

SELF ADVOCACY NATION

By Self Advocates Becoming Empowered

OCTOBER 2013

FALL EDITION

We Want Your Personal Olmstead Story!



To celebrate the 15th anniversary of the U.S. Supreme Court's Olmstead v. LC decision in 2014, the Atlanta Legal Aid Society and People First of Georgia are looking for stories and videos from across the nation of people who represent Olmstead.

The best videos and stories will describe people who are living full and meaningful lives in the community after being confined in institutions or after facing a risk of going into an institution or will be videos of people who are currently in

institutions who want to return to the community. These videos and stories will be featured on the IamOlmstead.org website created by the Atlanta Legal Aid Society, which will go live on January 1, 2014. Videos and stories will also be featured by People First of Georgia on its website and at its national Long Road Home events in 2014. Here is an example of an I am Olmstead video: [Willie's Olmstead Video](#)

**RULES FOR THE CONTEST AND
TERMS OF USE ARE AVAILABLE
ON THE SABE WEBSITE:
<http://www.sabeusa.org/>**





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Plan Now for 2014 SABE Conference



It may seem like a long way off (1 year from now), but it's never too soon to get the next SABE Conference on your calendar. Let's all plan to be there.

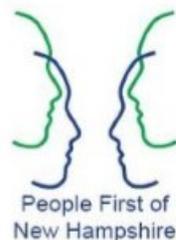
Location: Renaissance Hotel
Oklahoma City, OK

Dates: October 9 - 12, 2014

Sponsor: Oklahoma People First

Theme: "The Sooner We Are Equal,
the Better"

As our movement grows, we're building our power. See you there.



People First of
New Hampshire

People First of New Hampshire
always has great news to share.

Go to their website and
click on newsletter.

www.peoplefirstofnh.org/



Living At Home While On The Autism Spectrum

By Kristofor Medina

I am learning what it is like to live at home, worried about what to do when my Mom is not there to answer the phone, or work with my autistic ways of needing support to type my hidden thoughts and answer my many annoying questions.

Tedious daily living wears on my nerves, working my anxiety up the ladder, taking me on a roller coaster ride and screaming loud repeated phrases come

rolling out. The life of an autistic male living with his mother has been both interesting and challenging.

I love my family, but living at home with them at my age takes the toll on my self-esteem. Thinking about my life as a grown person with autism plays real problems on my self-esteem. Not having my own house or storage is extremely demoralizing. Talking to peers peaks my state of reality. Wishing someday that I could live alone, but ostracizing the idea of it due to the load of support I live with.

At home my autistic ritualized ways respond like fiery demons, talking to my morals not allowing words of intelligence to win. At home wasted specific tasks



take away my real time of engaging in enjoyable activities. Working against my autism and it's out of control ways can be extremely draining. Wasting my always interpretive intelligent lovely mind, my autistic devilish obsessive

rituals show with dear ease. That means they show without any effort.

Typing wastes no time. Typing allows my elaborate thoughts to say to the world I always think, I am inside of this

body that seems to move around uncontrollably, and real thoughts are told when I type. Stating my desires as a grown man works in my best interest because I am able to get what I need.

Thanking my lovely mother I cannot do enough. She has supported me through thick and thin. It has not been an easy life raising a child, now man with autism, but my mom has done an extraordinary job.

Living with autism at home has both its pros and cons, but what I suggest, is to work with determination to best meet your own individual needs.

Kristofor Medina lives in Vermont



Nancy Ward Presents to the National Council on Disability

www.GoVoter.org



GoVoter.org

National Technical Assistance Center for
Voting and Cognitive Access

My name is Nancy and I am the Co-Director for the SABE, National Technical Assistance Center for Voting and Cognitive Access. On April 23rd, I had the opportunity to testify for the National Council on Disability. I was very honored to have the chance to share my voting knowledge with the people who have power to make changes in the way that citizens vote.

People with disabilities, like me, have not always felt confident and comfortable about voting. In the past, people would tell me to hurry up because I took so long reading and marking the ballot. Now that we have electronic voting machines I can get information read to me while I'm in the voting booth. These voting improvements have made the process better for everyone. And, since everyone can use the electronic voting machines, I feel like just any other voter when I vote.

But accessible polling places, accessible equipment, and respect from election workers is not available everywhere.

For the 2012 Election, Project Vote used a checklist in six states to record the voting experiences of people with disabilities. We wanted to see if people were able to cast a

private and independent ballot and if their voting location was accessible. We learned that some voters had good experiences and others not so good.

Here are two examples:

When the lines to vote became too long, some polling locations used the “zig-zag amusement park/airport line” approach. This was a great option but the line spaces were too narrow for people using a wheelchair. A poll worker told a voter that she could not have an assistant help her to vote because she did not look like she had a disability.

