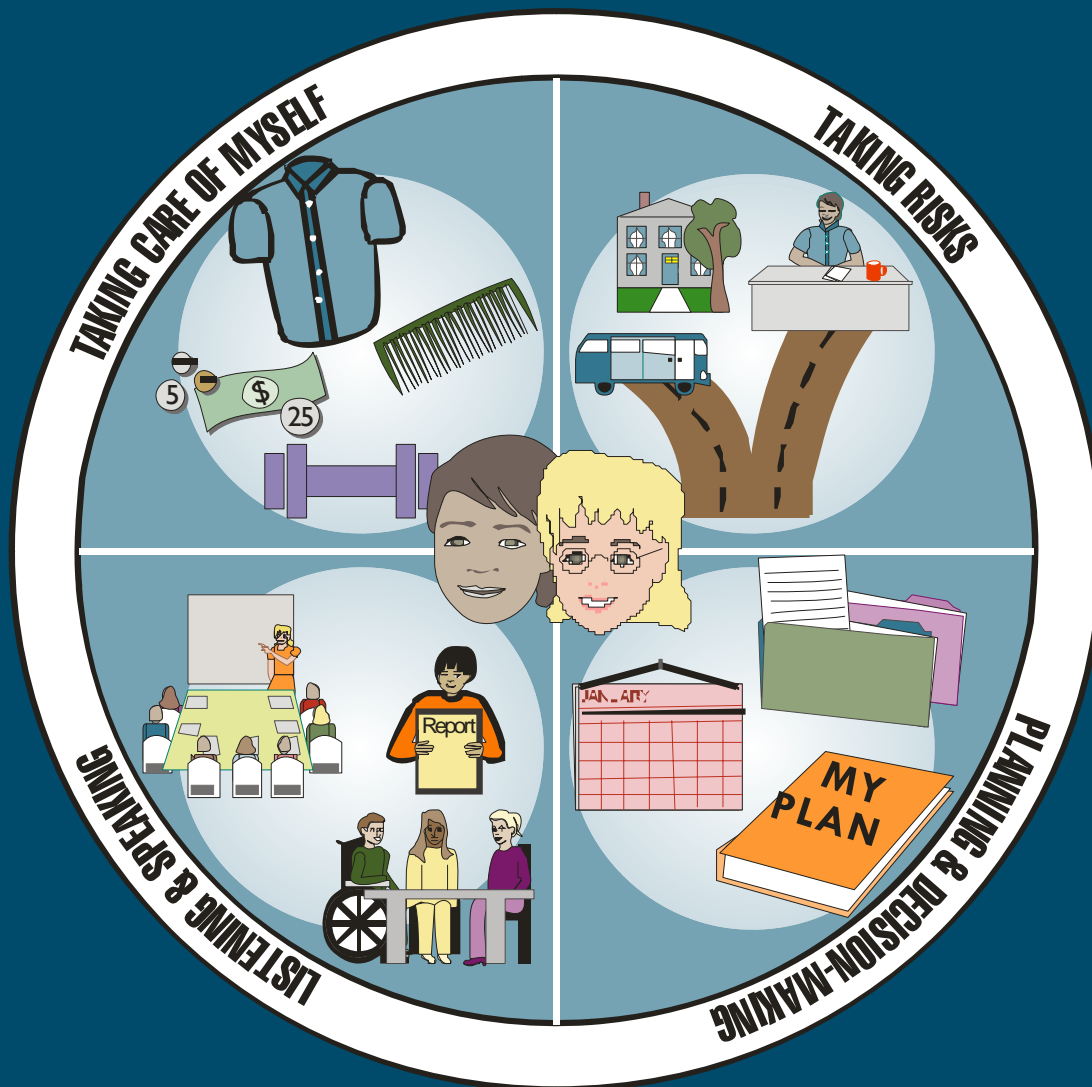


BECOMING INSPIRED LEADERS

LEADERSHIP THROUGH PERSONAL CHANGE



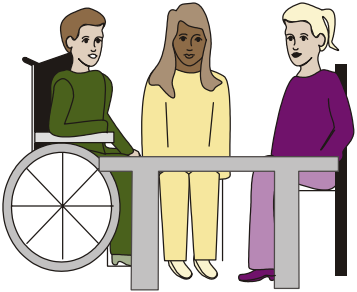
BECOMING INSPIRED LEADERS



WELCOME

Leadership Through Personal Change

Having the life you want



What we will talk about

The DDS CAC advocacy work

Leadership Through Personal Change

What the CAC we will do

Why this is very important for all self-advocates

Consumer Advisory Committee Members



□ The CAC is an advisory committee of self-advocates from all over California.

