

**ACT**  
Disability  
**EQUALITY**  
**TRAINING SERIES**



**COURSE**  
**101:**  
Self-Advocacy Basics

# Program Kit

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Write Your Name Here

# SESSION 0 Orientation



**Leadership and Collaboration**

**ACT Disability EQUALITY TRAINING SERIES**  
*Distance Learning*

- 12 sessions
- learn together
- practice new skills
- take some action
- have fun

Building Personal Power	Connecting to Disability Rights	Building Better Communities
1 2 3 4	5 6 7 8	9 10 11 12

ACT Disability EQUALITY TRAINING SERIES | Distance Learning Course: 101 Self-Advocacy Basics | Session: all sessions | The Series Overview Card | ©2020 Advocating Change Together. All rights reserved. www.selfadvocacy.org



# Leadership and Collaboration

## ACT Disability EQUALITY

*Distance Learning*  
TRAINING SERIES

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- learn together
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## Building Personal Power    Connecting to Disability Rights    Building Better Communities



**ACT** Disability  
EQUALITY  
TRAINING  
SERIES

Distance Learning Course: 101 Self-Advocacy Basics  
Session: all sessions  
Title: **Series Overview Card**

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### **Tips for a fun and productive distant learning experience:**

- Put your computer or tablet on a table or desk so you don't have to move it during the meeting.
- Make sure you have good lighting on your face so people can see you.
- Sit about an arm's length from the camera on your screen so your face fills at least half the screen.
- To speak directly to your friends in the meeting, look at the camera rather than at the images on the screen.
- Plan to have any meals or snacks before or after the meeting and not during the meeting— it's respectful of others if we don't eat on camera.
- Keep your hands away from your face so others can hear and understand you when you speak.
- Ask that other people in your room stay quiet and hold any conversations until after the online meeting.

**Thank you for your thoughtfulness!**

# SESSIONS 1a, 1b, 1c

## Say Names Together, Would You



**Would You Rather...**

**Bad Stuff**

- Get hit by lightning
- Find out your friend has cancer
- Lose your healthcare
- Lose your job
- Pick your nose on national TV
- Die in a nursing home
- Go to jail/prisoning
- Have tickets for a game that's rained out
- Get a fat tire in Montana
- Have chronic back pain
- Have a neighbor who plays loud music late at night
- Have no dental coverage
- Lose a \$100 bill more
- Get in a nasty argument with your best friend
- Live in Arizona with no air conditioning

**Good Stuff**

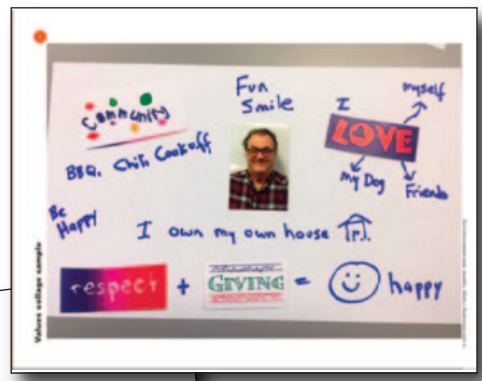
- Know that your loved ones are taken care of
- Win a free vacation to Acapulco, Mexico
- Have a beer with the President of the United States
- Ensure health care for all Americans
- Be satisfied with what you have
- Be known as a kind person
- Have an ice cream cone
- Travel back in time and meet Abe Lincoln
- Win American Idol
- Travel to the moon and back
- Be friends with Taylor Swift
- Get free tickets to the Super Bowl
- Get a good night's sleep
- Be an accomplished trumpet player
- Work in a job you love

**Self-Advocacy**

- Become a stronger leader
- Get more members in your group
- Speak before the legislature about no more cuts
- Organize a party for your group
- Talk to kids about bullying
- Go to the state self-advocacy conference
- Get help to start your own business
- Live in your own house with two roommates you like
- Get married
- Have a good paying job that you do well

**Human Rights**

- Have the right to vote
- Have a good job
- Have privacy where you live
- Have a good education
- Be able to get married
- Have access to the public buildings in your town
- Equal participation in sports
- Live independently in the community
- Be treated as an equal citizen
- Have good health care



GIVING BACK	I Do WHAT I SAY	Kindness
Hard Work	I Think for Myself	Leadership
Honesty	IM A PERSON FIRST	LEA
Hope	Imagination	Lis
Human Rights	Independence	Lea
I Decide	Interdependence	

Assertive	curiosity	FAITH
BELONGING	Do What I Say	Family
Caring	Don't Give Up	Follow My Dream
Confidence	Equality	Freedom
Control	EVERYONE COUNTS!	Friendship
Creativity	Fairness	Fun

Love	Respect	Taking People Seriously
LOYALTY	Self-Determination	TAKING RISKS
Neighborhood	Sharing	TEAMWORK
OK to Make Mistakes	Side by Side With Everybody Else	Togetherness
Positive Attitude	SMILES	TRUST
Pride	Speaking My Mind	Trying New Things

**Leadership and Collaboration**

**ACT Disability EQUALITY Distance Learning TRAINING SERIES**

- 12 sessions
- learn together
- practice new skills
- take some action
- have fun

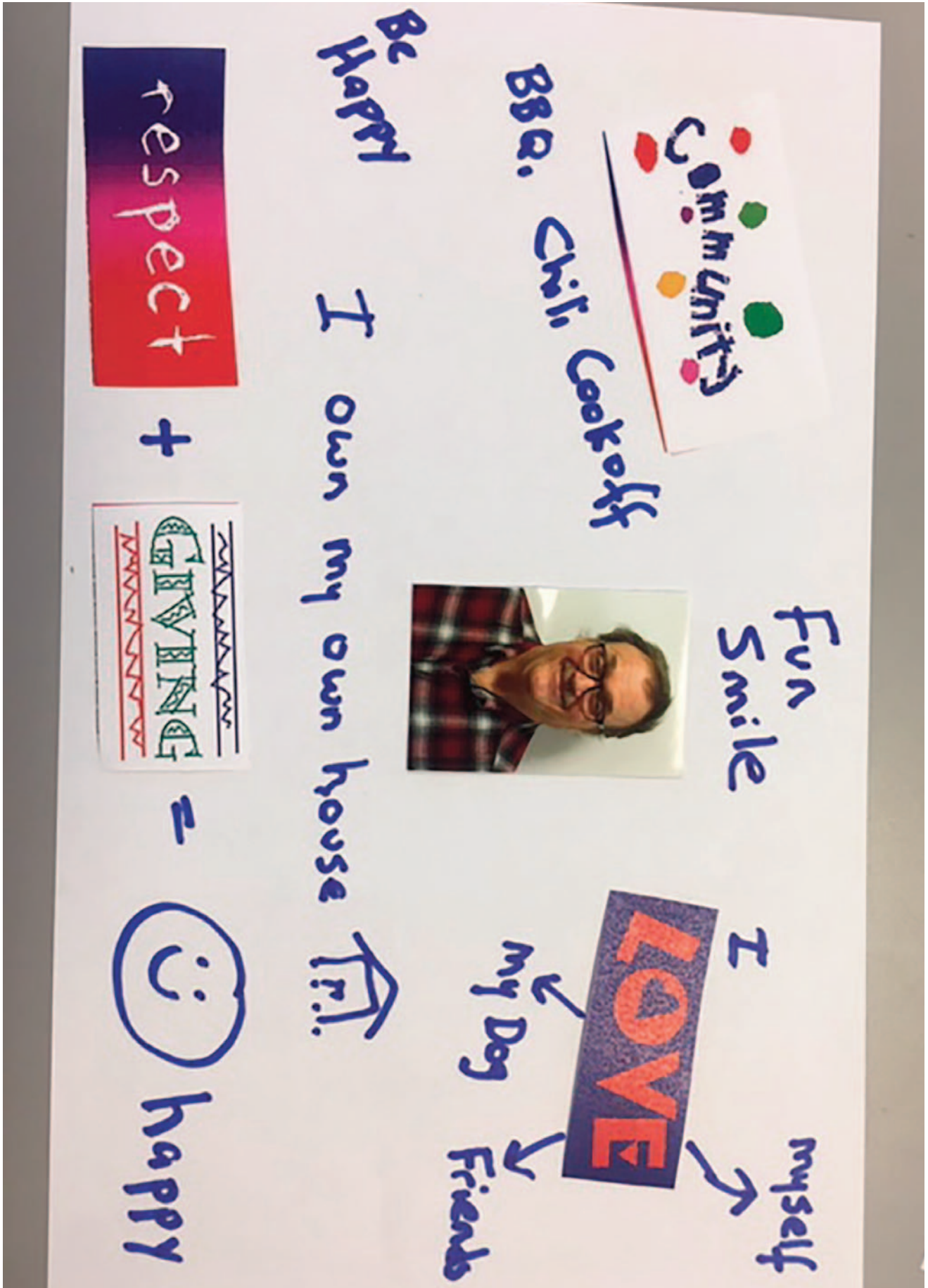
Building Personal Power    Connecting to Disability Rights    Building Better Communities

