



IMAGE: Smiley face shouts into a megaphone.

MAKING YOUR VOICE HEARD

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WHAT IS THIS ALL ABOUT?

- Your Life
- Your Future
- Your Independence

YOU!!!



IMAGE: Uncle Sam
pointing at you



WHAT IS A SELF-ADVOCATE?

- A person who speaks for themselves.
- A person who knows what their rights are.
- A person who makes their own decisions.
- A person who is aware of their support needs.
- A person who is respectful to others.



IMAGE: A pencil and a clipboard holding a checklist



A PERSON WHO SPEAKS FOR THEMSELVES

- Who knows what you need and enjoy better than you?
- How do you make yourself heard?
- What is the timing?



IMAGE: A person speaking through a bullhorn to be heard better.



A PERSON WHO KNOWS WHAT THEIR RIGHTS ARE

- People with disabilities have rights.
- Seek opportunities to learn about your rights.
- Use your resources.



IMAGE: A young man with others at computers.



A PERSON WHO MAKES THEIR OWN DECISIONS

- Life is full of choices.
- Speak up!
- Have a team.

IMAGE: A person with thoughts around their head of life decisions.



A PERSON WHO IS AWARE OF THEIR SUPPORT NEEDS

- What helps you stay independent?
- What are your strongest areas?
- Do you arrange your current supports?



IMAGE: Four people putting puzzle pieces together.



A PERSON WHO IS RESPECTFUL TO OTHERS

- First impressions are lasting.
- “Please” and “thank you” go a long way.
- Given respect often leads to being respected more.

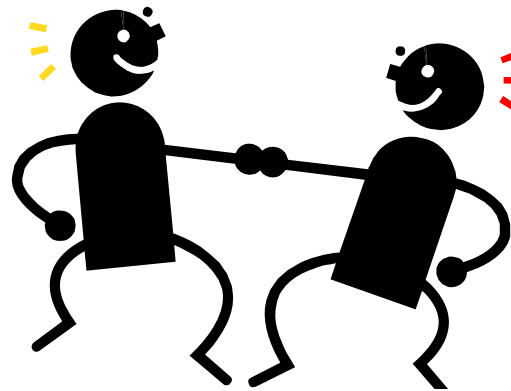


IMAGE: People shaking hands.



NOW WHAT

- Prepare to be Active
- Pace Yourself
- Plan Ahead

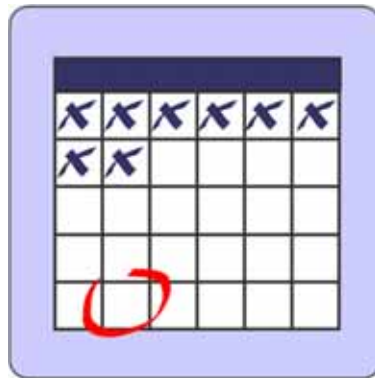


IMAGE: A calendar with dates checked off and a date marked as an important date.



PREPARE TO BE ACTIVE

- What activities or groups do you have the ability to access?
 - This can be through different platforms.
 - They can be national, state or local.
- What are you able to contribute?
- What area(s) need more knowledge or skill-building?



IMAGE: Icons of ways to be active.



PACE YOURSELF

- How do you balance everything?
- How do you know your in need of “unplugging”?



IMAGE: A person symbol with scales hanging from each hand representing a balance.



PLAN AHEAD

- What important dates are ahead?
 - Do you need to travel or be somewhere?
 - Do you need to arrange supports?
- What is the ranking of importance of upcoming events?
- What needs to be completed in preparation of important date?



IMAGE: A clock in a run stature.



A FEW RESOURCES TO START YOU

- **Mississippi Self-Advocacy Team**
 - A statewide network of experienced self-advocates. The network is made of people with different disabilities and all ages.
 - Contact info:
 - mselfadvocacyteam@gmail.com
 - (601) 351-5289
 - <http://www.usm.edu/disability-studies/ateamm-overview>



IMAGE: ATEAMM
Logo



A FEW RESOURCES TO START YOU

- Mississippi Coalition for Citizens with Disabilities
 - A nonprofit organization serving Mississippi statewide to to expand opportunities and enhance the quality of life for children, adolescents and adults with disabilities and their families, to empower these individuals to reach for their full potential in every aspect of life and to be a voice for families, advocates, consumers and professionals representing the interests and needs of people with disabilities.
 - Contact info:
 - mickey@msccd.org
 - (800) 721-7255
 - www.msccd.org



THANK YOU!

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IMAGE: A question mark

