



Self Advocacy at Minda inc

Focus Group and Training



Respect | Inclusion | Choice

We Can Do It



Introduction

- Meet and greet





What is Self Advocacy?

- Knowing your rights
- Speaking up for your rights
- Expressing your feelings
- Talking to people
- Team work
- Making and being Friends





Self Advocacy Training

In Self Advocacy training we learn and talk about...

- Having choices and making decisions
- Rights and Responsibilities
- Speaking up
- Expressing ourselves
- Assertiveness
- Supports
- Voting
- Running our own meetings





Express Yourself Focus Group

After people complete the Self Advocacy Training they can join our focus group.

- We discuss how we've spoken up
- Hear about advocacy around Australia
- Have guest speakers
- Attend conferences and meetings
- We work on projects such as our bullying one





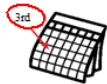
Agenda

Self Advocacy Group

Meeting Agenda



Date: 3.9.13



Time: 5.30-7pm



Welcome/Introductions



Agenda Items

1. Guest Speaker: Amanda Rishworth & Steve Georganas



2. Bullying Project



3. SACID/Our Voice Report- Chris Bergin



4. Fundraising



5. Voting



6. My Self Advocacy





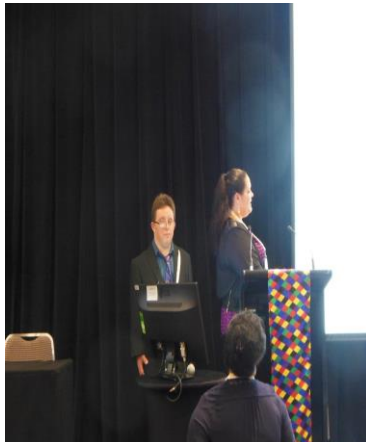
Bullying Project

The Express Yourself Group have been working on a project to raise awareness of bullying towards people with disability.





What else we do as Self Advocates





Voting





Links

South Australian Council of Intellectual Disability (SACID)

Our Voice SA

Inclusion Australia

Our Voice National (Speak Out)



Inclusion Australia

acting locally - representing nationally - connecting globally



Group Work

Brainstorm in groups

- What it means to be a advocate
- How you have advocated for yourself