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**ACT Disability EQUALITY TRAINING SERIES**    Distance Learning Course: 101 Self-Advocacy Basics    ©2021 Advocating Change Together







## Would You Rather...

### Bad Stuff

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3. Lose your healthcare
4. Lose your job
5. Pick your nose on national TV
6. Die in a nursing home
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1. Know that your loved ones are taken care of
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4. Have a good education
5. Be able to get married
6. Have access to the public buildings in your town
7. Equal participation in sports
8. Live independently in the community
9. Be treated as an equal citizen
10. Have good health care



**Faith**

**Family**

Follow My Dream

*Freedom*

*Friendship*

*Fun*

*curiosity*

Do What I Say

Don't Give Up

**Equality**

EVERYONE COUNTS

*Fairness*

*Assertive*

**BELONGING**

*Caring*

**confidence**

**Control**

**Creativity**

Kindness

Leadership

LEARNING

Listening

Looking Good

I DO WHAT I SAY

I Think for Myself

I'M A PERSON FIRST

Imagination

Independence

Interdependence

GIVING BACK

Hard Work

Honesty

Hope

Human Rights

I Decide



# SESSION 2

## Assertiveness Training

**Discussion questions for role-plays**

1. What did you see and hear that told you the person was being **passive, aggressive or assertive**?
2. How did the person's body look?
  - Passive: low energy, head down, eyes down
  - Aggressive: standing too close, tense body posture, scowl on face
  - Assertive: good eye contact, calm, reasonable, direct
3. How did the person sound?
  - Passive: low voice, not excited, not confident
  - Aggressive: loud voice, excited, angry, pushy, not respectful
  - Assertive: normal voice, confident, open, calm
4. How do you think the person feels about themselves?
  - Passive: no control, depressed, wimpy, down, sad
  - Aggressive: out of control, mean, not liked, angry
  - Assertive: good about self, happy, proud, self-respect
5. How do you think other's see them?
  - Passive: no respect, pushover, wishy-washy
  - Aggressive: scared, want to stay away, want to fight back, think the person is out of control and unreasonable, ready to turn off the Zoom screen and go watch TV
  - Assertive: respectful, not a pushover
6. What do you think would happen to a person who was passive, aggressive or assertive all the time?
  - Passive: get depressed, get taken advantage of, low opinion of self
  - Aggressive: lose friends, not respected, staff would put on "program", not happy, anger would eat them up
  - Assertive: has a better chance of getting more of what they want out of life, happy life, self-directed
7. Did the person get what they wanted by being passive, aggressive or assertive? Did they say what they wanted?
  - Passive: No?
  - Aggressive: No?
  - Assertive: will not always get what you want, but you have a better shot at it.

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

**Role play scenarios**

- In a store, you are at the checkout and three people are in line without masks and not keeping a safe distance from you. What do you say? What do you do?
- You are going to the mall with a roommate. They refuse to take a face mask to wear at the mall. What do you say? What do you do?
- You want to go to church. The support person in your house says NO. What do you say? What do you do?
- You're in a Zoom meeting and another self-advocate seems to be taking up all the time talking. What do you say? What do you do?
- Winter is coming, and you need a new winter coat. You have found one online, on sale, but you need help placing the order. Your aunt usually helps you with computer stuff. One day she will help you but keeps putting it off. The sale ends Sunday. What do you say? What do you say?
- You are looking for an opportunity to volunteer for a nonprofit organization. You submitted your name to a clean water organization, but nobody has responded. What do you do? What do you say?
- You have an insight that helps you make it right. Enough doesn't help. You are very concerned about getting sick. What do you do? What do you say?
- You are tired of being at home and not seeing your friends. You know your workplace will not open for many months and there will be no in-person meetings until at least next year. What do you do? What do you say?
- You have never used a computer but want to try. You see your friends going on Zoom meetings and you feel left out. What do you do? What do you say?
- You want to learn to play the banjo, but your roommate says it will disturb her because it will be too loud. What do you do? What do you say?
- You're super hungry for a cool beer that your roommate is at a deli and says he does not want to drink in the house. What do you do? What do you say?
- You are feeling lazy and decide not to make your bed today. Your roommate calls you a slob. What do you do? What do you say?
- You want to work at Walgreens. How do you get help with the application and interview? What do you do? What do you say?
- You have allergies and do not like cigarette smoke. Your roommate takes out a cigarette after supper and lights up. You want to cough but your roommate keeps on smoking. What do you do? What do you say?
- One of your friends in a self-advocacy Zoom meeting attempts to talk about a conference he attended. Is it their turn to speak but another self-advocate keeps interrupting her. What do you do? What do you say?

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

**Every accomplishment, great or small, starts with the decision:**

### I'll do my best!

**Assertive communication is:**

- Saying how you see it.
- Telling how you feel.
- Speaking up for what you want.

**You are assertive when you:**

- Stand up for what is best for you.
- Stand up for your rights.
- Make sure other people understand what you want.
- Openly and honestly express your opinions and feelings.
- Respect other people's rights and opinions.
- Listen to other people.

