

FAB

Fun, Advocacy, and Brainpower



March FAB Topic

Disability History & Self Advocacy

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

Game 1: Timeline Match

Rules: Match the date in the timeline (list 1) with the event list 2. You can play in teams or as individuals.

List 1

- Prehistoric Times
- Middle Ages/Renaissance
- Enlightenment Period
(18th/19th Century)
- 1920-1940s
- 1950s
- 1960s
- 1970s
- 1990s
- 2000s

List 2

1. Abandon babies/children + Use adults as low level, beggars, court jesters
2. Buildings would become accessible with the use of wheelchair ramps or elevators
3. President George H.W bush would sign the Americans with Disabilities Act into law in 1990.
4. Emphasis on human rights/Inclusion + Work opportunities/Harsh work conditions
5. Samuel Orten began a study of dyslexia, based on this hypothesis and it was not visual
6. Judy Heumann and Ed Roberts found the Independent Living Movement
7. The Special Olympics sport and empowerment act would authorize funding education for its athletes.
8. Less children abandoned + Mental illness seen as a sickness not possessed + First mental hospitals began
9. The beginning of the barrier-free movement when organizations like Easter seals, Veterans Administration and the ARC were created to support people with disabilities.

(Answer Key: Prehistoric Times=1, Middle Ages=8, Enlightenment Period=4, 1920-40s=5, 1950s=9, 1960s=2, 1970s=6, 1990s=3, 2000s=7)

Health Problems, Sickness and Symptoms - Guessing Game





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.



[Disability - A Brief Historical Overview | Accessibility | SDSU](#)



[The 1900s to Now: The History of Disability Rights | ADA Solutions - Tactile Warning Surfaces](#)



[10 Ways to Be Your Own Advocate at the Doctor's Office](#)



[Disability Rights Advocacy: Complete Guide, Directory & FAQ | Disability Resources](#)



[Advocating for People with Disabilities | Disability and Health | CDC](#)

Virtual Board



Cooking Ideas and Exercise

Recipes



Dirt Cups



you will
need:



chocolate
pudding cup



crushed
Oreos



gummy
worms

tools:



spoon

steps

1



Open
pudding cup

2



Put cookies
on pudding

3



Put worms
on pudding

Mac & Cheese Cup



you will need:



Mac & Cheese cup



Water

tools:



Microwave



Spoon

steps

1



Remove lid and cheese sauce



Add water to the fill line



Microwave

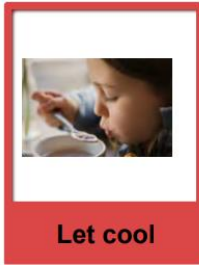


Add in cheese sauce

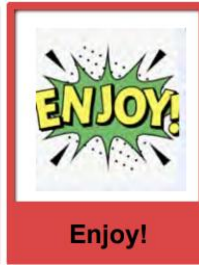


Stir

2



Let cool



Enjoy!

Exercises

[15 Minute Walking Workout](#)



Top 3 Leg Strengthening Exercises for Those in a Wheelchair (CNA)

