

Get Involved !

Protection and Advocacy Inc.

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What is important to you?

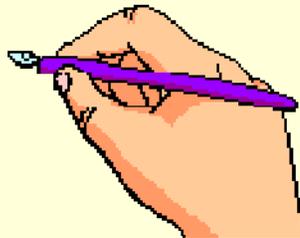
- What do you want changed in your community?
 - Housing costs?
 - Transportation routes?
 - More money for minimum wage jobs?
 - Something else? What?

How can you change it?

By getting involved through civic involvement!

What is Civic Involvement ?

- Voting
- Contacting your local officials
- Writing letters to newspaper
- Participating in committees or city/county activities
- Speaking out on important issues
- Self – Advocacy



How to vote

- Fill out a registration card
- You can get voter registration cards from the Secretary of State's office, the county registrar's office, your regional center, Protection and Advocacy, Inc. (PAI) and many other places.
- Call your regional center and ask them to help you register to vote. If you are not sure if you can register, your regional center service coordinator can help you figure it out.

What Information do I need to Contact a Local Official?

- Name of mayor or city manager
 - San Diego mayor name is name
- Address of mayor or city manager office at City Hall
 - The City Hall address is? address
- Telephone number of the city mayor's office
 - The mayor's telephone number is? telephone
- City council assist's the mayor or city manager
 - The City council member who represents my neighborhood is? name
 - The city council's telephone number is? telephone
 - The city council meets on? day at? time in? place

Contacting your Local Officials

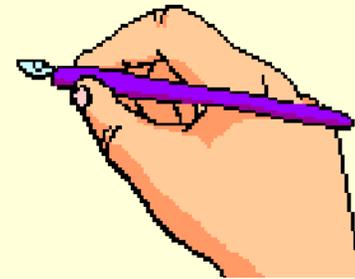
- Decide who to call
- Contact official by telephone or email
- Make an appointment
 - At the appointment:
 - Thank the person for seeing you
 - Explain your issue
 - Be specific and respectful
 - Tell why the issue is important to the community and to you
 - Listen carefully to what the person says to you
 - Ask the person what they suggest you can do to get action on your issue

What Information do I need to Write a Letter to the Editor?

- The name of my local newspaper
 - San Diego local newspaper is? name
- The address of the local newspaper
 - The address of the local newspaper is? address
- The fax number of the local newspaper
 - The fax number is? telephone
- The name of the reporter who cover's city issues
 - His/Her name is? name
 - His/Her email address is? email address

Tips on Writing

- Think strategically
- Know your paper's policy
- Keep it short and simple
- Get personal
- Use names
- Get others to support you
- Be persistent
- Follow-up



Participating in committees or city/county activities

- Learn how the committee works
- Learn what type of issues they deal with
- Learn how you can put an item on the agenda
- Find out when and where the committee meets

Self Advocacy

- Be Assertive
- If You Don't Understand, Ask Questions
- Share Information
- Be Prepared
- Keep Records
- Get Help
- Be Willing to Listen



HYPOTHESIS #1

Sue is a client of the San Diego Regional Center (SDRC). Sue's Aunt Mary heard that SDRC will be cutting services to regional center clients for supported work programs. Aunt Mary and Sue are concerned about these cuts. They know that the SDRC Board will be meeting next month to discuss the cuts.

Sue and Aunt Mary want to do something about the cuts.
What should they do?

Should they attend the Board meeting and tell the Board their concerns?

Let's role play it.



HYP0 # 2

John lives in Rural Town. There are only 3 main buses in town. John has to see his doctor twice a month, and he needs to take the bus. The bus John takes leaves him a mile and a half from his doctor's office. John can not find a doctor that is closer to his home who specializes in his health problem. John wants a bus that will leave him off closer to his doctor's office. John knows other people at his self-advocacy group who have the same problem.

- What can John and his self advocacy group do to get more bus routes? How can they find out what to do?
- John locates a group that works on transportation issues. What can he do to become involved?
- Let's role play it.



The End!