**When you communicate assertively:**

- You stand tall
- You look people in the eye
- You speak clearly

**After using assertive communication:**

- You feel good
- You feel proud
- You feel respected

### I can speak for myself!

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

**Handout Master: Passive Communication**

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

**Handout Master: Aggressive Communication**

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

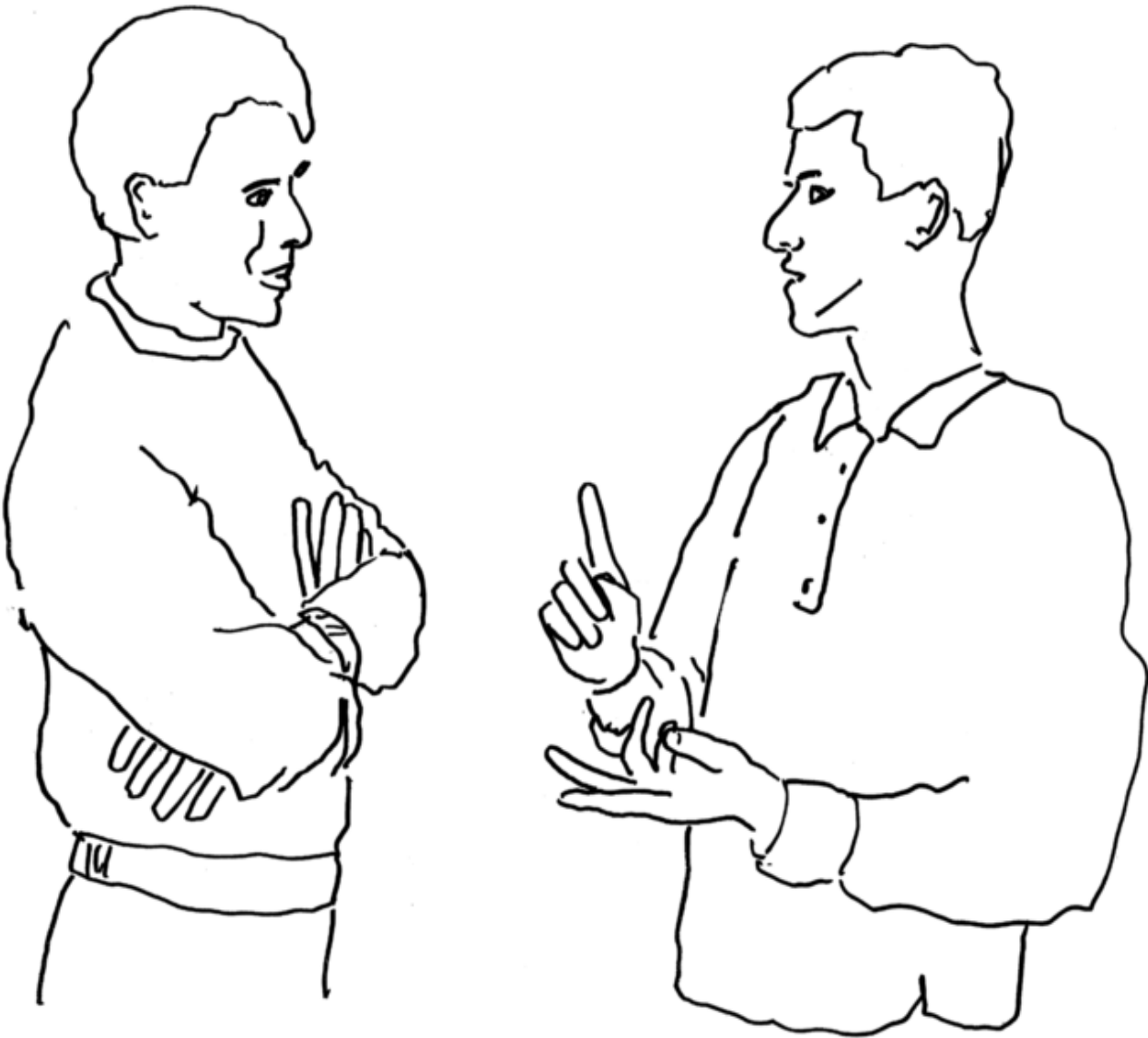
**Handout Master: Assertive Communication**

Distance Learning Center: 101 South Albany Street, Session 2 The Assertiveness Training

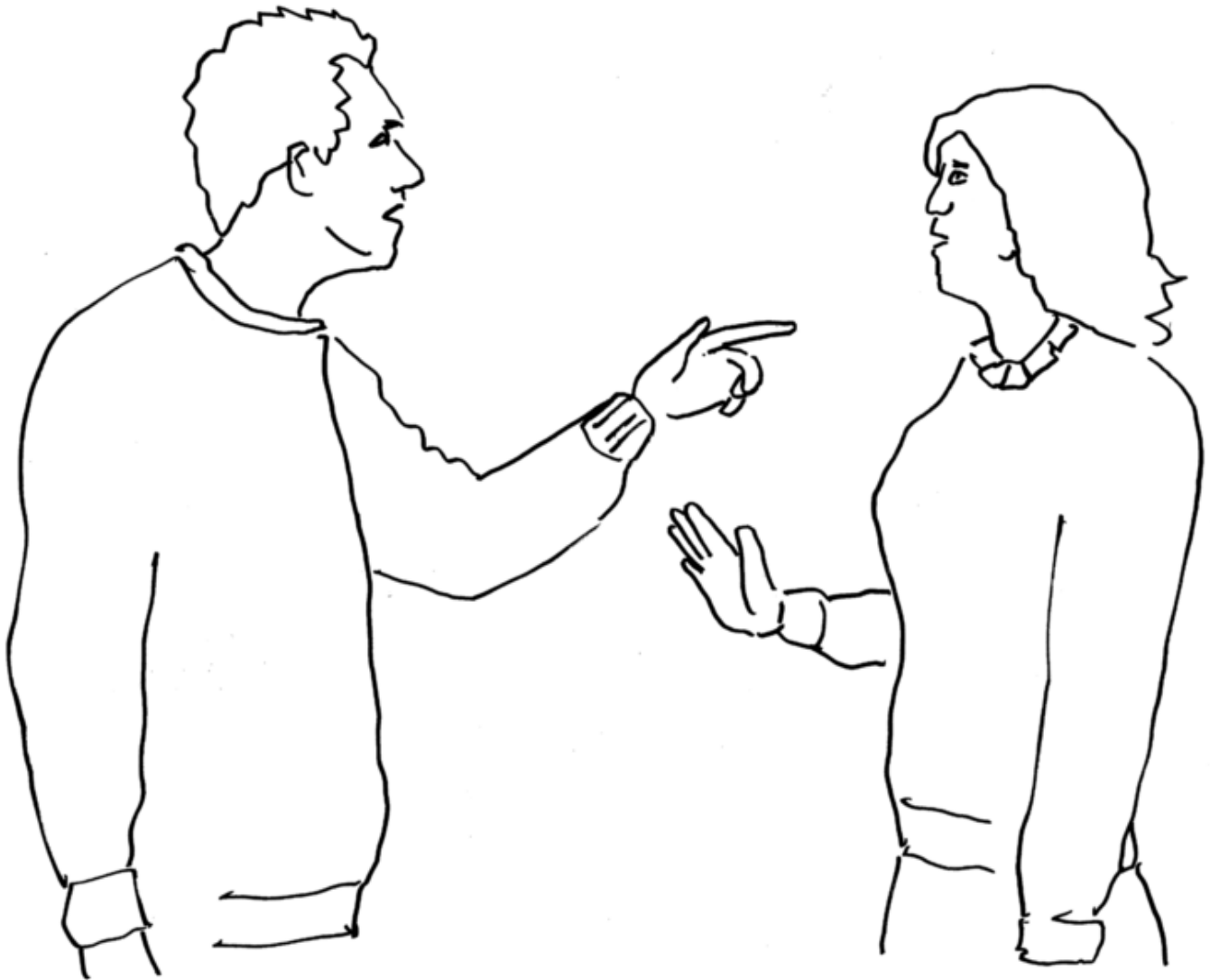


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- You want to learn to play the banjo, but your roommate says it will disturb her because it will be too loud. What do you do? What do you say?
- You're super hungry for a root beer float. Your housemate is on a diet and says he does not want ice cream in the house. What do you do? What do you say?
- You are feeling lazy and decide not to make your bed today. Your housemate calls you a slob. What do you do? What do you say?
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- One of your friends in a self-advocacy Zoom meeting attempts to talk about a conference she attended. It is their turn to speak but another self-advocate keeps interrupting her. What do you do? What do you do? What do you say?

