Charting the Life Course

Self-Advocacy: Not Just a Buzz Word

with
Lorie Perdieu, DMH Division of Developmental Disabilities
Roger Crome, President of People First of Missouri
Life Course Framework

Life is a journey.
Our lives are not static, they change every day.

It’s all about vision.
Anything is possible, with the right vision.

Everything is connected.
What you do today affects your life in the future.
So what is self-advocacy anyway?

Self-advocacy as a skill

Self-advocacy as a civil rights movement
“I think of self-advocacy as a skill that a person, when they become an adult, can use or not use.”

SELF-ADVOCACY

the skill
Self-Determination

making choices, setting goals, assuming responsibility, and driving how one’s own life is lived
Families throughout the Life Course
Supporting the Individual in the Family System

Family: Family Support

Individual: Self-Determination
Core elements of self-determination

- choice-making
- decision-making
- problem-solving
- goal setting & attainment
- self-advocacy & leadership
- self-regulation & self-management
- positive perceptions of control, efficacy and outcome expectations
- self-awareness
- self-knowledge

[Wehmeyer, 2007]
Self-Advocacy

the ability to stand up for oneself and advocate on one’s own behalf.

[National Gateway to Self-Determination]
Essential self-advocacy skills

Assertiveness

Rights and Responsibilities

Communication

Leadership

[ Wehmeyer, 2007 ]
Fostering skills

Learning to be more self-determined starts early and continues throughout the life course
Fostering Skills

• Through life experiences
Fostering skills

• Through formal training

• Through the self-advocacy movement
THE SELF-ADVOCACY MOVEMENT
Civil rights are for everyone
The birth of the movement

Stockholm, Sweden
The rest is history
The self-advocacy movement explained

Let’s hear from Roger Crome, president of People First of Missouri, the statewide self-advocacy organization in Missouri
Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

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Special Thanks

• MODHSS Bureau of Special Healthcare Needs
• Missouri Developmental Disabilities Council
• DMH Regional Offices and Family Support Coordinators
For more information

Contact the Missouri Family to Family Resource Center
800-444-0821
http://mofamilytofamily.org

UMKC-Institute for Human Development
http://www.ihd.umkc.edu