

THE ADVOCATOR

A quarterly newsletter for Self-Advocates

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Self Advocacy

Independent, not dependent: *not depending or contingent upon something else for existence, operation, etc.*

Being independent means making your own choices, working, community involvement, living in your own place, shopping, going out to eat, going to movies, volunteering, and many other activities of daily life.

Independence involves asking for advice or opinions because that helps you make your choices. You use the information gathered in the advice and opinions as well as your own thoughts. Experience is useful when living independently. It's helpful to know how to use a computer, how to use public transportation, and to be active in your community.

I hope everyone has a great New Year!

Warm regards,

George Neal

Consumer Corner

Hello!

On Thursday, January 16, 2020, I was interviewed live on Alabama Care's Facebook page. One of the topics we discussed was how life experience can build your confidence. When you have confidence in yourself, you are better prepared to live independently. I think I've mentioned before that having a job helps build morale, self-esteem, social skills, and confidence. If not a job, being active in any type of community setting is helpful. In this new year, I would like to encourage you to find experiences that help you build your confidence! I have included a link to the video interview below.

<https://www.facebook.com/AlabamaCare/videos/571123240285251/>

Best,

George Neal



Advocator Cafe

In the not so distant future some or all of you might hear me give a presentation to talk about the new Home and Community Based Settings (HCBS) Rule. Why is the rule important?

The rule will:

- ***Make sure you have the benefits of community living.***
- ***Make sure you have the same access to the community as individuals who do not have disabilities.***
- ***Protect your individual rights.***
- ***Give you the opportunity to pick your services and get them where you want them.***
- ***This rule intends to help you live independently and make choices.***

Engage in community life, control personal resources, and receive services in the community, to the same degree as individuals not receiving HCBS.



HCBS services must be provided in settings that focus on the needs of the individual as identified in the individual's person-centered support plan.



Provide opportunities to seek employment and work in competitive integrated settings.





THE SELF-ADVOCACY TREE

Original design by Erica-Rachael Fiel

GET TOGETHERS **POLITICAL ACTION**

Technology School
 Health & Fitness Transportation
 Places to Live Real jobs
 Romance Fun Support
 Friendship

NEWSLETTERS **PRESENTATIONS**

WEBSITES **ADVOCATING**

Branches
 Topics the group is interested in

Fruit
 Actions taken to achieve goals

Trunk
 Principles and mission of the group

Roots
 People who participate as self-advocates

Respect us
 Contribute
 Listen to us
 Community first
 Support each other

Erica imagined this tree to help people see how everyone can work together.

Produced by The Riot at HSRI based on work at the Virginia SALT Forum in April 2010. Visit The Riot at www.theriotrocks.org

Upcoming Events:

ALABAMA WORKS! Conference
 April 20-23, 2020
 Mobile, AL
alwksconference.com

AL-APSE 2020
 Employment—The Vision is Clear!
 July 8—10—Montgomery
www.al-apse.org

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