# SESSIONS 3a, 3b

## Showing Confidence and Real Leaders

### Ask For Help




**The Optimists Creed**  
by Christian D. Larson - 1932

I Promise Myself  
To be so strong that nothing can disturb my peace of mind.  
To talk health, happiness, and prosperity to every person I meet.  
To make all my friends feel that there is something worthwhile in them.  
To look at the sunny side of everything, and make my optimism come true.  
To think only of the best, to work only for the best and to expect only the best.  
To be just as enthusiastic about the success of others as I am about my own.  
To forget the mistakes of the past and press on to the greater achievements of the future.  
To wear a cheerful expression at all times and give a smile to every living creature I meet.  
To give so much time to improving myself that I have no time to criticize others.  
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.  
To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.  
To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

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**Help Situations Master**

1. What should I wear to a job interview.
2. What classes should I sign up for at school.
3. What should I order at this restaurant.
4. Where do I go to get a state ID?
5. I have a pain in my chest that worries me.
6. How should I react to someone who is harassing me.
7. A store keeper accused you of stealing and you didn't do it.
8. You have to give a speech in front of a big group, and you're nervous.
9. You need a winter coat, but you don't have the money to buy one.
10. You can't read the menu at a restaurant.
11. How can I get a job.
12. You're getting pressured to take drugs.
13. You are in a meeting, and you don't understand what people are talking about.
14. You want to play on the school baseball team.
15. Your boyfriend/girlfriend is pressuring you to do something you're not ready to do.
16. You want to vote and don't know how.
17. You can't decide whether or not to go to the school dance.
18. You want to eat a healthier diet.

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**Song Lyrics**

**Lean on Me**



By Bill Withers © 1971  
Sometimes in our lives we all have pain  
We all have sorrow  
But if we only  
We know that there's always someone  
Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
Till the gonna come  
Somebody to lean on  
Please, describe your pain  
If I have things you need to borrow  
For no one can still steal your hearts  
That you won't let alone  
You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on  
Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
Till the gonna come  
Somebody to lean on  
You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on  
If there is a load you have to bear  
That you can't carry  
You just call on me brother, when you need a hand  
We all need somebody to lean on  
If you just call me (call me)  
If you need a hand (call me) call me  
If you ever need a hand (call me)  
Call me call me call me call me call me  
(Call me call me call me) if you need a hand  
(Call me call me call me) call me call me call me call me call me

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## The Optimists Creed

by Christian D. Larson - 1912

### I Promise Myself

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything, and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

**I'm good at...**



# Help Situations Master

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16. You want to vote and don't know how.
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18. You want to eat a healthier diet.



# Song lyrics

## Lean on Me

By Bill Withers © Universal Music Publishing Group

Sometimes in our lives we all have pain

We all have sorrow

But if we are wise

We know that there's always tomorrow

Lean on me, when you're not strong

And I'll be your friend

I'll help you carry on

For it won't be long

'Til I'm gonna need

Somebody to lean on

Please swallow your pride

If I have things you need to borrow

For no one can fill those of your needs

That you won't let show

You just call on me brother, when you need a hand

We all need somebody to lean on

I just might have a problem that you'll understand

We all need somebody to lean on

Lean on me, when you're not strong

And I'll be your friend

I'll help you carry on

For it won't be long

'Til I'm gonna need

Somebody to lean on

You just call on me brother, when you need a hand

We all need somebody to lean on

I...

You just call on me brother, when you need a hand

We all need somebody to lean on

I just might have a problem that you'll understand

We all need somebody to lean on

If there is a load you have to bear

That you can't carry

I'm right up the road

I'll share your load

If you just call me (call me)

If you need a friend (call me) call me uh huh (call me) if you need a friend (call me)

If you ever need a friend (call me)

Call me (call me) call me (call me) call me

(Call me) call me (call me) if you need a friend

(Call me) call me (call me) call me (call me) call me (call me) call me (call me)

# SESSION 4

# Open Mic/ Feature Screen





1. fold under along this line

2. starting on this side, roll under so the microphone is on the outside of the roll

3. tape the roll so it looks like this



# SESSIONS 5a, 5b

## Three Laws and You Be the Judge



Laws that ensure basic rights for persons with disabilities

**1**

### SECTION 504

of the Rehabilitation Act

1973 Civil Rights Law

Any program that gets federal money must give people with disabilities equal opportunity and equal access to:

- Jobs
- Services
- Buildings

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5a ©2020 Advocating Change Together selfadvocacy.org Title: Three Laws

Laws that ensure basic rights for persons with disabilities

**2**

### IDEA

Individuals with Disabilities Education Act

1975 Education Law

Public schools must provide to students with disabilities:

Free education that is...

- Adapted to the person,
- In the least restrictive place

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5a ©2020 Advocating Change Together selfadvocacy.org Title: Three Laws

Laws that ensure basic rights for persons with disabilities

**3**

### ADA

Americans with Disabilities Act

1990 Civil Rights Law

People with disabilities must have equal opportunity and equal access to:

- Jobs
- Government services
- Public places
- Public transportation
- Telecommunications

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5a ©2020 Advocating Change Together selfadvocacy.org Title: Three Laws

Legal issues

**Rya has a hearing loss.**

She goes to public high school. One day, the class was watching a movie. She tells the teacher that she cannot hear and needs the volume louder. Her teacher replies, "Sorry, but I've got the TV set turned up as loud as it will go. You'll just have to miss this."

Legal issues

**Carrie and her friends love old 70s movies.**

The church in her neighborhood is sponsoring a showing of movies in their basement. Too bad, Carrie will have to find another way to see it. Carrie uses a wheelchair and can't get down the steps. The church has no elevator.

Legal issues

**Dolores is five years old.**

She's ready to start school. She has a disability and will need some special education services. Her parents wanted her to go to the local religious school. But the school principal told her parents that the school couldn't afford to provide the education that Dolores needs. He recommended that the family try the public school down the street.

Legal issues

**There is a big rally downtown.**

Hannah can hardly wait to go. But her sister is working and can't drive her. Too bad, Hannah will have to stay home. She uses a wheelchair and the only city bus going downtown doesn't have a wheelchair lift.

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5b ©2020 Advocating Change Together selfadvocacy.org Title: You Be the Judge

Legal issues

**Mohammed loves theater.**

The Community Theater is doing a play on local history. It is showing this weekend in the Grain Exchange building – in the 3rd floor auditorium. But there's no elevator, so Mohammed can't go. He uses a walker and can't get up the stairs.

Legal issues

**Emily is job hunting.**

She is blind. The local job service in her small town doesn't have materials to fill out. Julia has an application to fill out. Julia has a disability. He said he would like to bring it to his job coach who could help him fill it out. The store manager said that if Joe couldn't fill out the application without help, he should not bother applying for the job. "We won't hire you."

Legal issues

**Joe wants to vote.**

This will be his first presidential election. He knows the candidates and what they stand for. He knows who he wants to vote for. Too bad, he is not able to connect the lines on the ballot with the pen they give him. The officials will not let him vote.

Legal issues

**Jenny is at a party.**

There is lots of drinking and rowdy behavior. At one point someone starts teasing Jenny about her disability. She yells right back, and they get into a fight. Someone calls the cops. Both Jenny and the other person get a ticket for disorderly conduct. Jenny has to pay \$250.

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5b ©2020 Advocating Change Together selfadvocacy.org Title: You Be the Judge

Legal issues

**Apply for the job.**

The store is looking for night help. Julio stopped in to apply, and the manager gave him an application to fill out. Julio has a disability. He said he would like to bring it to his job coach who could help him fill it out. The store manager said that if Joe couldn't fill out the application without help, he should not bother applying for the job. "We won't hire you."

