



# Self Advocacy at Minda inc

Focus Group and Training



Respect | Inclusion | Choice

We Can Do It



# Introduction

- Meet and greet





# What is Self Advocacy?

- Knowing your rights
- Speaking up for your rights
- Expressing your feelings
- Talking to people
- Team work
- Making and being Friends





# Self Advocacy Training

In Self Advocacy training we learn and talk about...

- Having choices and making decisions
- Rights and Responsibilities
- Speaking up
- Expressing ourselves
- Assertiveness
- Supports
- Voting
- Running our own meetings





# Express Yourself Focus Group

After people complete the Self Advocacy Training they can join our focus group.

- We discuss how we've spoken up
- Hear about advocacy around Australia
- Have guest speakers
- Attend conferences and meetings
- We work on projects such as our bullying one



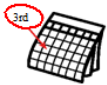
# Agenda

## Self Advocacy Group

### Meeting Agenda



Date: 3.9.13



Time: 5.30-7pm



Welcome/Introductions



### Agenda Items

1. Guest Speaker: Amanda Rishworth & Steve Georganas



2. Bullying Project



3. SACID/Our Voice Report- Chris Bergin



4. Fundraising



5. Voting



6. My Self Advocacy





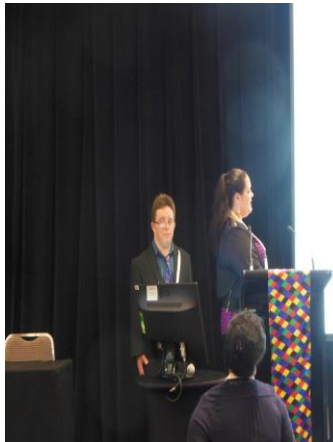
# Bullying Project

The Express Yourself Group have been working on a project to raise awareness of bullying towards people with disability.





# What else we do as Self Advocates







# Voting





# Links

South Australian Council of Intellectual Disability (SACID)

Our Voice SA

Inclusion Australia

Our Voice National (Speak Out)



**Inclusion Australia**

acting locally - representing nationally - connecting globally



# Group Work

Brainstorm in groups

- What it means to be a advocate
- How you have advocated for yourself

