

FAB

Fun, Advocacy, and Brainpower



September FAB Topic – How to Live My Life



Agenda



Introductions:



Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



GAMES

Games for How to Live my Life:

Game 1)

Give them the definition of what Self-Advocacy is:



Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and also speaking up for others.

Items needed: pictures should be provided.



1) Ask the participants to share how they advocated for themselves today?

2) Ask the participants to share how they advocated for someone else?



3) Perhaps you can do a role play of someone advocating for themselves as well as for someone else.

4) Ask each person to put a smile in the chat box if they are an advocate?



5) Have people share some ways that they could get their voice across if they were not able to speak verbally.



Some examples are using sign language or pictures.



I/me/my	what	where	when	good	bad
he/she/they	want	like	look/see	stop	more
you/your	feel	play	eat	drink	time
don't/not	get	go	read	finished	turn

Game 2)

Use the 10 steps to being a good Self Advocate—both in English and in Spanish



***TEN STEPS IN ENGLISH:



1. **Believe in Yourself**



2. **Realize YOU have Rights**



3. **Discuss YOUR Concerns**



4. **Get the FACTS in writing**



5. **Use the Chain of Command**



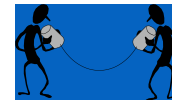
6. **Know your appeal rights**



7. **Be Assertive and Persistent**



8. **Use Communication Skills**



9. **Ask for help**



10. **FOLLOW-UP**

***TEN STEPS IN SPANISH:

**10 FUERTES PASOS DE AUTO-DEFENSA
¡CONSULTE ESTOS GRANDES RECURSOS!**

1. **Crea en ti mismo**
2. **Darse cuenta de que TIENES derechos**
3. **Discuta SUS preocupaciones**
4. **Obtenga los HECHOS por escrito**
5. **Utilice la cadena de mando**
6. **Conozca sus derechos de apelación**
7. **Sea FIRME y PERSISTENTE**
8. **Usar las habilidades de COMMUNICATION**
9. **Pida ayuda**
10. **SEGUIMIENTO**

Para obtener más información acerca de la auto-promoción y encontrar grupos en su área, visite www.ct.gov.dds y vea "Esquina de los defensores"

Instructions:

Read the steps out loud one at a time and have the individuals repeat the step right after you include the # of the step example: You would say step #1 Believe in yourself and then it would be the participants turn to say it. Please remember to share and keep the 10 steps up on the computer for everyone to see during this activity.

1) Ask people if they believe that their voice matters.



2) Ask people to share their ideas about what step #1 means and how they can use this in their lives? Keep going through the steps asking these questions of the people in your advocacy group.



3) Ask people if they have used 1 or more of the ten steps in their lives to reach a goal they wanted to achieve or to solve a problem and let them share it.

4) Have the individuals share one of the steps they need to use more in their lives and explain why.



Game 3)

Living a Self-Determined Life



Items needed to play a way for everyone to communicate in the way they can.

1) Go around the room and ask each person what their biggest dream is or their goal.



2) Go around the room again and ask people what steps they are taking to reach that dream.

3) Have people share where they should share their dreams or goals to make sure they get the support they need.

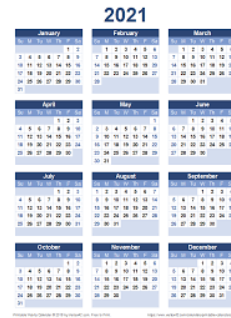


4) Have people share a goal they have reached and explain who helped them reach the goal and how they felt when they accomplished their goal!



5) Ask people where they see themselves in one year.

6) Ask people to share where they see themselves in 5 years.



7) Ask people what makes them laugh really hard.

8) What makes you happy?



9) Ask people to share one of their coping skills during difficulties.





