



SARTAC
Fellows:

Advancing
Self Advocacy
through
LEADERSHIP
AND
POLICY



Nathan
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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

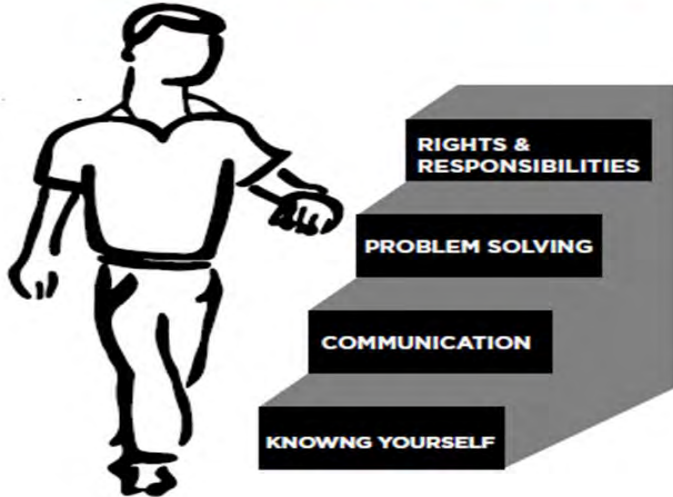
Principles of self determination

- **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!

Speak Up!

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STEPS TO BECOMING A BETTER **SELF-ADVOCATE**



Steps to Becoming a Stronger Advocate:

1. Knowing Yourself
2. Communication
3. Solving Problems
4. Rights & Responsibilities

Step #1 - Know Yourself

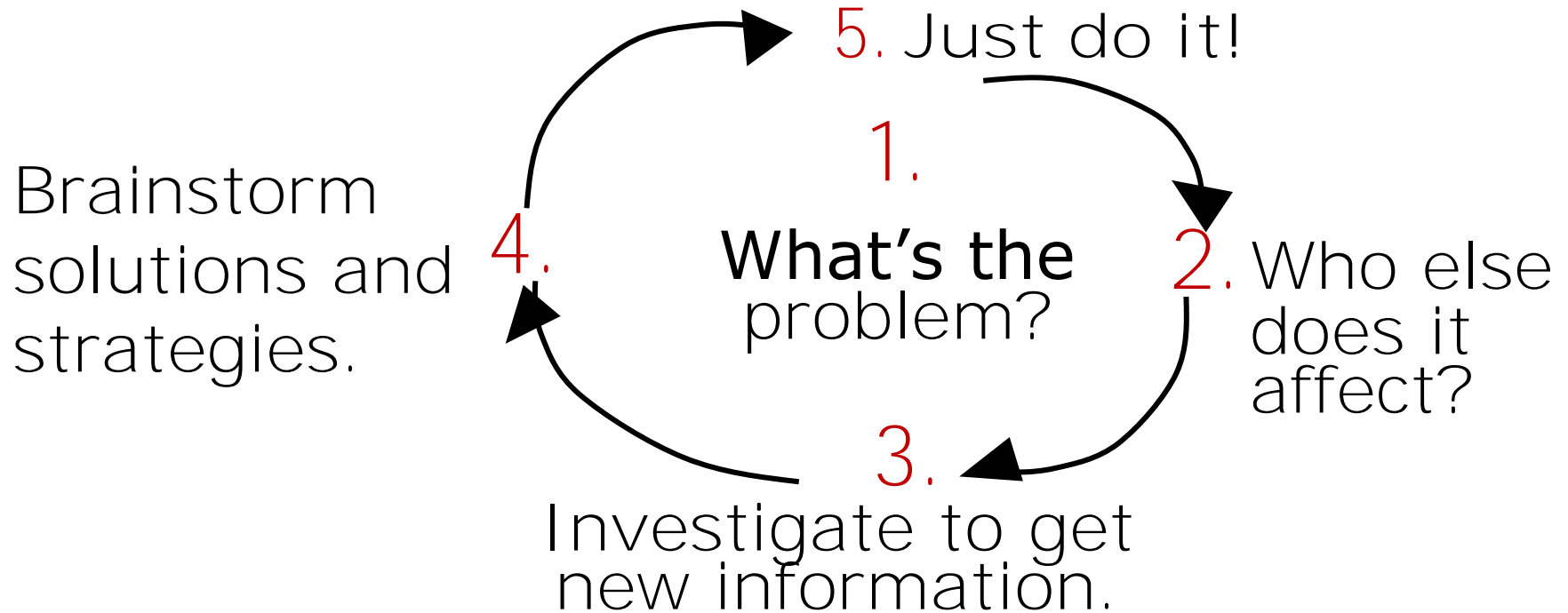
- What do you like and dislike?
- What is important to you?
- How do you want your staff to support you?
- What are your house rules?
- What makes you feel comfortable and safe?

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!

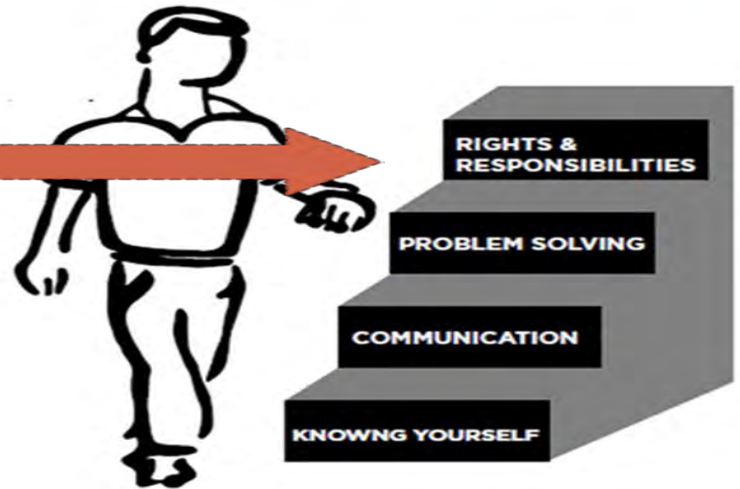
Step # 3- Problem-Solving



Step # 4- Rights & Responsibilities

4 - Rights & Responsibilities

STEPS TO BECOMING A BETTER
SELF-ADVOCATE



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.

EMPLOYMENT RESULTS OR GOALS

- 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?

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- My Host Organization, was the Ohio Self Determination Association.
- Together we learned helpful tips about creating tools for people with disabilities