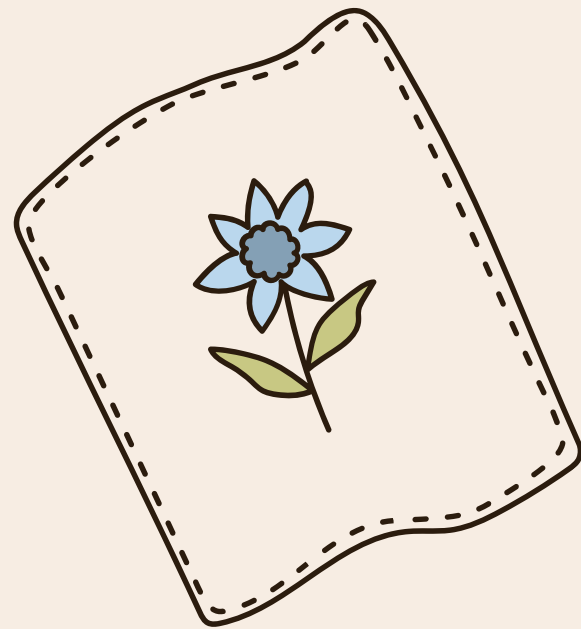




BECOMING OUR ADVOCATES

Presentation by Valley Association for
Independent Living,
Peer and Transition Services Counseling
Genesis G Lezama





VAIL Info

OUR PROGRAMS:



Mobility Management Services



Texas Specializes Telecommunication Assistance Program



PAL program & Transition Services



Independent Living Core program



IL Deaf Services



Support Group



Community living Assistance Support Serv



Independent Living Purchasing program



Recreational Activities

BECOMING OUR OWN ADVOC

Strategies for parents of students with disabilities



ADVOCACY, WHAT IS IT?

What does advocacy mean to
you?



Disability advocacy is the act of promoting and defending the rights of people with disabilities. It's important because it helps people with disabilities access services, education, employment, housing, and transportation and ensure their needs are met. Advocacy can include but is not limited to: providing information, raising awareness, seeking solutions, amplifying voices.

- In what ways are you an advocate?
- What tools do you need to be an advocate?
- What would you like to learn?

FOSTERING SELF-ADVOCACY

Selfadvocacy is about people having a voice of their own. Many people with disabilities spend much of their lives not being listened to and being told what to do. Decisions are usually made for them by others.

“NOTHING ABOUT US
WITHOUT US”



Provide support for
SelfAdvocacy

What is Autonomy?

- Remember to ask people with disabilities what they want;
- Provide people with information about their disability;
- Teach people about **social model** disability;
- Provide information to people with disabilities about their rights and responsibilities;
- Include people with disabilities in **decision making**;
- Provide people with information about the services that exist in their communities;
- link people with disabilities to **selfgroups** and disabled people's organizations where they exist in the community.

STRATEGIES FOR PAREN



Which one of these do you need to work on?
Which one of these do you proudly do
already?

Establish Meaningful Relationships

Helps you understand your students as well as helps them feel connected to you.
- Focus on strengths

Know your rights!

It is important that you know about the services and supports you are entitled too. As well as being informed about the law.

Create sense of responsibility

Allow your child to take on responsibilities provide support when necessary. Students: take responsibility of your success!

MORE STRATEGIES FOR ADVOCACY

It is never too late to learn. Anyone can be an advocate!



Accommodations

Know what accommodations are needed and to who and where to request them.

Learn about supports outside of school

Counselors and SWs at school may guide you and provide information about other supports. Why is it important to have more than one support?

Supervise

What is the difference between supervision, guidance, and a helicopter parent? How to establish and enforce boundaries?

COMMUNICATION IS KEY FOR AD

- There are three key ingredients for effective communication: means, reason, and opportunity.
- Identify barriers to communication
- Carry out a basic communication assessment
- Provide support to develop communication skills
- Address communication barriers

Why is it important to have good communication skills and effective communication strategies?



COPING WITH S

Parents also need assistance in coping with stress, their own feelings and frustrations.

#1 Implement Self Care!

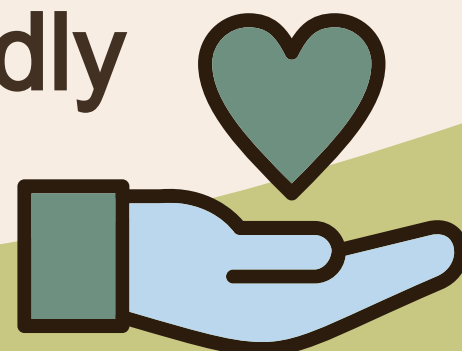
Think it through rationally



Manage your time & Learn to prioritize



Implement changes kindly and firmly



SELF CARE ACTIVITIES



**Rest and
Relaxation**



Play time!



Get some exercise

**Incorporate a
balanced diet**



KEEP IN MIND



Educate yourself. It is never too late to learn about your child's diagnosis

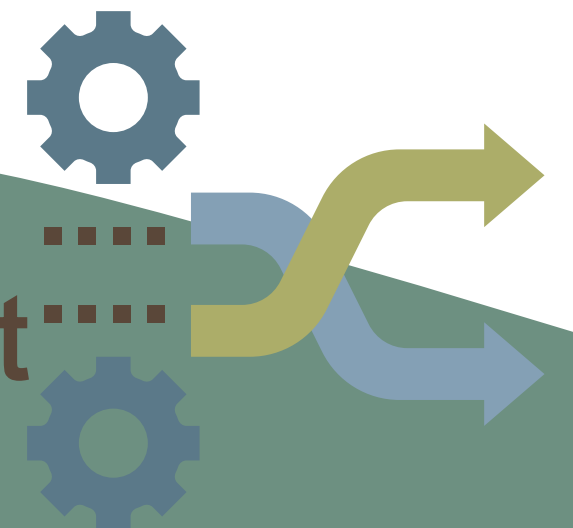
YOU'VE
TOTALLY GOT
THIS!

Be gentle with yourself. You are doing your best!

Do research and keep an open mind!



Expect constant change



THANK YOU

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