Brainpower – Information and resources to empower SA members to be Self Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



This link talks about Self- Determination

<https://portal.ct.gov/AdvocatesCorner/Advocacy/Self-Determination/About-Self-Determination>



This link is about Self -Direction Hiring and Managing you own staff

<https://portal.ct.gov/AdvocatesCorner/Advocacy/Self-Determination/About-Self-Direction-hiring-and-managing-your-own-staff>



This is about Self-Determination/ Living a Self-Determined Life

<https://portal.ct.gov/AdvocatesCorner/Advocacy/Self-Determination/Living-a-Self-Determined-Life>



This link is about Self-Advocacy

<https://portal.ct.gov/AdvocatesCorner/Advocacy/Advocacy/About-Self-Advocacy>



This link shows all of the Self-Advocacy groups

<https://portal.ct.gov/AdvocatesCorner/Advocacy/Advocacy/Contact-Lists-Agency-Groups>



This link is about our Newest Peer 2 Peer support

<https://portal.ct.gov/AdvocatesCorner/News/Latest-News-2018/Peer-2-Peer-Support>



This link is about the Self Determination Principles

<https://portal.ct.gov/DDS/SelfAdvocacySelfDetermination/Self-Determination-Fact-Sheets/Self-Determination-Principles>

Virtual Board



Cooking Ideas and Exercise



September Recipes

Butternut Squash Soup

Ingredients

6 tablespoons chopped onion



4 tablespoons margarine

6 cups peeled and cubed butternut



3 cups water

4 cubes chicken bouillon

½ teaspoon dried marjoram



¼ teaspoon ground black pepper

⅛ teaspoon ground cayenne pepper



2 (8 ounce) packages cream cheese



Preparation

In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper.



Bring to boil; cook 20 minutes, or until squash is tender.

Puree squash and cream cheese in a blender or food processor in batches until smooth.



Return to saucepan, and heat through.

Do not allow to boil.

Applesauce

Ingredients

4 medium cooking apples (1 1/3 lb),
peeled, cut
into fourths
and cored



1/2 cup water

1/4 cup packed brown
sugar or 3 to 4
tablespoons granulated
sugar



1/4 teaspoon ground cinnamon

1/8 teaspoon
ground nutmeg



Preparation

In **2-quart** saucepan, heat apples and water
to boiling over medium heat, stirring
occasionally; reduce heat.



Simmer uncovered **5 to 10** minutes, stirring
occasionally to break up apples, until
tender.

Stir in remaining ingredients.

Heat to boiling. Boil and stir 1 minute.

Cover and refrigerate until serving. Store
covered in refrigerator.

Yogurt Parfait

Ingredients

2 cups vanilla yogurt



1 cup granola



8 blackberries



Preparation

In a large glass, layer 1 cup yogurt, 1/2 cup granola and 4 blackberries.

Repeat layers.



September Exercises

Cardiovascular



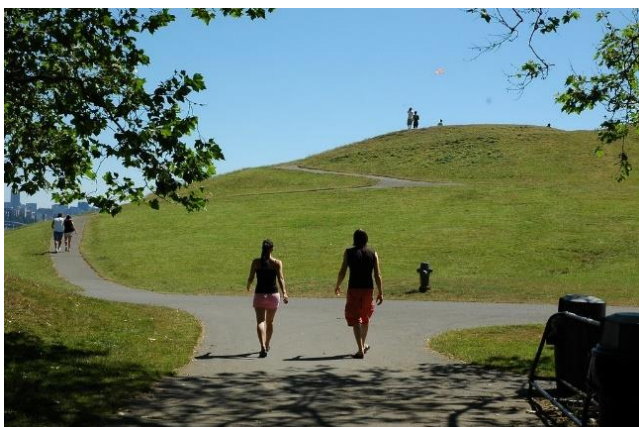
<https://search.yahoo.com/search?fr=mcafee&type=E211US752G0&p=cardiovascular+exercise+on+saraha+great+day>

Walking

Walking every day is beneficial physically and mentally.

Try 15 minutes a day to start for the first 5 days; add 5 minutes every 5 days with a goal of walking for 30 minutes a day.

You can break up your time; for example, 15 minutes in the morning and 15 minutes in the afternoon.



Competing

Pick a sport that you like and practice doing it so you feel comfortable competing.

Here's a link to the Special Olympics:

<https://www.youtube.com/watch?v=8Bhw49Ffmzs&feature=youtu.be>

