

DDS

State of Connecticut
Advocates' Corner



<https://portal.ct.gov/AdvocatesCorner/Peer-2-Peer/Peer-2-Peer/Peer-2-Peer>

Peer **2** Peer

By Carol Grabbe



A peer is a person that you go to school with, work with, or attend meetings with. We are all peers here today at this meeting.



Now let's talk about Peer 2 Peer. This is when one person mentors another. They are like a guide, tutor or teacher to another person. Peer2 Peer support should always have a mutual respect for one another. You choose who you want to work with. A Peer should assist you but not tell you what to do.

What qualifies a person to be a Peer 2 Peer?

In Connecticut we need to have life experiences to share,

They must be at least 21 years old

Have a high school diploma



OR Have their GED



I became a
Peer 2 Peer
because...

An employee that was leaving DDS had the training. She inspired me to take the steps needed to become a Peer 2 Peer and take her place.

These are the steps I took



- I created my own personal email account
- Filled out and submitted the requested documents
- Created a resume



Sometimes making decisions can be challenging, a Peer 2 Peer can offer their advice through experiences that they have had.

What can a Peer 2 Peer assist you with?

A Peer to Peer can assist you with your life journey, such as helping you set realistic goals and how to reach those goals. Some examples are as follows.



Gaining independence



Getting a job that feels like a career



Help you to get involved in your community

Self-direct your own supports



Can anyone get support?

It could vary from state to state. You would need to get supports and these services can be used to pay for a peer 2 peer. This is a temporary service.

Your case manager can be of support when you are choosing a Peer 2 Peer and need assistance with funding.



Peer2Peer Social Media Video



<https://www.youtube.com/watch?v=nBY5IpVGZXA&t=6s>

Would you like to become a Peer 2 Peer?

Here is the experiences you will need to have.

- How to manage your home
- How to manage Direct Support Professionals – private hire staff
- How to find a job and maintain the job
- How to access your community and build community supports





Practicing confidentiality. Confidentiality means information you hear from someone needs to be kept private.

And lastly, another requirement is that a Peer 2 Peer should participate in a Healthy Relationship Training. In the state of Connecticut, we have a series of classes to take that educate us on how to build healthy meaningful relationships.



I hope you enjoyed my presentation, now we will switch gears and take the Pledge

- The DDS SACs continue to challenge people to take the pledge!
- The Disability Awareness Pledge Reaffirms a commitment to seeing the person and not the disability.
- Over 2400 people have taken the Pledge!
- The SACs are challenging each one of us to be the change that makes a difference.

I PLEDGE:

- **To advocate and accept my responsibility to be respectful to the individuals I work with and for.**
- **To RESPECT and treat all individuals equally.**
- **To Call each person by their name and refer to them as “INDIVIDUALS/PEOPLE” and stop using the word “CLIENT”.**
- **To Support self-advocacy and stand up for individuals’ human rights.**



I PLEDGE:

- **To be an advocate for “No More R Word” in my work-place and everywhere I go.**
- **To Assist and make sure that each person that I work with can make their own choices, be part of a community of their choice and feel accepted to be themselves.**
- **I will use People First Language, which means seeing the person NOT the disability, using words and terms that are easier for people to understand.**
- **To be an ambassador for Self-Advocates, Speak up for People First Language, and Be the voice for change that makes peoples’ lives happen!**

