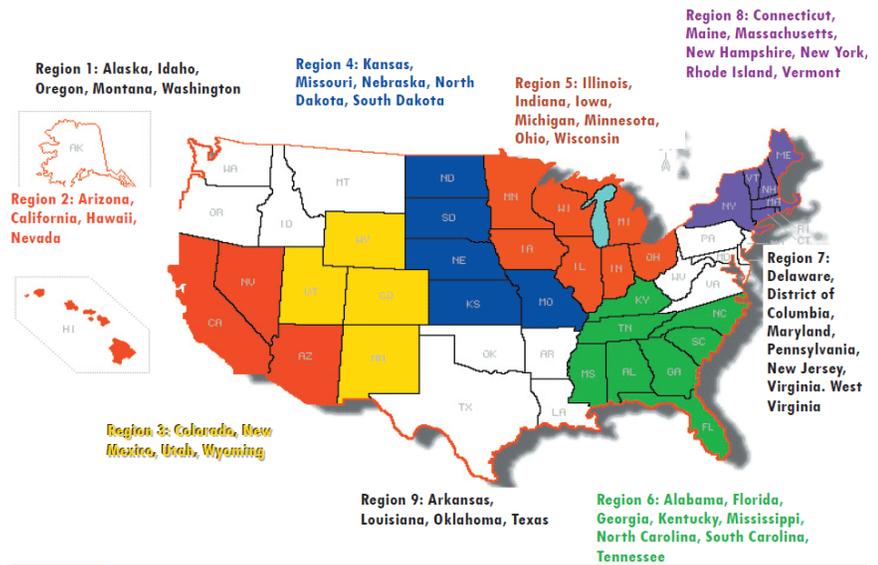
Region 8

Anne Fracht Massachusetts

Region 9

1 Vacant

SABE wants you!



SABE is looking for self advocates to serve on the SABE Board.

What to send to the SABE Executive Committee:

- ◆ A letter from your self advocacy group or organization telling us your experiences and involvement (on letterhead)
- ◆ A letter from you and your self advocacy group or organization or a state agency committing to fund you for 4 years. (About \$16,000 for 4 years)

Application must be received by **January 4, 2019**. Send application packages to :
Juliana Huereña at

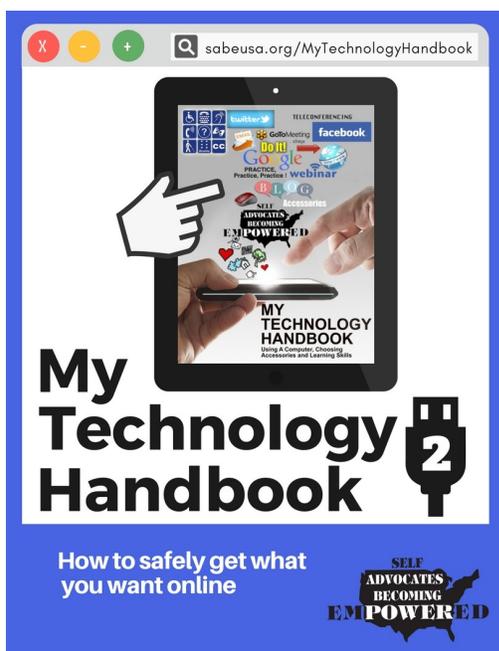
prinzjana17@gmail.com

My Technology Handbook 2

Both books answer questions that most of us who are new or just learning about technology. They provide answers to many questions by using step by step direction and how to videos to learn these skills. To view the current videos go to: https://www.youtube.com/playlist?list=PLHe4SX3HJvylsmeJOu_jsTrcVwpbh20M

My Technology Handbook 2 topics include:

- **Access to Technology**—The chapter will talk about how to access technology in your state and how to use it.
- **Internet Safety**—This chapter will talk about how to protect yourself on the internet and how to safely search for information on-line.
- **How to use Technology in your home**—This chapter will talk about how to manage your home using technology.
- **Using social media**—This chapter will talk about how to use social media to talk about your self advocacy group.



