

Learning the skills of self advocacy



One-day workshop
**For people with intellectual
disability**

Friday 21st Feb 2013

10.30am to 3.30pm

This Anti-bullying Initiative is run by a group of self-advocates with the support of their Advocacy Development Officer.

They believe that people with an intellectual disability need to learn about the skills to becoming effective communicators. Speaking up and speaking out about the things that are important to this group is paramount in changing both the negative attitudes and systems that currently disable them in living an ordinary life.

The NAAG group is made up of self-advocates (people with intellectual disabilities speaking up and speaking out for their rights), along with supporters and allies from all over Ireland.

The Objectives include:

1. Communicating to participants about the lived experiences and learned understandings of advocacy and self-advocacy from the perspective of those who are working members of the group
2. Providing a safe platform where participants can share their ideas and experiences about their understandings and experiences regarding advocacy

3. Learning practical skills on how to become more effective when telling others, that they what something different, changed or stopped in their lives
4. Become aware of the need for them to speak up when they need too

The group's experience is that

“People with intellectual disabilities who work with other people with intellectual disabilities get better results than when ‘able bodied’ people do it”

This training day is:

1. Driven by our members lived-experiences
2. Determined that people become aware of and know about their rights to say what they want and how they feel about the things that matter to them
3. Motivated by the reality that people who have an intellectual disability are experts in regard to living their own lives.

Who should attend?

Any person that has an **intellectual disability and has** an interest in becoming a self-advocate.

During the day, participants will be encouraged to:

- **Reflect upon** behaviours they currently use to say and get what they want
- **Become aware of and realise** the some of these behaviours may not be the most effective way to say and get what they want
- **Learn strategies** to become effective advocates in telling others what they want and what they do not want
- **Learn strategies** on how to offer advocacy support to their peers
- **Think outside the box** – could support services/family/friends help me in other ways to live an ordinary life – what would this support look like
- **Realise** that **they will need support** from their family, friends and services to put their new learning's into practice.

The program for the day will consist of large and small groups interacting in a comfortable and safe environment.

Participants will be encouraged to:

- **Listen actively**
- **Engage in program activities**
- **Think about what they say**
- **Ask questions.**

Training tools used to illustrate key points and offer support to the process of the day will include role-play, group work sessions, open discussions, and visual aids such as DVD and PowerPoint.

- **There will be refreshments in the morning.**
- **There will be a sandwiched lunch.**
- **Participants will get a certificate of attendance at the end of the day's proceedings.**

Cost: participant €40

Cost: support staff €10

Things that you need to know about

Important: Please be aware of the need for participant's to share their new learning's with the people that support them. Services must take on board, that for true learning to happen; people must be encouraged and supported to use their new skills. Deep continual listening must be part of this process.

Important: Please take note that we have a policy that all people taking part on the will need to **arrive on time and stay until the workshop is finished.**

Please take note that this workshop is for **not aimed** at staff or parents. Only supporters will be permitted to **attend** the days proceeding **if a participant requires support to take part** in the workshop.

Please do not hesitate in contacting us if you need any further information regarding this issue –
weldonfi@tcd.ie

Participant numbers will be limited to approximately 14 participants, **closing date for completed booking forms is Wednesday 19th February 2014.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1



Easy to read version



Workshop

	<p>Friday 21st February 2014</p>
	<p>Registration</p>
	<p>Starts at 10.30</p>
	<p>Finishes at 3.30pm</p>
	<p>The National Institute for Intellectual Disability, Trinity College Dublin.</p>
	<p>Facilitated by the national anti-bullying advocacy group</p>
	<p>People taking part in the workshop will need to arrive on time and stay until the workshop is finished.</p>

By doing this workshop you will learn...



What advocacy is and what it is not



About the different skills you need to use to be a self-advocate



About the different types of behaviour we use to get what we want



About asserting yourself



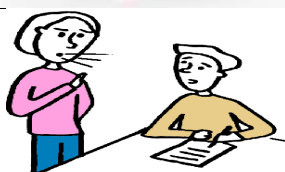
About the importance of negotiation and compromise



Rights and responsibilities



Change



The importance of telling someone when you want something to change or stopped