Legal issues

**Charlie has a job.**

He washes dishes at a large local restaurant. He loves his job and his bosses are very happy with his work. One day, the bosses bring in a new dishwashing machine. This machine requires Charlie to learn some new routines. He has to load dishes in a different way, and push different buttons. He knows he can learn it if he is given some time and some extra help. His bosses tell him, "Too bad, we just don't have time to train you. Maybe you should get a job across the street."

Disability Equality Center Distance Learning Course: 101 Self-Advocacy Basics, Session 5b ©2020 Advocating Change Together selfadvocacy.org Title: You Be the Judge



# SECTION 504 of the Rehabilitation Act

## 1973 Civil Rights Law

Any program that gets federal money must give people with disabilities equal opportunity and equal access to:

- Jobs
- Services
- Buildings



# IDEA

## Individuals with Disabilities Education Act

**1975 Education Law**

**P**ublic schools must  
provide to students  
with disabilities:

Free education that is...

- Adapted to the person,
- In the least restrictive place



# ADA

## Americans with Disabilities Act

### 1990 Civil Rights Law

people with disabilities  
must have equal opportunity  
and equal access to:

- Jobs
- Government services
- Public places
- Public transportation
- Telecommunications



## Legal issues

### Rya has a hearing loss.

She goes to public high school. One day, the class was watching a movie. She tells the teacher that she cannot hear and needs the volume louder. Her teacher replies, “Sorry, but I’ve got the TV set turned up as loud as it will go. You’ll just have to miss this.”



## Legal issues

### Carrie and her friends love old 70s movies.

The church in her neighborhood is sponsoring a showing of Grease in their basement. Too bad; Carrie will have to find another way to see it. Carrie uses a wheelchair and can’t get down the steps. The church has no elevator.



## Legal issues

### Dolores is five years old.

She’s ready to start school. She has a disability and will need some special education services. Her parents wanted her to go to the local religious school. But the school principal told her parents that the school couldn’t afford to provide the education that Dolores needs. He recommended that the family try the public school down the street.



## Legal issues

### There is a big rally downtown.

Hannah can hardly wait to go. But her sister is working and can’t drive her. Too bad; Hannah will have to stay home. She uses a wheelchair and the only city bus going downtown doesn’t have a wheelchair lift.





## Legal issues

### Mohammed loves theater.

The Community Theater is doing a play on local history. It is showing this weekend in the Grain Exchange building – in the 3rd floor auditorium. But there’s no elevator, so Mohammed can’t go.

He uses a walker and can’t get up the stairs.



## Legal issues

### Emily is job hunting.

She is blind. The local job service in her small town doesn’t have materials in Braille. They say they can’t afford to serve blind people. They apologized and told her “Good luck and keep looking.”



## Legal issues

### Joe wants to vote.

This will be his first presidential election. He knows the candidates and what they stand for. He knows who he wants to vote for. Too bad; he is not able to connect the lines on the ballot with the pen they gave him. The officials will not let him vote.



## Legal issues

### Jenny is at a party.

There is lots of drinking and rowdy behavior. At one point someone starts teasing Jenny about her disability. She yells right back, and they get into a fight. Someone calls the cops. Both Jenny and the other person get a ticket for disorderly conduct. Jenny has to pay \$250.



## Legal issues

### Apply for the job.

The store is looking for night help. Julio stopped in to apply, and the manager gave him an application to fill out. Julio has a disability. He said he would like to bring it to his job coach who could help him fill it out. The store manager said that if Joe couldn't fill out the application without help, he should not bother applying for the job. "We won't hire you."



## Legal issues

### Charlie has a job.




34

He washes dishes at a large local restaurant. He loves his job and his bosses are very happy with his work. One day, the bosses bring in a new dishwashing machine. This machine requires Charlie to learn some new routines. He has to load dishes in a different way, and push different buttons. He knows he can learn it if he is given some time and some extra help. His bosses tell him, "Too bad; we just don't have time to train you. Maybe you should get a job across the street."


# History Snapshots and Everyone Can Be Great

### The 504 Demonstrations (1976)




In the fall of 1976, candidate James Carter promised to sign certain disability rights laws. His month later, President Carter changed his mind. No people with disabilities could go past the president. They found it a national condition, the American Coalition of Citizens with Disabilities. Using both economic and moral arguments in Congress, they won. Section 504 of the Rehabilitation Act of 1973.

### Patient's Rights (1995)




Although she was a prime candidate for a heart-lung transplant, Sandy Isaac was refused by Stanford School of Medicine because of her disability. She publicly challenged their refusal, organized with other individuals and groups and eventually won.

### Ed Roberts (1962)



When Ed Roberts applied for entrance to the University of California, Berkeley, he was refused. His admission was told him, "We're sorry, but you can't do it. You're not a student." He was not only a student, he became a giant in the disability rights movement. Together with other people with disabilities, he went on to found the Center for Independent Living, the Disabled Peoples International and the World Institute on Disability.

### The Undesirables Act of 1882



Paralysed in the late 1800s were two categories: 1. People with disabilities were thought to be a burden to society. 2. They were thought to be a source of crime. These stereotypes and attitudes contributed to the segregation and exclusion of people with disabilities. Besides being ignored, many people with disabilities were placed in institutions, which were treated in cruel and inhumane ways from the start of society. Mismanagement and neglect were widespread.

**The overall message was clear: disability is bad.**

Context: these attitudes, with other events at that time, such as the ending of the Slave trade, the State of Liberty call.

What is needed is an understanding that self-advocates are not harmful to society, but rather people who make a positive contribution to society.

... and to shut in the door of [our] State. In opposition to the masses, justice-governing of their power... and if they find among their progeny any cunning, brutal, or any person capable to injure himself or himself, and persons that will be prejudicial to the good.


From the Act to Restrict Immigration (1882).

On 10th, 20th November of 1882, the Undesirables Act of 1882 was a federal law designed to keep certain groups of people out of the country. Among these included were people with developmental disabilities. What? People with disabilities were thought to be bad, immoral.

You don't have to know the Second Theory of Thermo-Dynamics in physics to serve.


*All: Everybody can be great. Because anybody can serve.*

You don't have to know about Einstein's Theory of Relativity to serve.



*All: Everybody can be great. Because anybody can serve.*

You don't have to know about Plato and Aristotle to serve.



*All: Everybody can be great. Because anybody can serve.*

You don't have to make your subject and verb agree to serve.

*All: Everybody can be great. Because anybody can serve.*

You don't have to have a college degree to serve.



*All: Everybody can be great. Because anybody can serve.*

Everybody can be great because anybody can serve.


Rev. Martin Luther King Jr.



*All: Everybody can be great. Because anybody can serve.*

You only need a heart full of grace. A soul generated by love.

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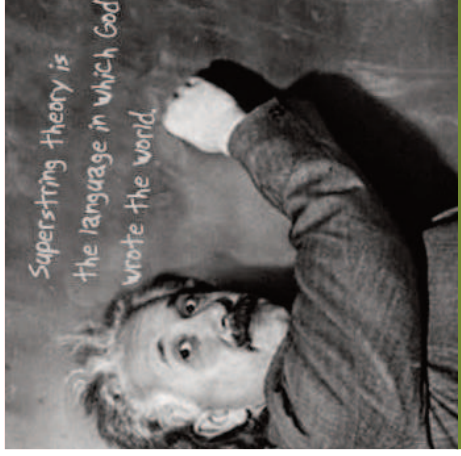


# You don't have to know about Plato and Aristotle to serve.



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*All: Everybody can be great.  
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You only need  
a heart full of grace.  
A soul generated by love.