The SABE **My Technology Handbook 2** is made possible through a grant by the Coleman Institute.



Coleman Institute for Cognitive Disabilities
UNIVERSITY OF COLORADO

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

Spotlight Self-Advocates

By Diana Mairose



David Taylor Jr.
Region 6 Representative.

How long have you been a self advocate? 30 years. I was 5 years old and advocated to be in my walker playing basketball with my classmates.

What is the biggest issue for self advocates? The biggest issue are employment and housing. If you don't have a job, you can't afford what you need. Housing is hard to find if you don't have money I own my own house and I own my own company.

Where do you see SABE in 5 years? I see SABE moving forward in helping with jobs, housing, ADA, transportation.

Where do you see yourself as a self advocate in 5 years? I will be 40 years old and still pushing for the rights of persons with disabilities. Help others become micro enterprise owners, get out and VOTE!, make ADA better, help people get out of institutions using **Money follows the person**. I work hard on my job and work hard for fellow advocates. I believe the youth are our future. We must train them on all issues for them to carry on the advocacy fight.

When you're not doing self advocacy work, what do you like to do? I love NASCAR races; faster the better. I love to camp and fish from my boat, cruising the Caribbean Ocean, eat out with friends, skiing in the snow, live life in the REAL WORLD, and love every minute of it.

Melody Cooper. Region 5 Representative.



How long have you been a self advocate? It has been 14 years. I moved to Indiana in the early 90's.

It wasn't until 2002 when I took part in the class, Partners in Policymaking class, where I met members of Self Advocates of Indiana and they invited me to join them. That is how my advocacy journey got started.

What is the biggest issue for self advocates? The biggest issue for self advocates is transportation, because people don't have opportunities to get around to where they need to be or want to be. They access their community without it.

Where do you see SABE in 5 years? I see SABE in 5 years doing even more advocacy, especially in transportation.

What advice can you give to those new to the self advocacy movement? Really stand up for what you believe in. Let people know who you are and what you want as a person. Keep letting them know.

Where do you see yourself as a self advocate in 5 years? I would like to be more than just a SABE Board Member, maybe an officer for SABE by that time.

When you're not doing self advocacy work, what do you like to do? I like to spend time with my family and my husband Joe. I like to go shopping and out to eat with my friends and co-workers.

Self Advocacy Resource and Technical Assistance Center “Self-Advocacy and Beyond!”



Self Advocacy Resource and Technical Assistance Center (**SARTAC**). The resource center is funded for five years by **Administration on**

Community Living in partnership with the **Administration on Intellectual and Developmental Disabilities** under the **Administration on Disabilities**. To learn more about our funder go to <https://acl.gov/>

What is the mission of SARTAC?

It has been SABE's vision to be recognized as the national **“GO TO”** resource for self advocacy. SARTAC is the first step of our vision. The mission of SARTAC is to strengthen the self advocacy movement by supporting self advocacy organizations to grow in diversity and leadership.

What are the activities of the Center?



~Create and manage a website where self advocates can learn about the best ways to organize and support the self advocacy community

~Use social media like Facebook and Twitter to communicate with the self advocacy community

~Share best practice tools created by the Regional Self Advocacy Technical

Assistance Centers and by self advocacy organizations and allies from across the nation

~Work with a 12 person Advisory Committee to review and create self advocacy information and a Think Tank

~Share the history of the self advocacy movement

~Share the self advocacy and civil rights leaders about the same or differences about our struggles for our rights

~Share success stories in self advocacy through webinars and video blogs

~Provide training and assistance to local, self advocacy organizations and partners

~Provide a planning grant for the state organization who hosts the 2018 and 2020 SABE conference

~Provide 24 self advocates with policy and leadership fellow opportunities

How is SARTAC managed?

