

Making Quality A Habit

Putting Person Centered Practices to Work
Resource Note

2020
June

A Note

Resources on supported decision-making, self-advocacy and supporting people with disabilities during the isolation created by the pandemic.

NATIONAL COALITION FOR LATINXS WITH DISABILITIES

Our Common Goal

We imagine a society in which the human rights of Latinxs with disabilities are upheld and all their intersecting identities are embraced.

Imaginamos una sociedad en la que se respeten los derechos humanos de Latinxs con Discapacidades y se aceptan todas sus identidades cruzadas.

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Supported Decision Making: Your Support, My Decisions

Produced by the Delaware Division of Developmental Disabilities Services

Available on YouTube [here](#).



Virtual Meeting Tips	
1 Before the meeting <ul style="list-style-type: none">✓ Pick a place with little distraction✓ Treat this like any in-person meeting✓ Wear clothes that you would normally wear to an in-person meeting✓ Light should be in front of you (not behind you)✓ Close window blinds behind you	Be on time 2 <ul style="list-style-type: none">• Join the webinar a few minutes early• Be ready to participate
4 Use Chat or Q&A <p></p> <p>This keeps attendees from speaking over one another.</p>	MUTE until it is your turn to speak 3 <ul style="list-style-type: none">• Reduce background noise.• Listen when others are talking.
5 Ask to speak <p></p> <p>When you are called on, unmute yourself, say your name, and ask your question or make your comment.</p>	Be Prepared 6 <ul style="list-style-type: none">• Review meeting agenda and documents in advance of meeting• Do not multi-task• Keep on topic and stay engaged



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Virtual Meeting Tips

This poster is available from both the California and Maryland State Councils. Here's one of those [links](#).

Find the NorCal Archive of all newsletters and resource notes at [here](#).



Self Advocacy

In This Issue

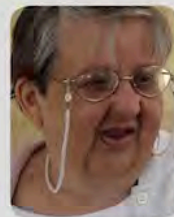
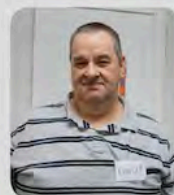
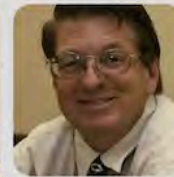
4 Letters from TASH

Introduction

- 6 Introduction by Tia Nelis and Paige Bradford, Guest Editors

Articles from Our Contributors

- 7 Our Common History: Fighting for the Rights of People by Paige Bradford, Tia Nelis, and Ruthie-Marie Beckwith
- 13 Who's In Control by Roland Johnson
- 15 An Introduction to Self-Determination by Bonita Scott
- 17 When I Was Little by Gloria Steinbring
- 18 My Self-Advocacy My Journey by Elouise Woods
- 20 My Vote by Jeff Ridgeway
- 21 Why I Got Involved In Self-Advocacy by Bernard Baker, Chester Finn, Debbie Robinson, Cheri Mitchell, James Meadours, Julie Petty
- 22 The Jerry Lewis Telethon Beginning by Nancy Ward
- 24 Growing Up, I Advocated for Myself by Brad Linnencamp
- 25 There Should Be A Place for GLBTQIA by David Frye
- 26 How I Proudly Became a Self Advocate by Teresa Moore
- 27 Self-Advocacy Timeline
- 36 Where to Find Self Advocacy
- 37 SARTAC Fact Sheet



Download this issue [here](#).

COVID-19



FIGHT ISOLATION AMONG PEOPLE WITH DISABILITIES

People with disabilities often experience isolation and exclusion. During physical distancing, they may be more affected than ever by disruptions to support services and information. Californians can safely help neighbors with disabilities during the COVID-19 pandemic.



Connect and Communicate – Make a plan to regularly stay in touch during physical distancing. Talk on the phone or through the door. Discuss shared interests. Ask “How are you doing?” or “Do you need anything?” like you would with any neighbor.



Share Experiences – Watch the same movie or tv show, then talk about it on your next visit. Use technology to go on virtual tours of museums or national parks. Or have a virtual game night.



Expand Community – Who else does your neighbor with a disability enjoy speaking to? Have their information available for them to contact through phone or video calls.



Set Up Safety Nets – Have an emergency plan, for example who else could help if the neighbor got sick? Or if the electricity went out? Or if the person had to evacuate for a wildfire? Encourage neighbors with disabilities who need help to call their support staff, if they have paid supports.



Use State and Local Resources – connect neighbors in need to 833-544-2374 or 211. Also, California’s State Council on Developmental Disabilities has more activities and tips to help you check on your neighbors at [scdd.ca.gov](https://www.scdd.ca.gov)

Visit [CaliforniansForAll.ca.gov](https://www.CaliforniansForAll.ca.gov)

#CaliforniansForAll



Download this poster [here](#).