

Adventures in Advocacy



November 2017

Tools to help with advocacy!

Sometimes we know what we want to say, but find it hard to speak up when talking about important matters in our lives. Do you find it difficult to lead the conversation when you are talking about your wants and needs? We all do at times. It can be very difficult to keep up with conversations when you are trying to process what everyone is talking about. Miami County's advocacy groups have been encouraging their advocates to use the Community of Practice LifeCourse Portfolio to articulate what a "good life" looks like for them. This is a worksheet that is designed to help YOU think about what is important to you when navigating your life. There are boxes designed to help your think through the steps to accomplish your goals. Once you have worked through the process of filling out your portfolio you can then use it to take control of your planning meetings, share it with your Supervisor/Job Coach to educate them on the best way to support you at work, or just use it as a guide to help you stay focused on your plan to reach your life goals. If you would like help using this tool to work toward your life goals please call Krista Smith 937-310-3260.





Integrated Services and Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.



Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at lifecoursetools.com

OCTOBER 2016



My LifeCourse Portfolio

_____'s ONE-PAGE PROFILE

What people like & admire about me

What's Important to ME

How to Best Support ME

Adapted from The Learning Community for Person Centered Practice and Helen Sanderson Associates <http://helenandersonassociates.co.uk/person-centred-practice/one-page-profile/one-page-profile-template/>

Upcoming Dates

Friday, December 15

Regional Advocacy Meeting 11:00 AM-1:00 PM at Riverside

Please Call Krista 937-310-3260 if you are planning to attend **(Lunch Included)**.

Wednesday, December 20

Meeting 3:30-4:30 at Riverside (1625 Troy Sidney Rd. Troy)

You are welcome to join us for our upcoming meetings!

If you have any questions, please contact Krista Smith at (937) 310-3260 or krista.smith@riversidedd.org