The Center's Management Team is lead by SABE and includes partnerships with: ASAN, GSMA, SWI, TASH, and UMKC.

For more information about the project, contact Teresa Moore, Director 602-725-3117 or Vicki Hicks-Turnage sabe.SARTACinfo@gmail.com

Also Like us on Facebook

<https://www.facebook.com/Self-Advocacy-Resource-and-Technical-Assistance-Center-SARTAC/>

SARTAC Fellowship



The Self Advocacy Resource and Technical Assistance Center (SARTAC) is a project of SABE.

SARTAC and the Administration on In-

tellectual and Developmental Disabilities (AIDD) have provided this leadership opportunity for self advocates. Meet the 12 fellows. Learn about how they will help the self advocacy movement.



Fellow: Samuel Capozzi
from California



Fellow: Thomas Caswell
from Vermont



Fellow: Kelsey Cowley
from Indiana



Fellow: Kevin Greenstein
from New York



Fellow: Sorretie Jaro
from Washington



Fellow: Nicole LeBlanc
from Maryland



Do you have a great idea? At the end of 2018, we will announce the next fellowship opportunity for 2019. If you have questions, get in touch with Teresa Moore at mooreadvocacy@hotmail.com



Fellow: Marie Malinowski
from New York



Fellow: Steven Powe
from Washington, D.C.



Fellow: Danielle McGill
from Florida



Fellow: Bob Peterson from
Illinois



Fellow: Cole Browne
from Kansas

Fellow: Shiloh Blackburn
from Idaho

SARTAC: Self-Advocacy Civil Rights Movement

From **Our Common History: Fighting for the Rights of People** By TASH

For hundreds of years, people with intellectual or developmental disabilities (I/DD) had labels like retarded or moron. Some people thought they were dangerous. Parents were told to put these children in institutions.

The self-advocacy civil rights movement started because people with I/DD did not want to be called these labels. In the 1960's a group of people with I/DD in Europe started clubs to plan outings in the community. They made their own choices and mistakes. Then the Swedish Parents' Association had a national conference for the people in these clubs. They came together to talk about their lives and concerns.



In 1973, the “**First Convention for Mentally Handicapped in North America**” happened in British Columbia. It focused on self-advocacy. A lot of people with I/DD from Oregon went to the conference. The people from Oregon decided to start their own group. They named their group People First because they wanted to be called by their names and not their disability label. They decided to have their own conference. Over 600 self advocates attended that conference in Salem, Oregon in 1974.

More self-advocacy chapters started after the Oregon conference. By 1975, there were 16 People First chapters. In the 1980's the number of self-advocacy chapters continued to grow. The first national self-advocacy conference happened in 1990. It took place in **Estes Park, Colorado**. Self advocates who went to that conference elected a committee to plan a national group.



The second National Self-Advocacy Conference happened in 1991. The conference was in Nashville. Over 700 people with I/DD came from 32 states. They voted for the national group's leaders. These leaders named the group **Self-Advocates Becoming Empowered (SABE)**.

The Self-Advocacy Movement believes that people with I/DD should make their own decisions. They want to be treated like everyone else in their communities. Self advocacy groups teach people about their rights. Groups work together to change laws in their states. They work on closing institutions. They work on voting rights. They work on transportation. They work on how to get jobs. They work on being treated with respect.

To read the full article, go to: <http://selfadvocacyinfo.org/civil-rights/>

Fellowship Project Leads to Inspired Work on Transportation



The Self Advocacy Resource and Technical Assistance Center (SARTAC) is a project of SABE. (SARTAC) will soon welcome our next group of Fellows. Fellowships are given to people with disabilities who have a policy or leadership project ideas that will make self advocacy stronger. 12 self advocates have been Fellows so far. SABE wants to share their stories.

Danielle McGill was a SARTAC Fellow in 2017. She is from Florida.