Clearly, Poll Workers Need More

Training! Maybe self-advocacy groups and P&A's can teach poll workers how to use the accessible equipment and how to make voting a positive experience?

Even though voters had some negative experiences, the vast majority reported the polling places were more welcoming than in years past. However, even with this improvement, we still have a long way to go for many voters to have a positive experience in casting a private and independent vote. You can find the complete report and copy of the video on our website.



Kevin Moriarty

Brotherly Bond

By Kyle Moriarty



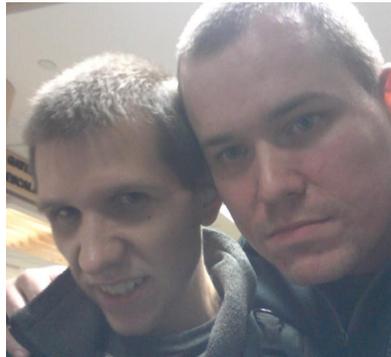
Kyle Moriarty

Having a sibling is tough and fascinating at times. Age differences can create challenges or make

you unite. I have a brother that is two years older than me. We act a lot different but are so similar in character. My best friend is my brother Kevin.

was going through. I think it was hard for me a lot of the time I had to be watching from the sidelines while Kevin got to be involved in hockey and other sports. He did always try to include me though I depended on him quite a lot. Before Kevin left for the

Though things have changed, sometimes things that my very own mother couldn't see from me, my brother could always pick up on. Having good times always was easy for my brother and I. It wasn't always easy being the younger brother. My mother and father did good at treating us equal but sometimes it got tough for me



Two quotes from Kevin
"I know I may be hard on you but its because I know you can."
"You are the main reason I came back to Vermont."

service he was really involved with me and my typing. Kevin always would come in my room and bring us snacks to share. It usually was popcorn and sodas. My very favorite time I remember with my brother was the summertime in our pool. We had really good times in the pool in the hot summer. Family barbeques and swimming are our favorite

being the youngest and not being able to communicate with my family.

Teaching me how to stand up against people who discriminated or made fun of me was the first way Kevin made it clear he would be my protector in school. I think as my brother and not my parent, he just understood how I felt and what I

things.

I get lonely at home with Kevin being gone to the army. It is only me now. Mom gets to be a little overwhelming with just me to pick at. I like being able to hear Kevin on the phone but the way we communicate is hard to do over the phone.

Self-advocacy on the Move in New Mexico

by Daniel Ekman



In many ways, the self-advocacy movement in New Mexico has gotten off to a fast start. Many groups throughout the state have continued to grow and new groups are establishing themselves as essential parts of the self-advocacy movement.

One of the most exciting pieces of news came near the end of 2012. The New Mexico Allies for Advocacy group began in 2010 as a part of the New Mexico Allies in Self Advocacy project. After a regional meeting in Los Angeles in 2011, the group met weekly for two years. We had dreams of doing statewide outreach, regional summits and even having a permanent



independent self-advocacy board. However, we have had to rely on funding from partners organizations and had no funding of our own. That all changed this year when we received a \$5,000 grant from the Association of University Centers on Disabilities Allies in Self-Advocacy project.

This money has already been put to good use. In April, we were able to hold a series of four presentations over two days in two separate elementary schools in a rural southwestern city in New Mexico called Silver City. We reached over 1100 students and even had the local state Senator, Howie Morales, visit one of our presentations. We collaborated with numerous disability advocacy groups including a club called Bing Bang Boom out of the southern tip of the state in Anthony,

New Mexico and a statewide group known as New Mexico Disability Youth Leaders. During that visit, we also held a meeting to bring information from numerous disability groups in Albuquerque five hours south to Silver City. We did another outreach in the summer months to a city in the north called Las

Vegas. We are also using the money to help our group get more permanent funding. We have already filed the paperwork to become a 501(c)3 group and are in the process of conducting interviews of 28 great candidates for staff. We have gotten interest from self-advocates,

individuals in various disability advocacy groups, university personnel and even a couple of state senators. Overall, the grant has allowed our group to unleash our ideas and creativity, which have been a great benefit both to our group and the self-advocacy movement in New Mexico. We have also continued to hold monthly meetings uninterrupted since the 2011 summit in Los Angeles.

Other self-advocacy groups in the state have also blossomed during this time. The aforementioned New Mexico Disability Youth Leaders played a large role in the outreach event and conducted the elementary school presentations. They also have written a disability awareness curriculum for elementary school students, helped pass a Senate Joint Memorial declaring October as

Disability History Awareness Month and are beginning peer mentor training for transition students. People First, under The Arc of New Mexico, has nine chapters that span various parts of the state. They even held a regional statewide summit in the eastern New Mexico town of Roswell that attracted 150 people. In June, they held their statewide Summit on Social Equality in Albuquerque. This event routinely attracts 200 people that travel from distances as far as 5 hours away to hear a range of presentations by self-advocates.