*Rev. Martin Luther King Jr*

*All: Everybody can be great.  
Because anybody can serve.*

# The Undesirables Act of 1882



*“... and it shall be the duty of [each] State... [to appoint officers] to examine... passengers arriving at [their] ports... , and if [they find] among [the] passengers any convict, lunatic, idiot, or any person unable to take care of himself or herself... such persons shall not be permitted to land.”*

FROM “AN ACT TO REGULATE IMMIGRATION” (1882).

CHAP.376, 22 US STATUTES AT LARGE 214 (47TH CONGRESS, 1ST SESSION)

The Undesirables Act of 1882 was a federal law designed to keep certain groups of people out of the country. Among those excluded were people with developmental disabilities. Why? People with disabilities were thought to be bad, immoral.

## The Undesirables Act (1882)

Prevalent in the late 1800s were two stereotypes: 1. People with disabilities were thought to be a burden to society. 2. They were thought to be a source of crime. These stereotypes and attitudes contributed to the segregation and exclusion of people with disabilities. Besides being deported, many people with disabilities were placed in institutions, which were located in rural settings, safely away from the rest of society. Mistreatment and neglect were widespread.

**The overall message was clear: disability is bad.**

Contrast these attitudes with other events at that time, such as the erecting of the Statue of Liberty (see Statue of Liberty card).

What is needed is an understanding that self-advocates are not immoral low-lives, but regular people. We make a positive contribution to society.

# Ed Roberts

(1962)



When Ed Roberts applied for entrance to the University of California Berkeley, he was refused. An administrator told him, “We’ve tried cripples and it didn’t work.” His case manager told him he wasn’t “college material.” He not only went on to graduate, he became a giant in the disability rights movement.

Together with other people with disabilities, he went on to found the Center for Independent Living, the Disabled Peoples’ International and the World Institute on Disability.

## Ed Roberts (1962)

In 1953, at the age of 14, Ed Roberts got polio. For the rest of his life he was paralyzed from the neck down. In those days, someone like Ed would spend the rest of his life alone in a room, using an “iron lung” to breathe for him. Ed broke down that barrier, and everywhere he went, he broke down other barriers. He lived and worked out in the community and organized with others to change schools, universities and laws.

*I was the first of us here at [University of California] Berkeley, in 1962. John Hessler came in a year later. By 1967, there were eight or ten of us. They called us the Rolling Quads. Society’s expectation of us — very low expectations — had tremendous power over us. People expected us to fail. That didn’t happen. They realized how powerful we were. We stuck together, we worked together, we drew the line of what was unacceptable ... We got the city to do the first-ever curb cut, on Telegraph Avenue. The city wanted to know why we needed curb cuts. They said, “We don’t see you out there.” (You know, that Catch 22 thing they do.) So they put in the cut and old people liked it and then women pushing baby strollers liked it and they put in more cuts and more of us were out there. We had this political clout with the city.... We were being threatened with expulsion [from UC Berkeley], not because we weren’t doing well in school but because we were disabled and loud about our civil rights.*

The text of this interview was discovered in The Ability Center of Greater Toledo archives, December 2002.

The civil rights view is seen here as:

- Working with others to make change.
- Society has the problem, society needs to change.
- We belong in the community as active participants.

# Patient's Rights (1995)



Although she was a prime candidate for a heart/lung transplant, Sandra Jensen was refused by Stanford School of Medicine because of her disability. She publicly challenged their refusal, organized with other individuals and groups and eventually won.

## Patient's Rights (1995)

Like many people with Down Syndrome, Jensen was born with heart problems. These were untreated at the advice of the family doctor.

Stanford claimed that people with Down Syndrome were unable to understand and follow the complicated treatment plan after the operation. Disability rights activists from around the country rallied around her cause, as did the California State Office for Civil Rights. After several months of increasing pressure, Stanford reversed its decision and gave her the transplant. She became the first person with Down Syndrome to receive a heart/lung transplant.

Jensen, a member of People First, went on to publicly campaign that babies with Down Syndrome not be denied medical treatment.

Source: *The Disability Rights Movement* by Fred Pelka

The civil rights view is seen here as:

- Working with others for change.
- Equal rights for all people.



# The 504 Demonstrations (1976)



In the fall of 1976 candidate Jimmy Carter promised to sign certain disability rights laws. Six months later, President Carter changed his mind. So people with disabilities rallied to put the pressure on. They formed a national coalition, the American Coalition of Citizens with Disabilities. Using both nationwide sit-ins and testimony in Congress, they won. (Section 504 of the Rehabilitation Act of 1973.)

## The 504 Demonstrations (1976)

In the 1976 presidential campaign, Jimmy Carter promised to sign into law regulations prohibiting discrimination based on disability (Section 504 of the Rehabilitation Act of 1973). After his election, Carter betrayed the disability community by revising and watering down the language in the regulations. A broad coalition of disability groups took action. They organized nationwide demonstrations to begin April 5th, 1977. Sit-ins began in a number of cities, including a month long sit-in of the federal office building in San Francisco. Carter gave in and signed the original language.

“To see hundreds of people with disabilities roll, sign, using canes, the more severely retarded people for the first time joining us in an incredible struggle, is one that leads me to believe that we’re going to win this. Because we are not going to stop until 504 is a reality.”

### Ed Roberts’ testimony to Congress, 15 April 1977

“...Every time you raise issues of separate but equal, the outrage of disabled individuals across the country is going to continue, is going to be ignited. There will be more takeovers of buildings until finally, maybe, you’ll begin to understand our position. We will no longer allow the government to oppress disabled individuals. We want the law enforced. We want no more segregation. We will accept no more discussion of segregation. And I would appreciate it if you would stop shaking your head in agreement, when I do not think you know what we are talking about.”

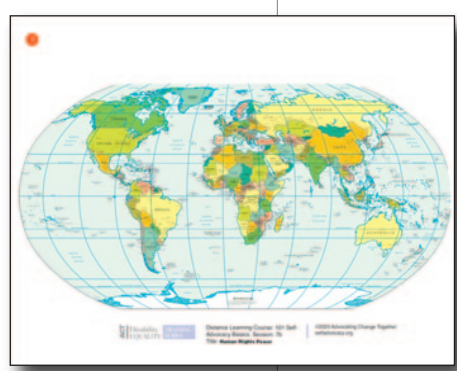
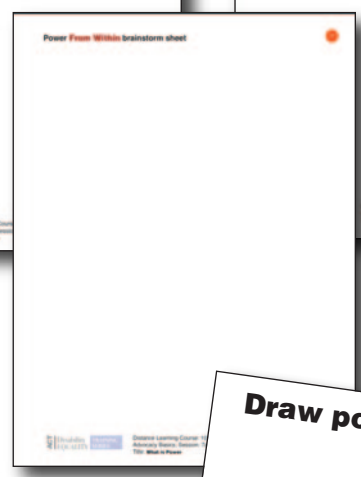
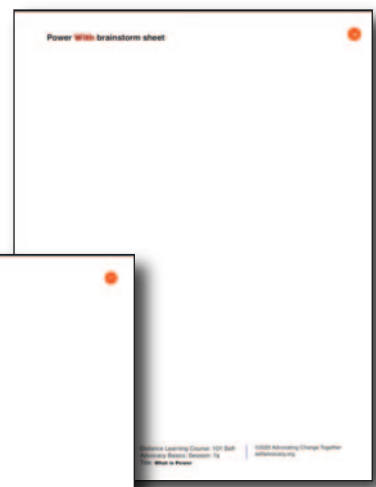
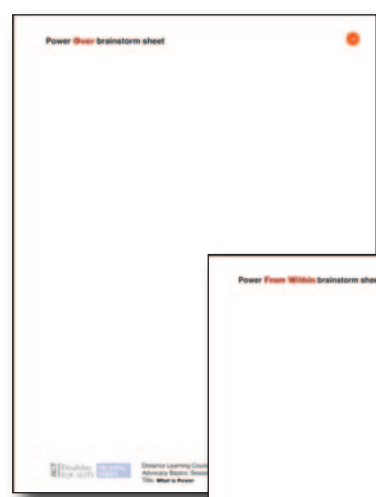
### Judy Heumann’s testimony to Congress, 15 April 1977

The civil rights view is seen here as:

- Working together to create change.
- Society needs to change.
- Equal treatment, equal rights for all people.