Danielle said her volunteer work with a legislator inspired her to work on transportation. She talked about how hard it was for people with disabilities to get around. She didn't want people to be stuck at home. To have a life like everyone else. To have a job or go to college. But, how to get started?

Each Fellowship project works with a host organization. Danielle found out that Ann Stork Center had a Mobility Management Facilitation Program. Jayson Babel and the Center supported her [Independence is only "A Ride Away" Project](#). The Center needed people to do transportation surveys., Jayson and Danielle visited groups together. She told them about her project. The goal was to make a guide to help people use different kinds of transportation. She made videos of trips and shared information on her Facebook page.

Being part of this project helped her grow as a person. She learned to manage her time. Work with a team and trust her supervisor. How to ask for the support she needed to do her job. This support is called accommodations. When she started she and her mom were afraid for her to use all kinds of transportation, not just paratransit. "When I did use each kind, I was proud and so was my mom. Mom tells people about what I am doing".

If you are thinking about being a Fellow or Host Danielle said it is important that they believe in the project goals and can work together.

The Center hired her during her fellowship because they believed in her work. She hopes to expand her guide to every county. Danielle says her project has raised awareness of what people face day to day in transportation. Legislation needs to be written so that transportation services can cross county lines safely. She also wants to bring more job friendly laws to her state.

Here is our website: <https://www.annstorckcenter.org/mobility-management-program> and A Ride Away Project Facebook page <https://www.facebook.com/ASCRiderInsider/>

SABE Board Region openings

These are the opening in each **SABE** region. If you would like to run for these positions, please fill out an application and return to Juliana Huereña at prinzjana17@gmail.com. Deadline to return application is **January 4, 2019**.

Region	Representative 1	Representative 2	Alternate 1	Alternate 2
Region 1 Alaska, Idaho, Montana, Oregon, Washington	 Open	 Open	 Open	 Open
Region 2 Arizona, California, Hawaii, Nevada	 Open	 Open	 Open	 Open
Region 3 Colorado, New Mexico, Utah, Wyoming	Vicki Wray from Colorado	 Open	 Open	 Open
Region 4 Kansas, Missouri, Nebraska, North Dakota, South Dakota	Roger Crome from Missouri	 Open	Kelly Ray from Missouri	 Open
Region 5 Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio, Wisconsin	Diana Mairose From Ohio	Melody Cooper from Indiana	 Open	 Open
Region 6 Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee	Bernard Baker	David Taylor Jr.	 Open	 Open
Region 7 Delaware, Maryland, Pennsylvania, New Jersey, Virginia, Washington DC, West Virginia	Gary Rubin from New Jersey	 Open	 Open	 Open
Region 8 Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont	Eric McVay from Maine	Anne Fracht from Massachusetts	Randy Lazotte from Vermont	Coleen Mackin from New York
Region 9 Arkansas, Louisiana, Oklahoma, Texas	Darren Morris from Arkansas	 Open	 Open	 Open

The Importance of Completing the SABE Voter Experience Survey

Self advocacy groups have been telling us they are worried about their services being cut.

They ask SABE, “What can we do?” We know the way Americans get their voices heard is by **voting**. That is why the SABE GoVoter Project works so hard to learn about **YOUR** voting experience. By completing the survey, we can share your comments with election officials.

A successful voting experience is a shared one. If everyone does their part, our right to an independent and private vote will result.