The New Mexico Center for Self Advocacy continued to do outreach through educating students and conducting an anti-bullying campaign. In this year alone, anti-bullying presentations and outreach were done throughout the state and reached almost 400 students. Other outreach events have also taken place, including Disability Rights Awareness Day at the state capital in Santa Fe during our legislative session. Self-advocates not only learned about important legislation and advocacy techniques, but got to meet with their members of the legislature and put those skills into practice.

The New Mexico Center for Self Advocacy continues to train approximately 10-15 new self-advocates each year and allows them to partner with graduate student teachers, come up with their own presentations, and become public speakers. New Mexico Disability Youth Leaders also mentors young leaders through both a peer mentor program and hands-on leadership training. The Arc of New Mexico also mentors many public



speakers and self-advocates. They have also spearheaded a DD Waiver Waitlist Campaign to attempt to decrease the waitlist for services through the DD waiver. The waitlist is currently at over 6,000 people and projected to grow. The campaign collects stories throughout the state to help put a face on the issue, raises public awareness of the waitlist, holds town hall meetings on the issue and even goes to our state capital to testify on the issue in front of elected officials.

Over forty stories have been collected so far. Many advocates and self-advocates have also gone through a Partners in Policymaking training.

It is impossible to chronicle the accomplishments of all the various self-advocacy groups in New Mexico. The San Juan Center for Independence in a town in the northwest corner

of the state called Farmington held a transition fair. The Bing Bang Boom group in a small southern town called Anthony has travelled throughout the Southern part of the state and presented to numerous people. A high school group in a southern New Mexico city called Las Cruces, which is known as Advocates in Action, made such an impact that they were mentioned in a floor debate of the Senate by a senator who works in the Las Cruces schools. Many other People First chapters, advocacy groups and determined individuals have worked hard to make positive changes in both their local community and the state as a whole. The future of self-advocacy in New Mexico is bright with the determined group of advocates along with help from national organizations such as Allies in Self-Advocacy and SABE.



Recordings of Calls & Webinars On-line

Welcome! Here is a list of webinars presented by SABE's Autism Now team. You can listen to what was said and look at handouts. Just click on the link and it will play a recording of the webinar. You can download a copy of the PowerPoint.



Go To: <http://sabeusa.org/?catid=393>



SABE members have written 20 BLOGS about living life with autism. Go to

<http://sabeusa.org/?catid=393>

The SABE Autism NOW team has new Self-Advocacy Tools on:

- A Short History of Self-Advocacy
- Advice for Allies, Advisors and Support Staff
- Equal Employment for Persons With Disabilities
- How To Start & Run A Self-Advocacy Group
- Including Members Who Use Alternative Ways To Communicate
- Making Meetings Make Sense
- Presuming Competence

Allies and Advisors
Going To College
How to Date Like a Pro
Sex and Relationships
Disability Awareness
Joys and Pains of Working
Talking About 'Your' Transition"
Making Information Accessible
Medical Procedures that Violate Civil Rights
Parents with Disabilities
Presenting at a Conference
Self-Advocacy
Running A Self-Advocacy Groups
Taking Responsibility for Your Life
Converting Sheltered Workshops to Employment
Moving Beyond Subminimum Wage
Building a Safety Net for Yourself
Is Voting Important to You

One Way To Improve Accessible Transportation Options!



Whether you are a student with a disability getting ready to leave high school, or an adult with a disability

already in the workplace, finding reliable and accessible transportation can often be a challenge. One way to address this challenge is to contribute to policies and practices that affect the quality and availability of accessible transportation in a community.

Easter Seals and partners were awarded a grant entitled *Inclusive Transportation Partnerships to Promote Community Living*. In late May, 17 communities were awarded grants to improve coordinated transportation services for older adults and people with disabilities. They are in the states of Ohio, Tennessee, Oregon, Montana, Maryland, Texas, Indiana, Alaska, Oklahoma, Wisconsin, Virginia, New Mexico, California, Iowa and Connecticut . For more information go to: <http://web1.ctaa.org/webmodules/webarticles/anmviewer.asp?a=3379&z=122>.

Self-advocates are encouraged to serve on advisory boards for public transportation. Look for opportunities to learn about transportation systems and ways to let the voices of people with disabilities be heard. To learn about coordinated transportation systems go to <http://web1.ctaa.org/webmodules/webarticles/anmviewer.asp?a=384&z=78> or call your State Departments of Transportation or local transit agencies.

Encourage transportation systems to be responsive to the participation of people with disabilities. Welcome a diverse range of perspectives through accessible meeting venues, by varying meeting times, and using materials in multiple formats.