# SESSIONS 7a, 7b

# What is Power and Human Rights Power



All people are born free, and have equal rights.

The law applies to every person in the same way.

Everyone has a right to privacy. No one may interfere with another person's home, their family, or their phone calls and letters.

Everyone has a right to get married and to have a family, when they are old enough.

Everyone has a right to speak and to think what they want, and to tell their ideas to others.

Everyone has a right to have a job, and to choose what they do for work.

Everyone has the right to be paid the same as someone else who does the same work.

Everyone has the right to enough food, enough clothing, good housing, and health care.

Everyone has the right to get an education.

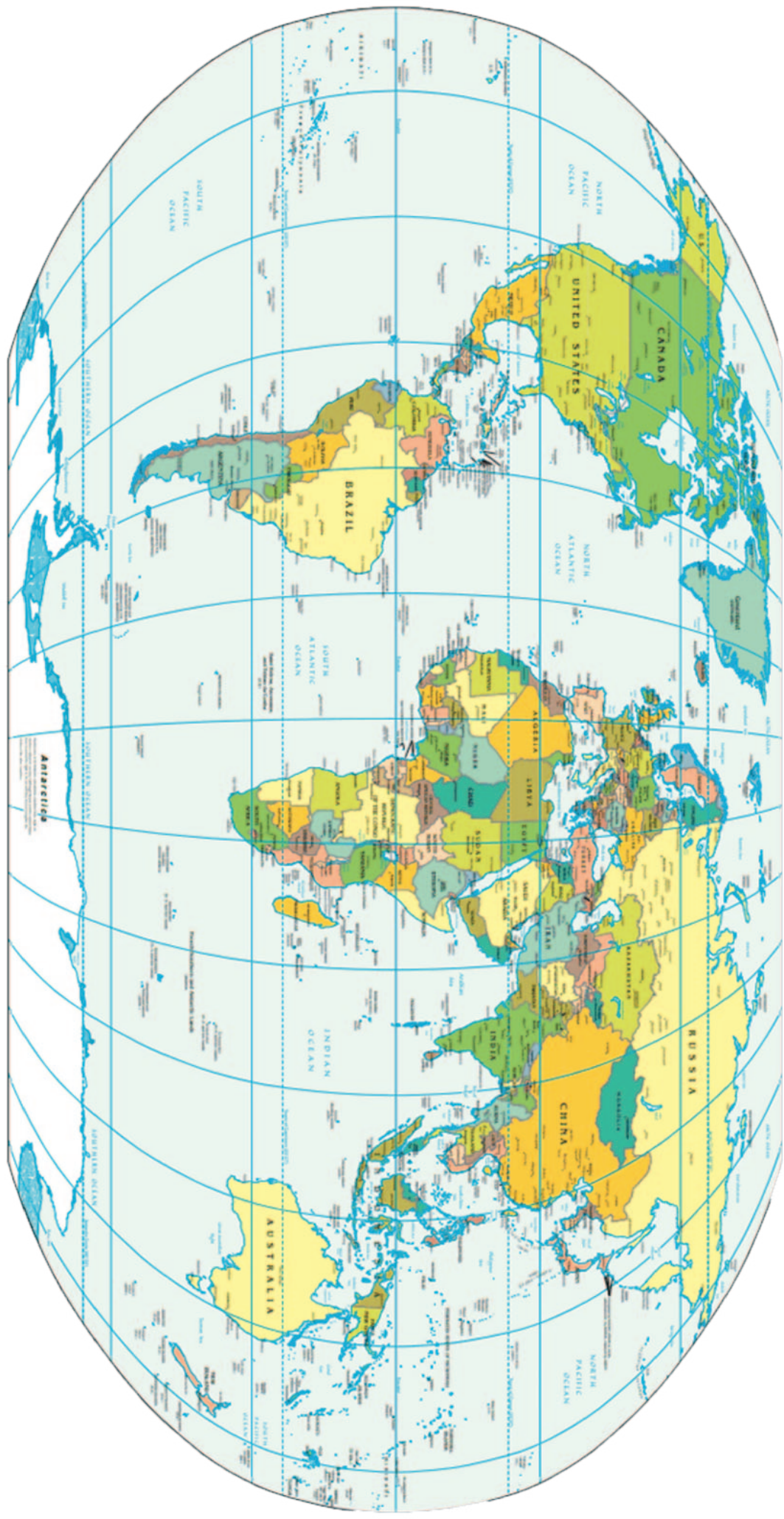
Everyone has the right to live, to be free, and to be safe.











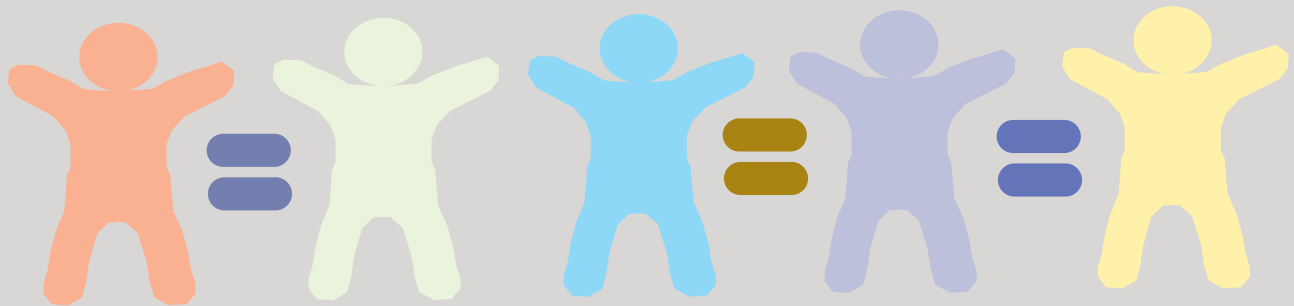
# Draw portrait

All people are born free,  
and have  
equal rights.



Adapted from the United Nations' Universal Declaration of Human Rights (1948)

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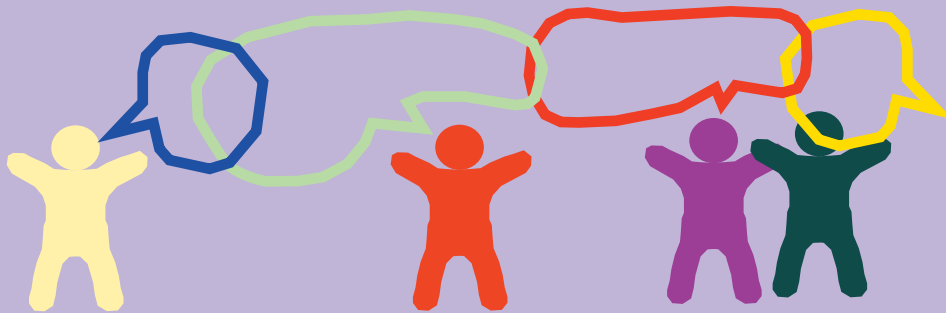
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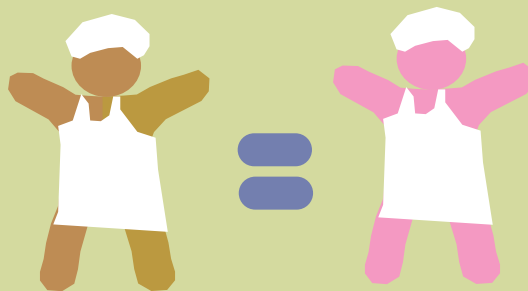
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Adapted from the United Nations' Universal Declaration of Human Rights (1948)