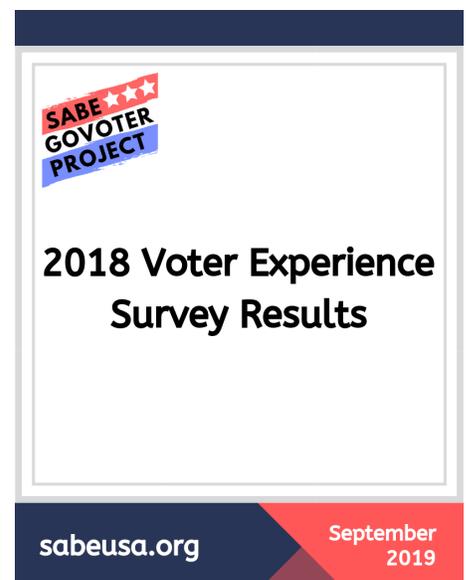
- **Voters** must be prepared
- **Local** and **State Election Officials** must make voting accessible and safe
- **Law makers** must pass legislation and guidelines that protect our right

What makes the SABE survey

different is that it collects first-hand feedback directly from you, the **voter with disabilities**. The SABE GoVoter Project works with state P&As and Self Advocacy groups to collect Voters with Disabilities Experience Surveys.

We cannot expect legislators to know what are needs and problems unless we tell them. When you complete this survey, you are telling them what they need to know about the voting process for person with a disability.

The **more** completed surveys we collect, the **better** the Report will be, and the more that election official will **listen** to us and **take action**.





Top 3 States WIN!

The 3 states with the most completed surveys will earn conference registration to the SABE 2020 Event in Denver, CO

IDEAS for SUCCESS

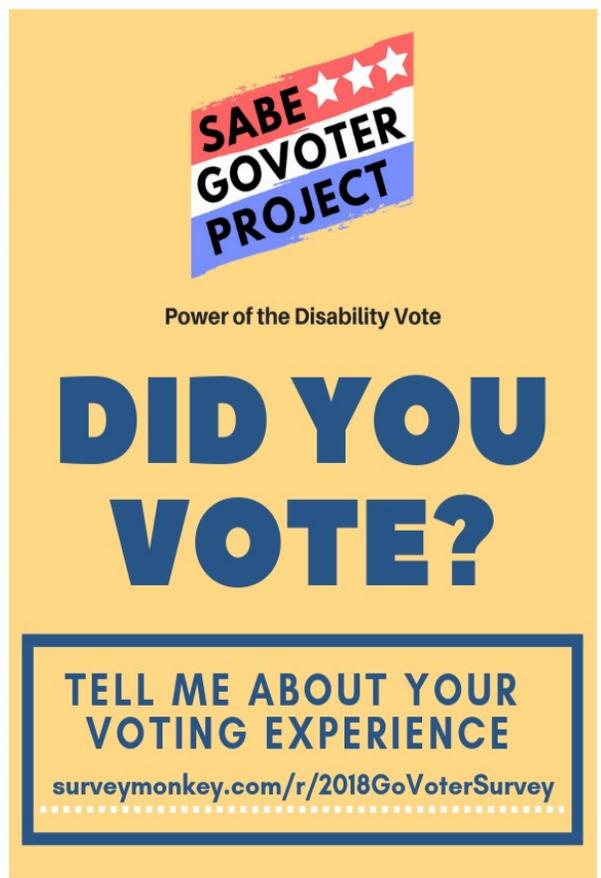
Our winners printed out paper copies and asked all their voters in their group to fill them out. You can ask your provider agency if staff can help you collect surveys from voters.

Go to:

