

The Artistic Self-Advocacy Movement Creative Workshop Handbook



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Welcome!

This handbook can help people with disabilities plan art and self-advocacy classes. It is easy to read so that many people can use it.

Table of Contents:

- Plan the workshop
- Before the workshop
- Workshop planning tips
- During the Workshop
- After the workshop
- Resources
- Acknowledgements

The handbook is available on the following websites:

- www.selfadvocacyinfo.org
- www.arcminnesota.org

Plan The Workshop

Plan where you want the workshops to be held.

① Meet in-person

Decide where your meeting spot will be. What makes a good meeting spot?

- All people can access the space.
- Easy to find
- Enough room for everyone in the group
- Near public transportation
- Open and available to host your meetings



② Meet online

If you host your workshop online, you will need to think about...

- Do people need training on how to use the online tool?
- Does everyone have the technology they need?
- What program do you want to use for your meeting?
 - Facebook
 - Zoom
 - GoogleMeet
 - Microsoft Teams
 - Skype



③ Combo! Meet in person and others can join online

You would need to choose a place that would be able to provide technology.

What meeting type would be best for your workshop?

Before The Workshop

Prepare workshop materials and invite participants.

① Pick a Workshop Topic

Choose what type of art you want to teach during the workshop.

- Poetry
- Painting
- Drawing
- College



② Learn about Workshop Topic

Research the art topic you choose to have a better understanding of what you will teach during the workshop.

③ Prepare Teaching Materials.

- Script for presenters.
- PowerPoint with examples for presentation.
- Guidelines for participants.
- Purchase supplies.
- Invite a guest speaker to talk about disability self-advocacy.



④ Find Volunteers

Recruit volunteers to help set-up and support participants during the workshop.

⑤ Find Participants

Promote the workshop through social media channels to find participants to attend the workshop.



⑥ Practice Script

Before each workshop, go over the script with the host.

Workshop Planning Tips



- ① Offer accommodations to participants.
 - Interpreters
 - Sensory friendly space
 - Captioning
 - Accessible restrooms
- ② Learn about and use plain language in all materials you create for the workshops.
- ③ Find a photographer who will be responsible for taking pictures during the workshop.
 - Create a permission form to use photos and artwork created by participants.

Workshop Planning Notes:

Use the space below to write down ideas and details to plan your workshop.

During The Workshop

Explore the power of art and self-advocacy.

① Welcome and Introduction

- Welcome participants.
- Introduce yourself.
- Explain the purpose of the workshop.



② Workshop Overview

- Outline the agenda and schedule for the workshop.
- Share workshop guidelines for both online and in-person participants
- Explain that workshop will be recorded.

③ Give PowerPoint Presentation

- Read script slowly and carefully.
- Provide descriptions for each art piece.



④ Take a Break

Take a five-minute break before starting the second part of the workshop.

⑤ Activity Overview

- Explain and provide examples of what type of art participants will be creating.
- Identify people who want help creating their art or poem.

⑥ Share Out

- Give participants the opportunity to share what art they created with the group.



After The Workshop

Set dates and times for upcoming workshops.

① Reflect on Workshop

- Have a chat with the host about how the workshop went.
- Share thoughts on what went well and what could have been better.



② Plan Weekly Check-ins with Host

- Use this time plan and prepare materials for future workshop

③ Schedule Future Workshops

- Set dates and times for upcoming workshops



④ Check Art Supplies

- Figure out what materials are left and if you need to restock anything

Workshop Reflection Notes:

Write what went well and what could have been better during the workshop.

Resources

In this section of the handbook you will find examples of materials used during the Self Advocate Artistic Movement

These examples can be used as a guide to help you create your own materials for workshops.

- **The Power of Poetry Workshop**
 - PowerPoint example
 - Script example
 - Social media toolkit
- **The Power of Protest Art Workshop**
 - PowerPoint example
 - Script example
 - Social media toolkit
- **Examples of Artwork Created**
 - Poetry Book
 - Paintings

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The Self Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE), the oldest national self-advocacy organization in the country.

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The information in this manual was written to provide guidance for self-advocates and their allies to assist in understanding policy issues affecting their lives. It is not to be used to determine a person's legal rights or an organization's legal responsibilities under Section 504 of the Rehabilitation Act of 1973, as amended; the Americans with Disability Act of 1990, as amended or any other federal, state or local laws written to protect the rights of people with disabilities.