□ The CAC began in 1992. There are 15 permanent members who serve three-year terms.

□ The CAC meets quarterly in Sacramento. Members provide DDS with input from the community.

Key Points about the CAC

- ✓ The CAC advocates for people and how they want to receive services.
- ✓ Members take information back to People First, Self-Advocacy and local Consumer Advisory Committees.
- ✓ The CAC has their own vision statement that drives their advocacy work.

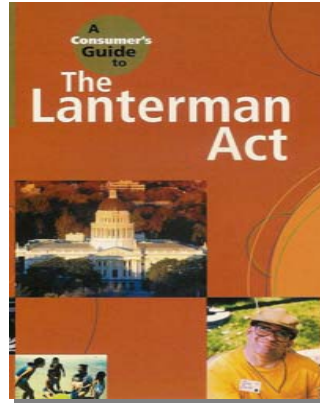


My Life, My Way

“PEOPLE WITH DEVELOPMENTAL DISABILITIES IN CALIFORNIA WILL LIVE THEIR LIFE THE WAY THEY WANT”

Past CAC Advocacy Work

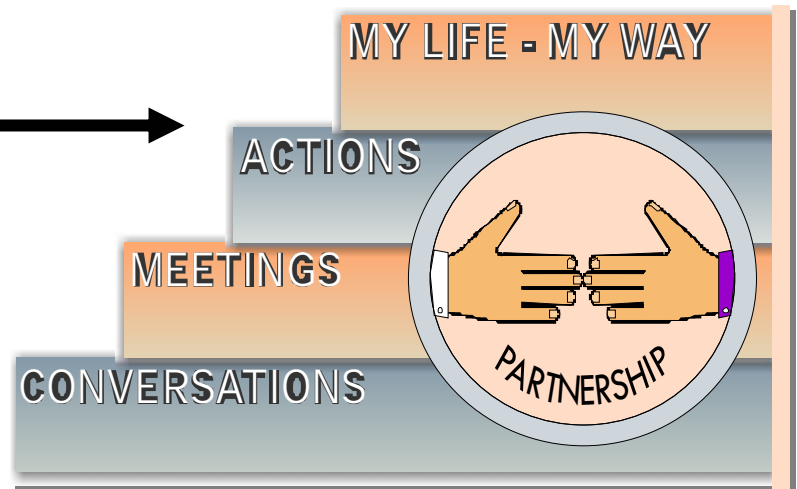
**Consumer Guide
to the Lanterman Act**
(Our Rights)



Community Conversations
(What is life like for people in California?)



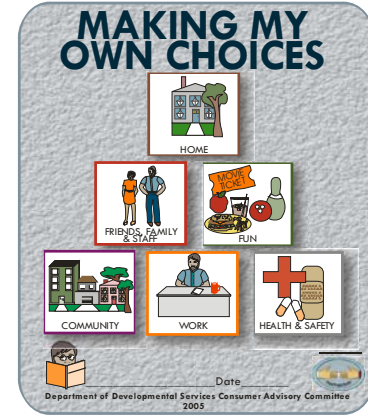
**From Conversations to
Actions Using the IPP**
(True stories and strategies used to accomplish
a goal using the IPP)



Past CAC Advocacy Work

Making My Own Choices Picture Sticker Book

((Making decisions about things important to us))



Satisfaction Guide & DVD

(Dan's story about what he likes)

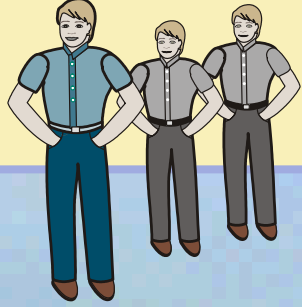


Recommendations For Surveys



Ways to Make Complex Information Simple





Inspiration and Leadership

Leaders know 3 things:

