

Course Goals:

Welcome to Becoming a Self-Advocate! In this course you will learn about:

- ❖ Disability terms
- ❖ Finding out about your disability and accommodation needs
- ❖ Finding careers of interest
- ❖ Learning laws and your legal rights
- ❖ Setting goals
- ❖ Planning for school and work

When you are done, you will better know how to do well in school and work!

Keep in Mind!

This course is designed to let you read at your own pace. You can always go back and review the material if you need a refresher.

Chapter 7: Resources

Welcome back! I am going to let my colleague, Ms. Jackson, walk you through this last chapter. Good luck!

Overview:

As an individual with a disability, you will need someone to talk to when you have questions or have a problem. This chapter will give you the chance to develop a list of resources, people you can contact when you have questions or have a problem.

Learning Objectives:

- ❖ Research places (agencies & organizations) that offer disability help.
- ❖ Get contact information for self-advocacy agencies.
- ❖ Contact (call or email) at least one agency and ask for a meeting and/or application.
- ❖ Get involved with an agency.
- ❖ Follow-up with an agency.
- ❖ Use self-advocacy principles when finding and using resources and support groups.

What are some important terms you should understand related to the resource and support agencies?

Resource and Support Related Terms

DVR Training Grant: These monies are given by the Department of Vocational Rehabilitation (DVR) to individuals with disabilities who would like to receive more job training through a postsecondary institution.

Individuals apply for this grant after Financial Aid award information is provided to DVR.

Eligibility Requirements: *Eligibility requirements* are those conditions that must be met before an individual can receive help from an agency.

Disability Navigator: A *disability navigator* is an individual who works with many service agencies throughout the state to inform individuals with disabilities of the services available to them.

Service Providers: *Service providers* are private or government agencies that help individuals with living, working or other needs related to their disability.

Vocational Rehabilitation: The *Division of Vocational Rehabilitation* is government organization that provides many services for individuals with disabilities who would like to work.

<https://dwd.wisconsin.gov/dvr>

Government Agencies: *Government agencies* are special organizations set up by the government for specific purposes such as managing resources, overseeing funding for a project, etc.

Government agencies may be at all levels of government:

- Federal agencies (national government)
- State agencies (with the State of Wisconsin)
- Local agencies (for a specific city or county)

Support Groups: A group of people who help and support each other. People in these groups usually have something in common, such as having the same type of disability.

Support groups can be a great way to:

- Gain emotional support.
- Learn coping strategies.
- Share information with others who have the same disability you have.

Job Center of Wisconsin: *Job Center of Wisconsin* is an initiative operated by the Department of Workforce Development. It is a free resource to job seekers and employers, and is available 24-hours a day.

<http://jobcenterofwisconsin.com>

As we approach the end of this self-advocacy course, I want you to do a bit of research that will help you move forward as a self-advocate.

In the following information, I am going to give you some resources. You should take notes for yourself to use later. You will learn about government agencies and support groups. You can use these resources to get the help you need.

Research: Sometimes it is difficult to know what government agencies and support groups can assist individuals with disabilities and how to reach them.

One helpful strategy is to look on the internet.

Government Agencies

Search the internet for government agencies that may be useful for you. Start with the following:

Department of Vocational Rehabilitation - <https://dwd.wisconsin.gov/dvr>

Department of Health Services – <https://www.dhs.wisconsin.gov/disabilities>

Use the chart (attachment 1) to try and find six (6) or more agencies.

Support Groups

Search the internet for support groups that may be useful for you. **Note:** some groups meet locally, face-to-face (F2F), while others have an online presence.

Independent Living Centers – <https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm>

Easter Seals – <http://www.easterseals.com>

Use the chart (attachment 2) to try and find five (5) or more agencies.

As you start planning for a career or going into the job market, government agencies or support groups can help get you started. Contacting them is a great way to find out how!

Your next step is to contact one of the local or state agencies you found on the above task, then make an appointment to meet with someone at that agency.

Remember, to receive agency services, you may have to complete and complete many forms and submit the documentation of your disability.

Making a checklist of all the necessary forms and documentation will help you organize yourself to submit them to the agency as soon as possible.

Thanks Ms. Jackson. Hello again. Can you believe we're almost done with Becoming a Self-Advocate?

The next section will review some ideas from this chapter.

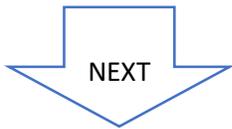
Let's go!

This chapter was all about the importance of using government agencies and support groups to get the services you need for your disability.

Strategic Career Planning:

Start with a blank piece of paper and write down the following.

Name one government agency you will contact for services _____.



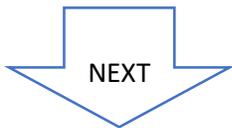
What is their website and/or phone number _____?



Name one support group that exists for people with disabilities _____.



What is their website and/or phone number _____?



Well, we've come to the end of Becoming a Self-Advocate!

Thanks for all your hard work. Remember that becoming a self-advocate doesn't happen overnight...it's something you practice. So keep learning and you'll do great!

Congratulations:

You have now completed Chapter 7 of Becoming a Self-Advocate. Be sure to complete the corresponding Chapter 7 survey located on the survey page.

Click the link below when you are ready to complete the chapter 7 survey:

<https://www.surveymonkey.com/r/Self-AdvocacyPost>

Click on the link below to return to home page:

<https://svrirtc.instructure.com/courses/250296>

Researching Government Agencies

Purpose: Sometimes it is difficult to know what government agencies can assist individuals with disabilities and how to reach them. One method of finding these agencies is through the internet or the yellow pages of a telephone book. After finding a telephone number, individuals with disabilities can call these agencies and inquire about their services.

Instructions: Research the yellow pages or the government section of local, county and regional telephone books for government agency listings that might be a good source for you. Some key terms that you may want to look under in the yellow pages are Government, U.S. Government, Wisconsin State of and Social Service Agencies. Make a list of the agencies you found on the chart below and evaluate each agency by telephoning or researching the agency on the Internet to determine if the agency can be a resource for you.

Agency	Branch of Government (circle the appropriate one)	Phone Number	How can this agency help me as an individual with a disability?
	Local State Federal		

Researching Support Groups

Purpose: Support groups are different from government agencies. While both groups offer services to assist individuals with disabilities, support groups tend to provide services that will help them understand their disability, the Law, and give guidance in difficult situations. Support groups can be an asset to individuals with disabilities. They may provide them with the confidence they need to ask for the accommodations they need.

Instructions: Research the Internet for some support groups for your disability and possible support groups that provide mentors or groups that you could be a mentor. Some key terms that you may want to use in the search are support groups for [*name the disability*], national organizations for [*name the disability*], Wisconsin organizations for [*name the disability*] Make a list of the agencies you found on the chart below and evaluate each agency to determine if the agency can be a resource for you.

Support Agency	Website address	Agency's Purpose or Mission	
		<input type="checkbox"/> Provides mentors	<input type="checkbox"/> Could be a mentor
		<input type="checkbox"/> Provides mentors	<input type="checkbox"/> Could be a mentor
		<input type="checkbox"/> Provides mentors	<input type="checkbox"/> Could be a mentor
		<input type="checkbox"/> Provides mentors	<input type="checkbox"/> Could be a mentor
		<input type="checkbox"/> Provides mentors	<input type="checkbox"/> Could be a mentor