

## Improving lives THROUGH supports and services THAT FOSTER Self-determination.

### MO DDD & You: Exploring New Resources From the Division of DD

Information for Individuals & Families

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## Webinar Agenda



- Plain Language Easy Readers
- Easy Readers available from the Division
- Self-advocacy skills
- Self-Advocacy web page
- "Charting My LifeCourse" Training Modules

## Plain Language Easy Reader

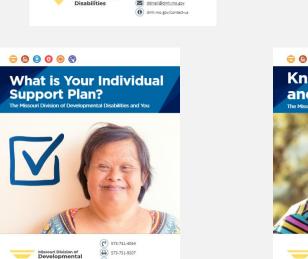


- Provides effective communication
- Uses headings
- Bulleted lists
- Shorter sentences
- Uses pictures

## Division of DD Easy Readers







ddmail@dmh.mo.gov

dmh.mo.gov/contact-us

Disabilities









## Future Easy Reader Topics



#### Future topics include:

- Selecting a Housemate
- My Own Home
- Self-Directed Services: Employment Guidelines
- Participating in Surveys
- Understanding Waivers

## What is Self-Advocacy?



**Self-Advocacy** provides the knowledge needed to succeed and the chance to participate in decisions that are being made about your life. These can be seen by:

- Speaking up for yourself
- Making your own decisions about your own life
- Learning how to get information so you can understand things that are of interest to you
- Learning about self-determination
- Finding support in your journey
- Knowing your rights and responsibilities
- Problem solving, listening, and learning
- Reaching out to others when you need help and friendship

## Why Self-Advocacy is important?



- **Self-advocacy**, while important for everyone, is especially important for people with intellectual and developmental disabilities.
- When people do not advocate for themselves, they may be pushed to do things that don't feel right to them or become down.
- The goal of **self-advocacy** is to equip people with knowledge to make informed, authentic decisions, and to empower them to make those decisions.

## Why Self-Advocacy is important?



#### Three main parts to Self-Advocacy:

- 1. Know yourself
- 2. Know your needs
- 3. Know how to get what you need

## Self-Advocacy Training



- *Charting My Lifecourse* a set of online interactive trainings created with self-advocates for self-advocates. (specifically for advocates with intellectual and developmental disabilities (I/DD) and their families/caregivers)
- The *Charting My LifeCourse* trainings are organized around the following topics:
- Topic 1. Discovering Charting the LifeCourse
- Topic 2. Discovering the Support Star
- Topic 3. Discovering Your Good Life



Navigating to the Self-Advocacy web page:

Go to the Division of DD Home Page

(https://dmh.mo.gov/dev-disabilities)

- Under "Popular Sections," click on "Community Supports" tab
- Click on "Self-Advocacy" link

(https://dmh.mo.gov/dev-disabilities/self-advocacy)

## Navigating the Training Modules



When you are ready to explore the training modules:

•Under "Self-Advocacy Training," click on Charting My LifeCourse link

(https://moddd.thinkific.com/pages/self-determination)

- **Sign in** (located at the top right hand corner)
- Once signed in, you will have your own Student Dashboard

## Navigating the Training Modules



- "My Courses" will show all the courses available to you.
- Charting My LifeCourse box will show all the courses and your current status with them.

## Navigating the Training Modules



- Charting My LifeCourse modules are self-paced. (log in and out as needed)
- All courses have interactive features.
- Can repeat sections as many times as needed.
- Certificate of Completion is provided when finished.
- Can review modules as needed.

## Questions?





#### Next MO DDD & You Webinar



## Mark your calendar now!

The next "MO DDD & You" webinar is scheduled for

July 26, 2022



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## Thank You