www.sabeusa.org

call or email Juliana at
602-502-7426

j.huerena@swifamilies.org

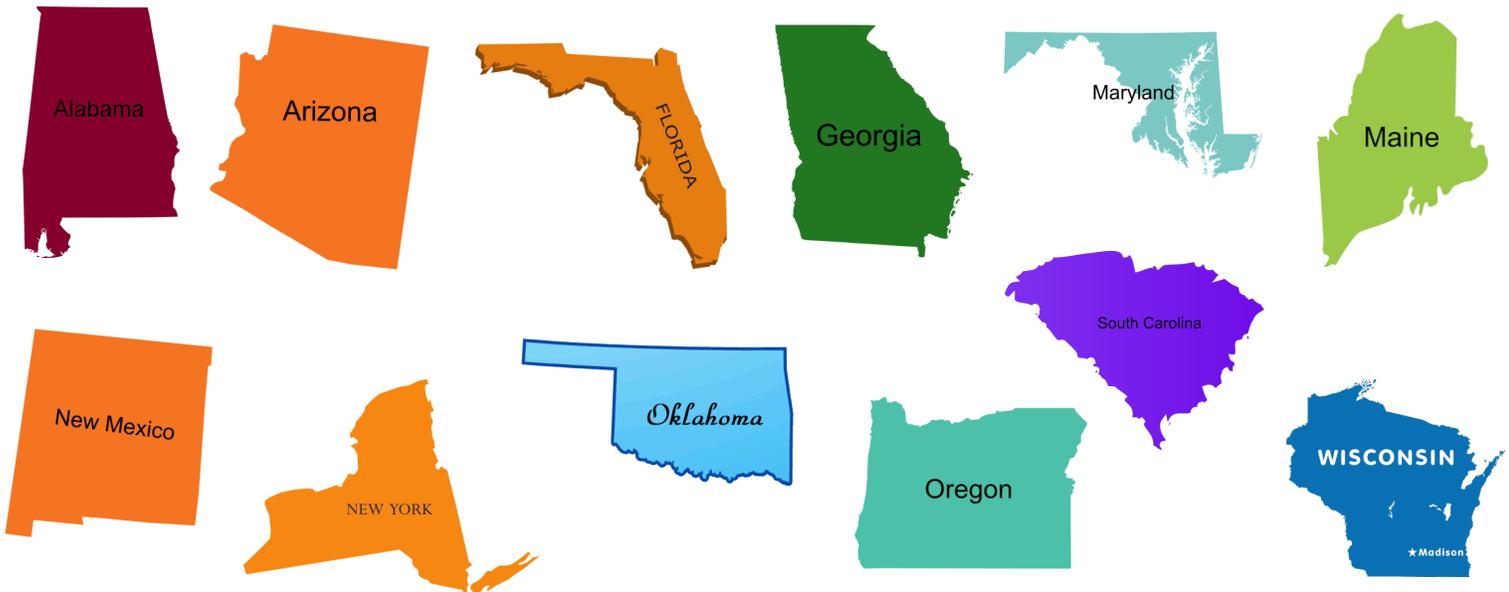


SABE GoVoter Project

This past year, Arkansas, California, and Indiana self advocacy groups and P&A are working together. They participated in the SABE GoVoter SABE Voter Project “**How to Get the Best Out of Your Voter Project Training!**” webinar series.



These are the states that have completed the SABE GoVoter Distance training:



You may have done the vote training with SABE in the past. SABE now offers it online with updated materials. If you have more than one P&A office in your state, we would like for you to have you apply next year.

Interested?

Email Teresa Moore at mooreadvocacy@hotmail.com.

SABE Collaborates with UMass-Boston ICI: What is Employment First?

Members from SABE, Jason Billehus, John Britton, and Max Barrow with supports from Juliana Huereña and Karen Topper meet monthly.

The Truth Comes from Us, Employment professionals play a powerful role in the pursuit of true inclusion. This paper by self-advocates outlines key steps on how allies can move people with developmental disabilities out of poverty and into the heart of our communities. As employment professionals receive more education, they will be in a better position to empower the people they support to pursue their dream careers.

The Truth Comes From Us

Supporting Workers with Developmental Disabilities

By Max Barrow, Jason Billehus, John Britton, Allison Cohen Hall, Juliana Huereña, Nicole Ledson, Eric McKay, and Karen Topper



Employment professionals play a powerful role in the pursuit of true inclusion. This paper by self-advocates outlines key steps on how allies can move people with developmental disabilities out of poverty and into the heart of our communities.

SELF-ADVOCATES BECOMING EMPOWERED

ThinkWork!