**They want to
contribute**

**They know
what they
want to do**

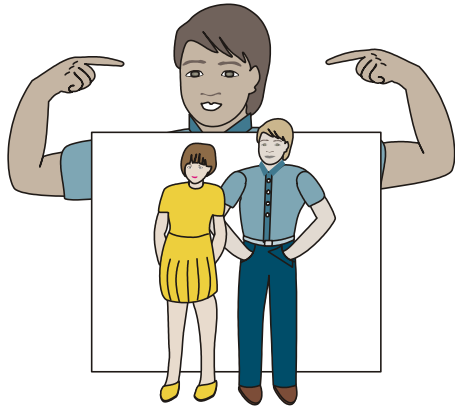
**They know
what is
important
to them**

Inspiration

.. To guide and influence

.. To motivate to action

.. To affect or touch someone

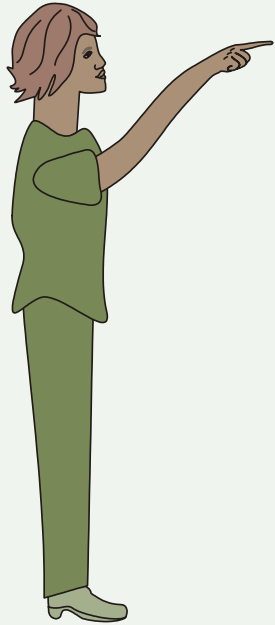
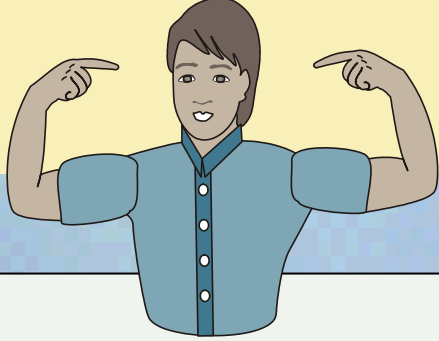


Leaders Inspire others to follow by example

“I have a dream”



Leaders ...



Inspire people

Listen

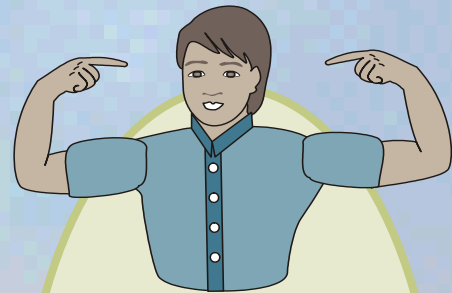
Take care of themselves

Take important risks

Plan and organize

Create teams to accomplish goals

CAC Leadership Areas



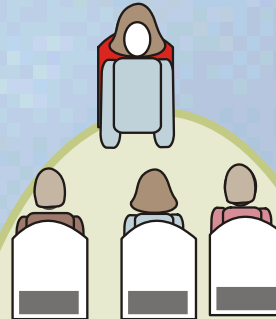
TAKING CARE OF YOURSELF

- Managing money
- Being healthy
- Dress for success



PLANNING DECISION-MAKING

- Decision making
- Organizing
- Planning



LISTENING SPEAKING

- Listening & asking questions
- Public speaking

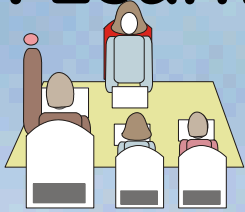


TAKING RISKS

- Leadership goal
- Getting support
- Accomplishing your goals

The CAC Leadership Plan

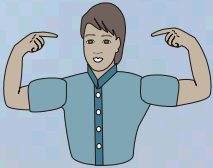
1. Learn about leaders



What do leaders do?

How do leaders act?

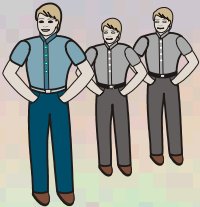
2. My own leadership goal



Making a mission statement

Creating a personal leadership plan

3. Practicing leadership



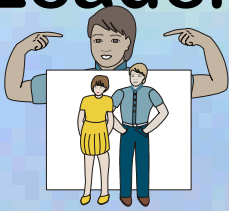
Taking care of myself

Planning and organizing

Listening and speaking

Taking risks

4. Leadership through example



Being successful

Show others how we did it

How we do it

We make our own Mission Statement



What is important to me? _____

Why is it important to me? _____

What am I now doing? _____

Examples:



Kim

I am a leader who believes in **taking care of herself**.
I **advocate for others**, am a **team member** and believe all people can have a life of **dignity and quality**.



Cindy

I like to **work independently** and not be controlled by others.
I **help others by teaching and showing** them they have rights.
I **go to school**.



Nyron

I have **good health**, eat right and walking regularly.
I am **independent** in my home and do **community work**.
I **advocate and support** others in having a quality of life.