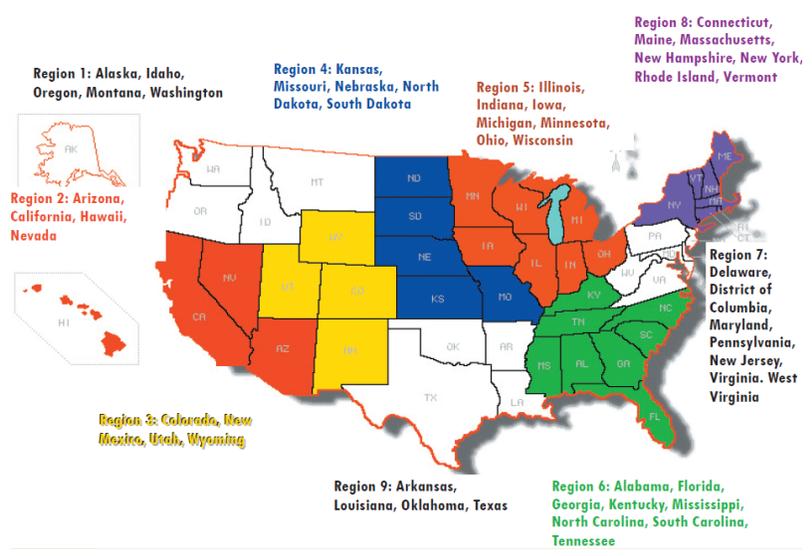
Assist transportation organizations to use technology to reach a diverse range of stakeholders.

Educate transportation planners about disability topics. Offer disability awareness presentations to their staff and review materials for accessibility. Share information through your networks about participation in coordinated transportation.

The American Public Transportation Association offers a career development program aimed at encouraging youth to consider transportation careers. Share these opportunities with youth with disabilities <http://www.apta.com/youthsummit/Pages/2013-Youth-Summit.aspx>.

Project Easter Seals has operated the Project ACTION Accessible Community Transportation in our Nation for 25 years. They have free materials about accessible transportation. One area of emphasis is to help students, educators, human services, and families speak up in transition planning meeting. Use these free materials to support people to speak up about developing high quality accessible and coordinated transportation systems!





Having trouble remembering which region you are in or do you need to get in contact with your regional representative? Here is a quick and easy way to get connected!

Region 1

	<p>Jason Billehus Email: coconutman1971@yahoo.com Cell: (406) 728-0953 Montana</p>	<p>Vacant Seat</p>
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Region 2

	<p>Ryan Duncanwood (Treasurer) Email: rmduncanwood@gmail.com Phone: (530) 221-8770 California</p>	 <p>John Britton Email : bigturbo39@hotmail.com Phone: (480) 785-0171 Arizona</p>
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Region 3

	<p>Bryon Murray (President) Email: reg3sabe@hotmail.com Phone: (435) 722-7590 Utah</p>	 <p>Amira Rasheed Email :howheels_princess@hotmail.com Phone: (505) 883-4630 New Mexico</p>
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Region 4

	<p>Cathy Enfield (vice President) Email: mswings9@comcast.net Cell: (816) 718-0419 Missouri</p>	 <p>Bill Story Email: billstor@aol.com Cell: (913) 237-5486 Kansas</p>
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Region 5



Betty Williams (Secretary)

Email: bwilliams@arcind.org
Cell: (765) 277-2538

Indiana



Carrie Varner

Email: carriemv2001@yahoo.com
Cell: (320) 444-3337

Minnesota

Region 6



Bernard Baker

Email: djbakeratl@gmail.com
Phone: (404) 431-3670

Georgia



Chaqueta Stuckey (sergeant at Arms)

Email: chaquetastuckey2011@gmail.com
Cell: (843) 625-0980

South Carolina

Region 7

Vacant Seat

Vacant Seat

Region 8



Max Barrows

Email: maxwbarrows@gmail.com
Work: (802) 229-2600

Vermont



Clint Perrin

Email: cperrin@sanys.org
Cell: (518) 630-7275

New York

Region 9



Consuelo Castillo

Email: consuelocast2006@yahoo.com
Cell: (512) 318-8073

Texas



Samuel Jenkins

Email: samueljenkins55@hotmail.com
Phone: (405) 882-6667

Oklahoma

National Advisors



Vicki Hicks Turnage

Email: vturnage33@yahoo.com



Juliana Huerena

Email: prinzjana@aol.com



Laura Walker Jackson

Email: jacksonlw@umkc.edu



PO Box 30142
Kansas City, MO 64112
<http://www.sabeusa.org>
sabenation@gmail.com

POST 2012 ELECTION DAY REPORT

During the 2012 Election SABE members interviewed voters with disabilities about their voting experiences.

Read the full report at www.GoVoter.org



GoVoter.org

National Technical Assistance Center for
Voting and Cognitive Access