

# ***Advocates as Leaders Speakers' Network***



Provides **FREE** training to self-advocates, professionals, family and supporters of people with disabilities, and community members.

Advocates as Leaders Speakers' Network are trained speakers with developmental and intellectual disabilities that focus on providing information and experiences related to disability issues, presented through their eyes.

Each presentation is designed and delivered by self-advocates who have expertise in a variety of subjects that impact the lives of people with disabilities. The message of the network is one of empowerment, working through life's challenges, and the opportunities available to people with disabilities and their families. Presentations can be modified to meet the needs of the audience.

*For more information email us at [uddc@utah.gov](mailto:uddc@utah.gov) or call 801-245-7350*

# ***Presentation Offerings***

## **Advocating for Community Change**

This training offers strategies to use your leadership skills to benefit the place you live. We will discuss how to identify changes you want to make and steps to take action. We will also discuss volunteer service, voting and committee participation.

## **Disability 101**

What does it mean to have a disability? We will cover the basics of disabilities, disability history, and laws that support people with disabilities. The training also discusses accommodations, advocacy, integration and accessibility.

## **Dispelling Myths about People with Intellectual/Developmental Disabilities**

We will explore the differences between diagnosis and function and highlight the contributions of people with developmental and intellectual disabilities. This presentation also covers exploitation and crimes, and how to support people the way they want to be supported.

## **Online Safety**

This training introduces the potential threats on the internet. Trainees will learn about identity theft, viruses, malware, scams and phishing. Tips for protecting privacy and avoiding predators and cyber-bullies will be shared. Lastly, we discuss safely using social media and virtual dating platforms.

## **Language Matters**

There is a lot of power in the words we use. This presentation will talk about preferred terms and explore the differences between person-first and identity-first language.

## **No Limits: Raising Expectations**

This presentation explains what an expectation is and the power it can hold. We also introduce the concepts of self-advocacy, self-determination and how to support people how they want to be supported.

## **Self-Determination is for Everyone**

We will learn what it means to be self-determined. Trainees will understand different ways to support others to take part in decisions that impact a person's life.

## **Setting Boundaries**

This presentation defines what boundaries are and how to set and maintain boundaries.

## **Stand Up & Speak Out (Anti-Bullying)**

When and where do people encounter bullying? What do we do about it? In this training we will discuss how to identify inappropriate behavior and how to speak up when it's happening.

## **Supported-Decision Making**

Supported-decision making is an alternative to Guardianship where people with disabilities use friends, family and professionals to help them understand decisions they face so they can make their own life choices. Trainees will walk away with a guide to help use supported-decision making in their lives.

## **Spreading the Truth: Working and Social Security Benefits**

Employment is a big part of many people's lives. Many people want to work! This presentation is designed to help people better understand how earning money could impact their social security benefits. Resources will be shared to help trainees determine if working is right for them.

## **Volunteering in Your Community**

This presentation is all about doing good and feeling good! Attendees will learn the physical and mental benefits of volunteering and how to look for opportunities to serve in their communities.

## **We the People; The Self-Advocacy Movement**

What is a movement and why do we need one? These questions and more will be answered during this presentation about what it means to be an advocate and the people that are paving the way toward fairness and equality.

## **Celebrating Self!**

Recognizing our gifts and talents improves our confidence and gratitude. Together we will explore what makes us unique and how to empower ourselves and others.

## **Empowering People**

Learn what it means to empower ourselves and others. Attendees will learn strategies for offering support and empowerment.

## ***Didn't see what you were looking for?***

Our speakers will do their best to research and create a presentation that meets the needs of our audiences. If you would like to request a special topic or area that is not listed in our current offerings, please contact us at [uddc@utah.gov](mailto:uddc@utah.gov). We will gladly consider your request.