On Target by John Britton

In 2000, I was living on my own with really supportive personal assistants coming in the mornings and evenings. But I just lost my job that a high school teacher had helped me get at an attorney's office. What to do next? I shopped at Target all the time. I like to help people and thought it would be a good place to work. My parents were worried and said, "Johnny, I don't know about this one."

Back in those days you asked for an application. The person I asked said, "Who is this for?" I replied, "It's for me." They responded with a puzzled look saying, "Really?" I said, "Yes," and rolled away.

My assistant helped me fill out the application. I turned it in the next day. The person said, "Thank you, we will call you." I called them after a few days. It took a couple of times for them to figure out what I was saying. I would say, "Wait, don't hang up, I want a job." They kept saying the person who hires is not here. I kept asking and got a time to see her.

I went in to see her and she said, "We don't have anything right now." I kept on bugging them. When it rained I called. When the weather was nice, I would call and ask to see her. If she was busy I would tell them I would shop and wait for her. Then she would say, "He John, now you don't stop." I went in about five times over a month. They figured I was not kidding around. They eventually called me for an interview.

I was so excited for the interview. I went with a personal assistant. Like many times in my life, I introduced my assistant saying, "She is here to interpret if you don't understand me. But please, talk to me, not her." She sat in on the interview, but only interpreted when she needed to. The target manager seemed ok with it. She asked me, "what can you do for us?" I answered, "I really like Target and want to work here. Let me look around and see what I can do and come back to you." We parted positively and with a smile.

Over the next couple of days, I looked around the whole store. When I met with the manager again I said, "I have been looking around and it seems like you need some help keeping the service desk returns picked up. I can put stuff back."

She replied, "Oh, you're right. The 'go-backs' area does get busy and extra help is always needed. Anything else you're thinking about?" I suggested, "What about if I keep things picked up around the store?" I added, "Give me a chance and if I don't do a good job I will roll out of here."

The rest is history. I have been working at Target for 10 years now that includes a move from Illinois to Arizona, where I transferred stores but stayed with the company!

The lessons for employment professionals are: help when asked, and assume I can do it on my own unless I ask for help. I can do my job mostly without supports. I get some help at break-time-to eat lunch or to shop. For the most part, when I need help, I'll just ask a co-worker.

APSE EMPLOYMENT FIRST STATEMENT

Adapted by Green Mountain Self Advocates and Self Advocates Becoming Empowered

All people with disabilities should have opportunities to work. Public dollars should be used to pay for supports for people to work in the community.

People with disabilities, their families, and their allies believe that:

- Too many people with disabilities do not have a job. This is unacceptable.
- All people should have opportunities for real jobs with real wages. It will get us out of poverty. We will be more independent. We will feel more included.
- All people, with and without disabilities, can work in jobs together earning minimum wage or higher.
- Like everyone else, people with disabilities should have access to supports that they need to work successfully.
- All people, no matter what disability they have, have the right to work a job they choose that matches their skills and interests.
- Public policies must support people with disabilities having real jobs. Money for services should be spent on people having jobs in the community.
- Just calling your state an Employment First state is not enough. "Employment First" is when everyone who wants a job, has a job.

APSE **EMSA** **SELF-ADVOCATES BECOMING EMPOWERED** **ThinkWork!** **ICI**

APSE EMPLOYMENT FIRST STATEMENT,

Adapted by Green Mountain Self Advocates and Self Advocates Becoming Empowered. All people with disabilities should have opportunities to work. Public dollars should be used to pay for supports for people to work in the community. Copy the link to view statement.

A Purpose in Life: Why Employment First Matters to Self Advocates, This paper talks about the Employment First movement and what it really means to people with disabilities. People with disabilities told us that they want to work in real jobs for real pay.

You can read these white papers on the RRTC

Employment Project page at www.sabeusa.org

The next white paper will be the results of the dream Job survey.