We make a leadership goal



MY MISSION:

I am a leader who believes in taking care of herself. I advocate for others, am a team member and believe all people can have a life of dignity and quality.



MY LEADERSHIP GOAL:

To be a life coach and advocate for people.



TAKING CARE OF YOURSELF

- Managing money
- Being healthy
- Professional dress

PLANNING DECISION- MAKING

- Decision making
 - Organizing
 - Planning

LISTENING SPEAKING

- Listening & asking questions
- Public speaking

TAKING RISKS

- Leadership goal
- Getting support
- Accomplishing your goals

Leadership Learning

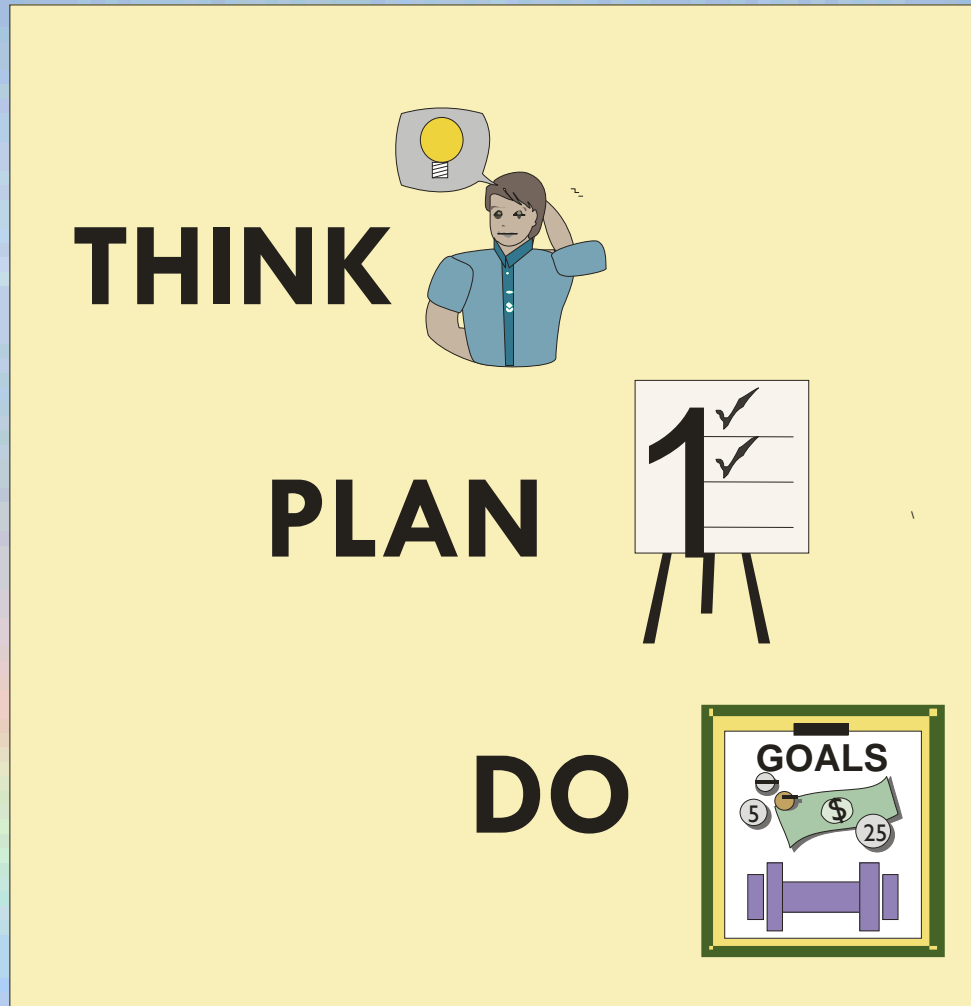
MY LEADERSHIP GOAL:

■ Be a life coach and advocate for people.



1. Learn new leadership behaviors.
2. Practice at home and at meetings.
3. Find a Mentor in my community.
4. Become my own leader.
5. Teach others.

Being a leader



TAKING CARE
OF
YOURSELF

PLANNING
DECISION-
MAKING

LISTENING
SPEAKING

TAKING
RISKS

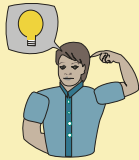
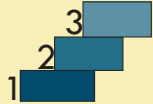
THINK, PLAN, DO (sample)

MANAGING MY MONEY



SETTING THE GOAL

Steps that can help set and accomplish money goals:



THINK

What do I want?

