SARTAC Fellows:
Advancing Self Advocacy through LEADERSHIP AND POLICY
Fellowship Project:
Enhancing Control and Choice with Personal Care Services Through Self-Direction

Host: Dana Charlton
Ohio Self Determination Association

State: Ohio
Project summary

• To build successful relationships with staff and their provider agencies
• My project uses PowerPoint slides to take you through the four steps to reach this goal
Project summary

- Self-Direction exists when you have choice and control
- With choice and control you have self-determination
- The focus of my project is using self-direction to help people have greater choice and control with staff
Principles of self determination

- **Freedom**: you decide what happens now and in the future.
- **Authority**: you decide how your money is spent.
- **Support**: to do what is important to you.
- **Responsibility**: follow rules, laws and help others in the community. Speak up if you don’t know!
- **Confirmation**: Speak up, show that you can just do it!
Steps to Becoming a Stronger Advocate:
1. Knowing Yourself
2. Communication
3. Solving Problems
4. Rights & Responsibilities
Step #1 - Know Yourself

• What do you like and dislike?
• What is important to you?
• How do you want your staff to support you?
• What are your house rules?
• What makes you feel comfortable and safe?
Step # 2 – Communication

You are the “Captain of your own Ship!”

• Do you have something to say?
• Do you want to be heard?
• You are the expert on your life.
• Don’t let anyone else take the wheel.
• Use your “voice” to get everyone on board with the life you want. Speak up!
Step # 3- Problem-Solving

1. Who else does it affect?
2. Who else does it affect?
3. Investigate to get new information.
4. What’s the problem?
5. Just do it!

Brainstorm solutions and strategies.
Step # 4 - Rights & Responsibilities

#4 - Rights & Responsibilities
What products that are on the SARTAC website

- Powerpoint presentation of about 70 slides covers this brief overview in much more detail.
- Some pictures and information is from Project STIR™ – advocacy training
- Includes my personal story using self direction to get the supports and staff that I have in my life.
Since I started this Fellowship, now employed by an Ohio State agency in a full-time position working in Ohio’s disability system promoting self determination and self-direction.
WHAT WAS THE ROLE OF THE HOST?

• My Host Organization, was the Ohio Self Determination Association.

• Together we learned helpful tips about creating tools for people with disabilities