A Purpose in Life: Why Employment First Matters to Self-Advocates

By Self-Advocates Becoming Empowered and Green Mountain Self-Advocates

INTRODUCTION

We are seeing a bad employment pattern. Research is saying that the number of people working in sheltered workshops is going down but the number of people working in the community is not getting any bigger. Why? Because instead of working in community employment, many people are moving into day programs. This is not the direction we want to be going in. We need to bring the numbers of people working in the community up! Even though there are new laws limiting the use of sheltered workshops, it is so sad to know that some youth are still placed in sheltered workshops when they could have so many other options. We can do better.



Explore Work Curriculum

This great resource was created with and for self-advocates in Florida to learn more about employment. Working together they are discovering what it means to work in the community.

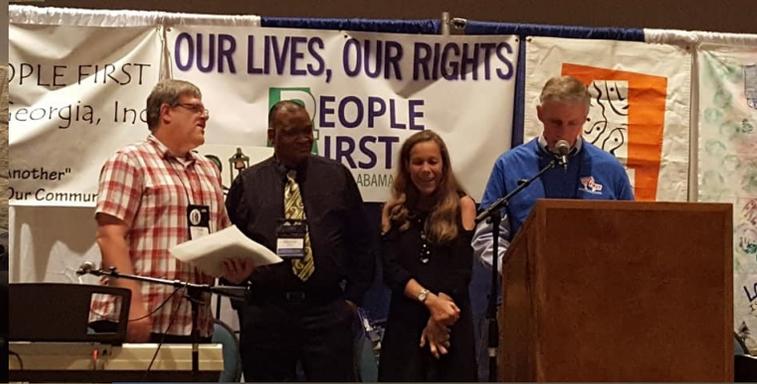
The curriculum covers 4 topics:

- Why people work
- How people decide what kind of job they want
- Working with VR and other state agencies that can help you find and maintain work
- Advocating for yourself

You can get a copy at: www.employmentfirstfl.org/explore-work-curriculum



SABE AT WORK!



SABE 2018-2020 Board

Region 1 (Alaska, Idaho, Montana, Oregon, Washington)

Region 2 (Arizona, California, Hawaii, Nevada, Guam, Northern Mariana Islands.)



Region 3 (Colorado, New Mexico, Utah, Wyoming)



Region 4 (Kansas, Missouri, Nebraska, North Dakota, South Dakota)



Region 5 (Illinois, Indiana, Iowa, Michigan, Minnesota, Ohio, Wisconsin)



Region 6 (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee)



Region 7 (Delaware, Maryland, Pennsylvania, New Jersey, Virginia, Washington DC, West Virginia)



Region 8 (Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont)



Region 9 (Arkansas, Louisiana, Oklahoma, Texas)



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Improving Cultural Diversity in Your Self Advocacy group



GEORGETOWN UNIVERSITY

LEADERSHIP ACADEMY

Increasing Leadership for Cultural Diversity and Cultural and Linguistic Competence in Networks Supporting Individuals with Intellectual and Developmental Disabilities

SABE is in partnership with the Georgetown University Leadership Institute for Cultural Diversity and Cultural and Linguistic Competence... a catalyst for change in networks supporting individuals with intellectual and developmental disabilities project.

The leadership academy was very educational. I was able to have fun this environment. On Monday, we learned about leadership and how to bring out the leader in ourselves. With this experience at the academy, we can now do our jobs to the best of our abilities, using the learned skills of speaking with confidence with different government leaders and in our respective communities.

We also worked together in small groups giving each other feedback. We learned communication skills to better our efforts within our communities. How can we figure out solutions to address our problems? Make sure you understand what your community needs, listen to them, and create an action plan. By Thursday, we completed our final assignment and graduated that night. I received my certificate and I was very proud of attending the Leadership Academy in Santa Fe, New Mexico, October of 2018.



For more information about the program, go to: <https://nccc.georgetown.edu/>