

THE ADVOCATOR

A quarterly newsletter for Self-Advocates

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Self Advocacy

Living Well With A Disability

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Adjusting to a disability is never easy, but there is a way to help yourself cope with limitations, overcome challenges, and build a rewarding life

Making the adjustment;

Adjusting to life with a disability can be a difficult transition. We all tend to take our health for granted-until its gone. Then, its easy to obsess over what we've lost. But while you can't go back in time to a healthier you or wish away your limitations, you can change the way you think about and cope with your disability! You are still in control of your life! There are many ways you can improve your independence, sense of empowerment and outlook. No matter your disability, it's entirely possible to overcome the challenges you face and enjoy a full and fulfilling life.

Minimize your disability's impact on your life;

It goes without saying that your disability has changed your life in big ways. It doesn't help that you live in denial about that. You've got limitations that make things more difficult. But with commitment, creativity and a willingness to do things differently, you can reduce the impact your disability has on your life.

Be your own advocate;

You are your own best advocate as you negotiate the challenges of life with a disability, including at work and in the healthcare system. Knowledge is power, so educate yourself about your rights and the resources available to you as you take charge. You'll also start to feel less helpless and more empowered.

Take advantage of the things you can do;

While you might not be able to change your disability, you can reduce its impact on your daily life by seeking and embracing whatever adaptive technologies and tools are available. If you need a device such a prosthetic, a white cane, or a wheelchair to make your life easier, then use it. Try to let go of any embarrassment or fear of stigma. You are not defined by the aids you use.

Set realistic goals-and be patient;

A disability forces you to learn new skills and strategies. You may have to relearn simple things you used to take for granted. It can be a frustrating process, and it's only natural to want to rush things and get back to functioning as soon as possible. But, it's important to stay realistic. Setting overly aggressive goals can actually lead to setbacks and discouragement. Be patient with yourself. Every small step forward counts. Eventually you'll get there.

An excerpt from: *Living Well With A Disability* by: Melinda Smith, M.A.

Warm Regards,

George

Advocator Cafe

Advocator Cafe

Leader; a person or thing that leads, a guiding or directing head, as of an army, movement, or political group.

As I'm sure you all are aware, November 3, 2020 is the day for the United States Presidential Election. Americans will be electing our new leader. It is so important to get out and vote!! I have included a link to an article from [The Mighty](https://themighty.com/2020/10/disability-voting-resources-election/?utm_source=newsletter_disability&utm_medium=email&utm_campaign=newsletter_disability_2020-10-01&utm_deep_link=true&utm_p=e_cordial&utm_original_url=https%3A%2F%2Fthemighty.com%2F2020%2F10%2Fdisability-voting-resources-election%2F%3Futm_source%3Dnewsletter_disability%26utm_medium%3Demail%26utm_campaign%3Dnewsletter_disability_2020-10-01%26%24deep_link%3Dtrue&utm_branch_match_id=702976653918354491) that discusses some helpful information on voting for the disability community. EVERY vote counts and EVERY citizen has the right to vote! If you do not have a way to vote, make some contacts using the resources in this article. If you have questions after reading this article contact me and I will be happy to help you locate the resources you need.

Happy Voting!!!

George

https://themighty.com/2020/10/disability-voting-resources-election/?utm_source=newsletter_disability&utm_medium=email&utm_campaign=newsletter_disability_2020-10-01&utm_deep_link=true&utm_p=e_cordial&utm_original_url=https%3A%2F%2Fthemighty.com%2F2020%2F10%2Fdisability-voting-resources-election%2F%3Futm_source%3Dnewsletter_disability%26utm_medium%3Demail%26utm_campaign%3Dnewsletter_disability_2020-10-01%26%24deep_link%3Dtrue&utm_branch_match_id=702976653918354491





Darren Morris

Darren was born March 20, 1969 in Chicago, Illinois. It was discovered that he and his twin brother, Derick, both had some learning disabilities. That did not stop either one of them. In 1999, they both moved to Tuscaloosa where Darren worked for Ability Alliance and joined People First of Alabama.

From there, in 2004, Darren became State Vice President of People First of Alabama. He took his first plane trip to Washington D.C. with the People First of Alabama Board to talk to the Senators and Legislators about the Disability Movement in Alabama. He has served as State President of People First of Alabama and also as their State Coordinator. He's been employed at Walgreens and has worked as a security guard.

In 2016, Darren moved to Little Rock, Arkansas to take a position with Disability Rights Arkansas as their Advocate. Darren travels throughout the state talking to people with disabilities about their rights and inspiring people to live full, independent lives in their communities. Darren is also on the SABLE board where he attends quarterly meetings and travels the country going to conferences talking about Disability Rights and Inclusion.



Upcoming Events:

Stay tuned for info on rescheduling of events that were not able to take place during the COVID-19 pandemic.

Please visit the link below for the latest informational webinar from the Office of Self-Advocacy.

<https://www.youtube.com/watch?v=dgetWaAlNyg>

I would like to encourage all of you to send me your success stories. It can be anything from moving into your new home, starting a new job, making a trip to buy groceries, etc. Any accomplishment that goes towards being self-reliant and having inclusion in the community is acceptable. If you send me your stories, I can put them in the newsletter to share with others and help inspire them to achieve their goals.

**Warm Regards,
George**

For information on self-advocacy presentations, please contact:

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