When do I want it by?

How much does it cost?

MANAGING MY MONEY



MAKING THE PLAN

PLAN

What will I spend less on to have my goal?

How much do I spend now?

\$

Day

\$

Week

\$

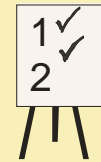
Month

\$

In

months I will save

\$



THINK, PLAN, DO (sample)

MANAGING MY MONEY

MAKING IT HAPPEN

DO

I will start my plan?

(Date)

I will put extra money in (place)?

I will put my money away:

Everyday

Once a week

Once a month

will help me

I want help with:

GOALS



Getting Support

MANAGING MY MONEY

GOOD IDEAS

TIPS

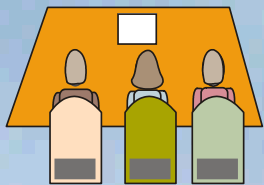
- Make sure you have enough money to pay your monthly bills you are committed to FIRST before you start saving money for a goal.
- Open a “special” savings account at the bank for your goal.
- Give the account a name like “My TV Fund”.
- Deposit the saved money into this special account and enjoy watching it grow.
- Get a can or small box to keep your receipts.

TRAPS

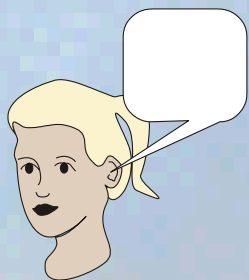
- DO NOT carry a lot of money in your wallet.
- DO NOT buy things on IMPULSE, which means buying something you did not think about before you went to the store.
- Always ask yourself:
 - Do I need this?
 - Have I gotten along without it so far?



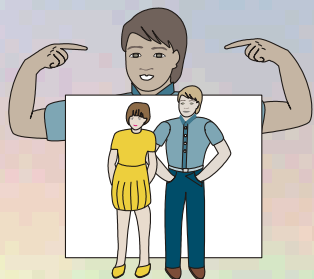
We get support



Quarterly Consumer Advisory Meetings
training with specialized experts



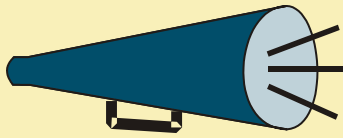
Personal CAC Facilitators
2 hours per month



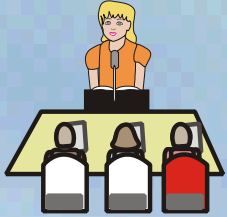
Project Facilitator
4 hours per month



Life Coach
monthly leadership coaching call



Reaching Out



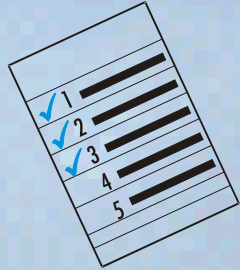
CAC members will make presentations statewide



People First Groups
Regional Centers

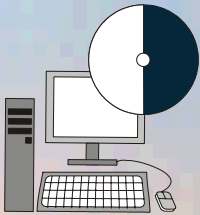
Conferences
Advocacy groups

Quarterly Newsletter



Internet

Updates on DDS Consumer Corner Webpage
Updates on Board Resource Center webpage

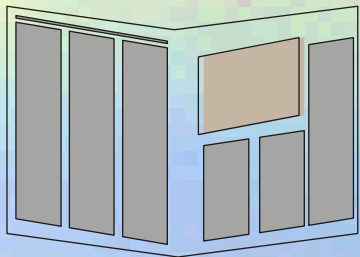


Publications

Year 1 – 1,000 prototype booklets and documentary

Year 2 – 1,000 prototype booklets and documentary

Year 3 – 10,000 final booklets and documentary
Guide for facilitators and support people



Contact Information

For more information or copies, contact:

Nicole Patterson, Consumer Coordinator

Department of Developmental Services

Office of Human Rights and Advocacy Services

1600 9th Street, Room 240-Sacramento, CA 95814

(916) 654-1888

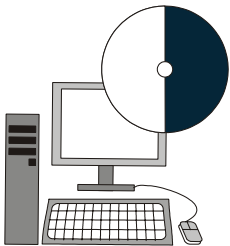


Board Resource Center 

Mark Starford

(916) 574-1023

mark@brcenter.org



Consumer Corner website:

http://www.dds.cahwnet.gov/consumer/consumer_home.cfm

