

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. Independence means making your own choices, working, having inclusion in the community which includes living in your own place, shopping, going out to eat, going to the movies, etc. Asking for help, advice, or opinions is a good way to gather information you can use when making your own choices. Experience also helps with being independent. For example, knowing how to use a computer, how to use public transportation, volunteering. What is your favorite thing to do? I like working and traveling.

Experience is a great builder of self confidence and knowledge. When I started working at my first job, it took a year or so, but I learned a lot and had quite a few other jobs which I gained experience and it prepared me for where I am now. Travel was the same for me. When my parents divorced my brother and I flew on airplanes back and forth to see our dad; it prepared me so I could do it by myself. Since I've been living on my own, I've gotten lots of experience working a computer, a smartphone, and shopping online. Some of those experiences I've blended into my job. When I travel for work I make my own hotel reservations, reserve a shuttle, check in at the airport, and get to the gate. All of this and more helps you become very independent and that's very important.

The library is a great place to gain some knowledge. They have computers and one time classes to learn the basics of operating a computer. You can watch tv, movies, stream music, shop, and order your groceries. Things are always changing its important to keep up and stay in the know. I hope this article has been very informative to you today.

Warm Regards,

George

Consumer Corner

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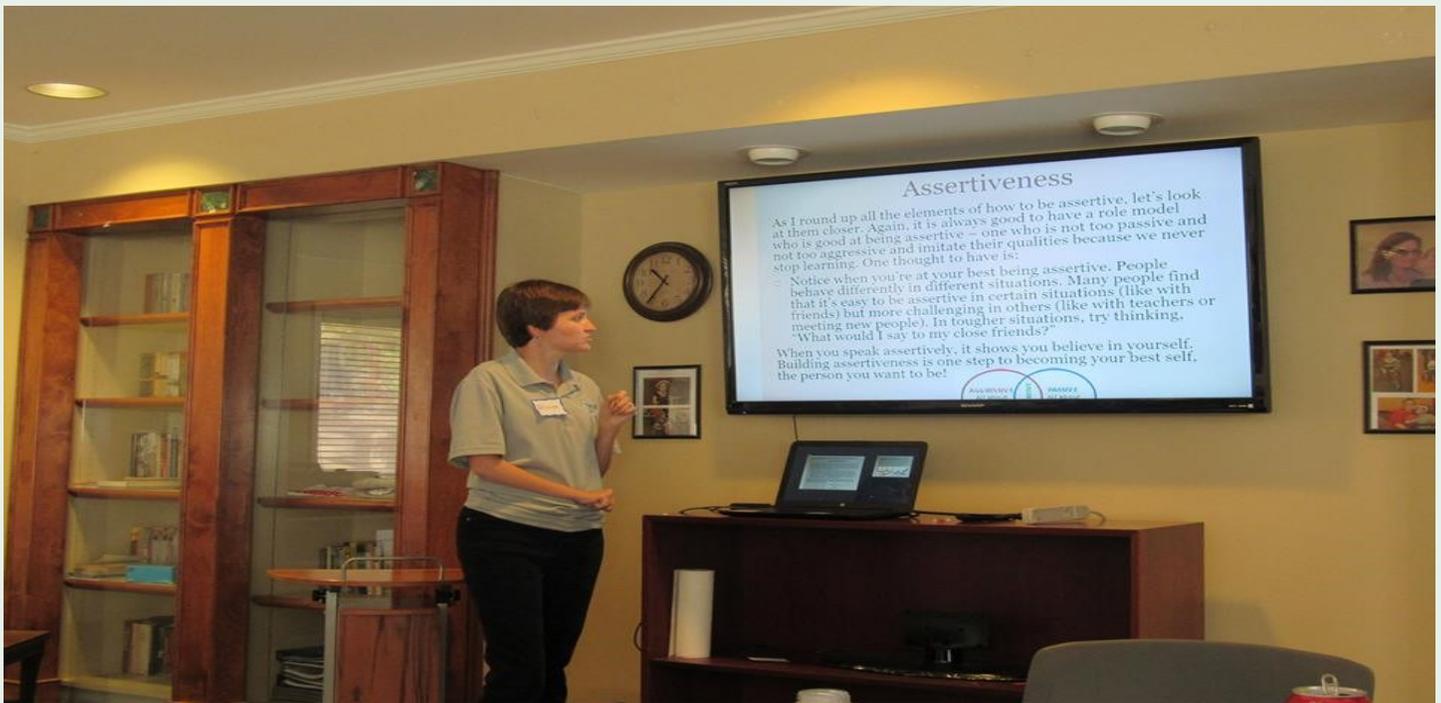
I know we've talked about many benefits that employment has to offer. For instance, earning a paycheck and being independent with how you spend your paycheck. You also get to make more choices on your own and perhaps even become a better self-advocate.

So, how do you prepare to go to work? Here are some tips provided to us by Derek Greer, Employment Resource Specialist with ADMH.

1. Build a good resume and keep it updated.
2. Turn your phone off or on silent and put it away during the interview.
3. Speak clearly and make good eye contact with the interviewer.
4. Send a thank you note after your interview. It will help you stand out from the other interviewees.
5. Give a good, firm handshake when the interview is over. (Maybe a fist or elbow bump these days.)
6. Once you start a job, make sure you are on time, dressed appropriately for the job you're doing, and always respectful of others you work with.
7. If you don't know something or need help, ask.
8. Be sure to check out helpful resources like your local Career Center to find assistance writing a great resume, job searches, and help developing the skills to get and keep your job.
9. Another interview tip is to always make sure you have showered and are wearing clean, pressed, professional clothes. Don't wear cologne or perfume as some people are allergic to scents. Men should have a neat haircut and be clean shaven. Women should have neatly combed hair.
10. When you build your resume, make sure you list your last three places of employment. Include volunteer work. List any clubs or organizations that would be relevant to the job that you're applying for. List any other skills that you have that would stand out to a potential employer.
11. Always learn some information about the company before you interview. And prepare a statement about how you could be of value to the company.

Always put your best foot forward! Good Luck!!

George



Allison Haynes

My name is Allison Haynes and I was born with Cerebral Palsy that affects the right side of my body, which makes it hard for me to work with my right hand.

My Cerebral Palsy also affects my learning skills, so I was having a hard time in school with various subjects, one of them being mathematics. Because my parents did not like the way the special education system was set up, they decided to take me out and homeschool me and on May 21, 2000, I was blessed to receive my high school diploma.

When I started looking for a job, my passion was to be able to help people and work with people who have disabilities similar to my own but I had a hard time finding that kind of career opportunity. I was turned down after having many interviews.

With the help of friends, family, and the Alabama Department of Rehabilitation Services, I began volunteering with People First of Alabama while working for United Ability and then my volunteer position became permanent. I currently serve People First of Alabama as their Outreach Coordinator and on October 4, 2019, I received an "Employee of the Year" award for my work at People First.



Upcoming Events:

Alabama APSE: August 3-5, 2022 Montgomery, AL

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

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