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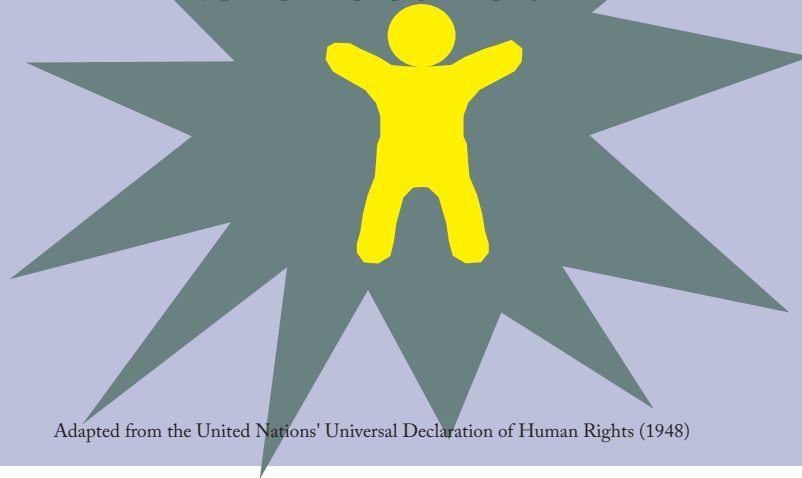
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Adapted from the United Nations' Universal Declaration of Human Rights (1948)

Everyone has the right  
to live, to be free, and to  
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Adapted from the United Nations' Universal Declaration of Human Rights (1948)



# Memory Lane Field Trip

Brainstorm a list of where you have seen laws play out in the community. The team with the most examples wins.







# SECTION 504 of the Rehabilitation Act

**1973 Civil Rights Law**

Any program that gets federal money must give people with disabilities equal opportunity and equal access to:

- Jobs
- Services
- Buildings





# IDEA

## Individuals with Disabilities Education Act

**1975 Education Law**

**P**ublic schools must  
provide to students  
with disabilities:

Free education that is...

- Adapted to the person,
- In the least restrictive place



# ADA

## Americans with Disabilities Act

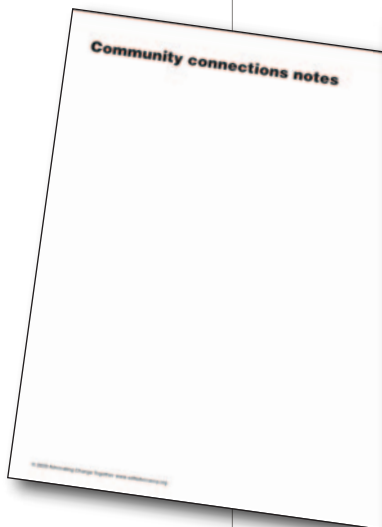
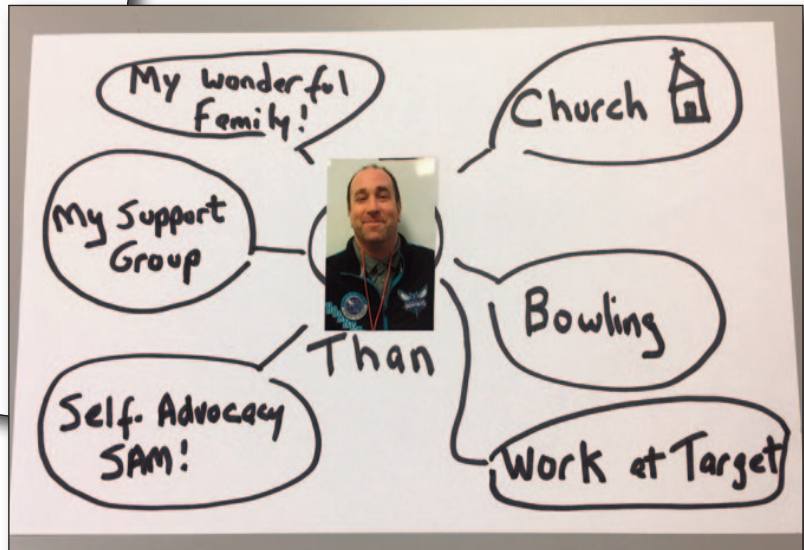
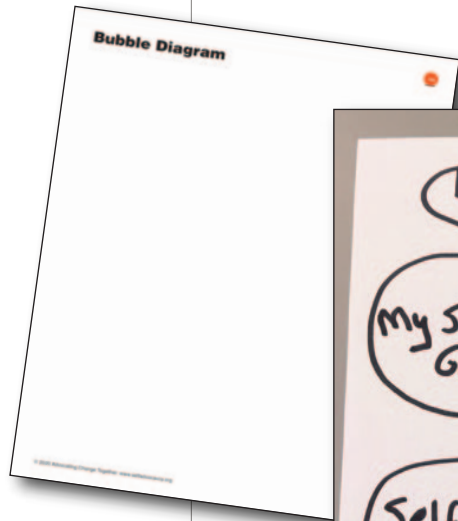
### 1990 Civil Rights Law

**P**eople with disabilities must have equal opportunity and equal access to:

- Jobs
- Government services
- Public places
- Public transportation
- Telecommunications

# SESSIONS 9a, 9b

# Who Are We Connected To and Building Community Connections



**Community Connections Ideas**

Minnesota-based. If using in another state, you are welcome to join new friends in Minnesota!

**Advocating Change Together** Self-advocacy training, ongoing groups, networking, advice and more!  
<http://www.actingchange.org/>

**Eye Team** Peer Creative Writing and Poetry  
<http://www.eyeteam.org/>

**Disability Zoom Support Network** Connect with other disability service professionals from around the U.S. Learn about peer support, self-advocacy, and more!  
<http://www.dzsnetwork.org/>

**Green Mountain Self-Advocates** National Self-Advocacy Zoom Meetings, self-advocacy resources and peer support COVID guides.  
<http://www.gmta.org/>

**Highland Handicap Club** Social clubs, Karaoke, Arts and crafts, Movies and more!  
<http://www.highlandhandicapclub.org/>

**Make new connections by learning something new!**

**Learn a New Hobby** <http://www.dhhs.gov/ohhs/ohs/ohs/>

**Cooking Classes** <http://www.cookingclasses.com/>

**Recreational and Modification** <http://www.facebook.com/recreationalmodification/>

**Make something new!** <http://www.makesomethingnew.com/>

**Minnesota Personal Training** <http://www.mnpt.com/>

**Make new connections by being an active citizen!**

**Attend city council meetings and local government events**  
 Go to your city website and look for city council meetings or an events calendar.  
<http://www.ci.mn.us/>

**Run Up MN** Get involved with a coalition of disability advocates looking to get out the vote!  
<http://www.runupmn.com/>

**Minnesota 80+ Online Events** <http://www.mn80plus.com/>

**Minnesota 50-59 Republican Monthly Meeting** - online  
<http://www.50-59.com/>

**Other Virtual Experiences**

**Old Pages Online events** <http://www.oldpagesonline.com/>

**Orange County Library Online events** <http://www.oclibrary.org/>

**Team Open Virtual Experience** <http://www.teamopen.org/>

**Virtual Museums, Zoo and Theme Parks** <http://www.virtualmuseums.com/>

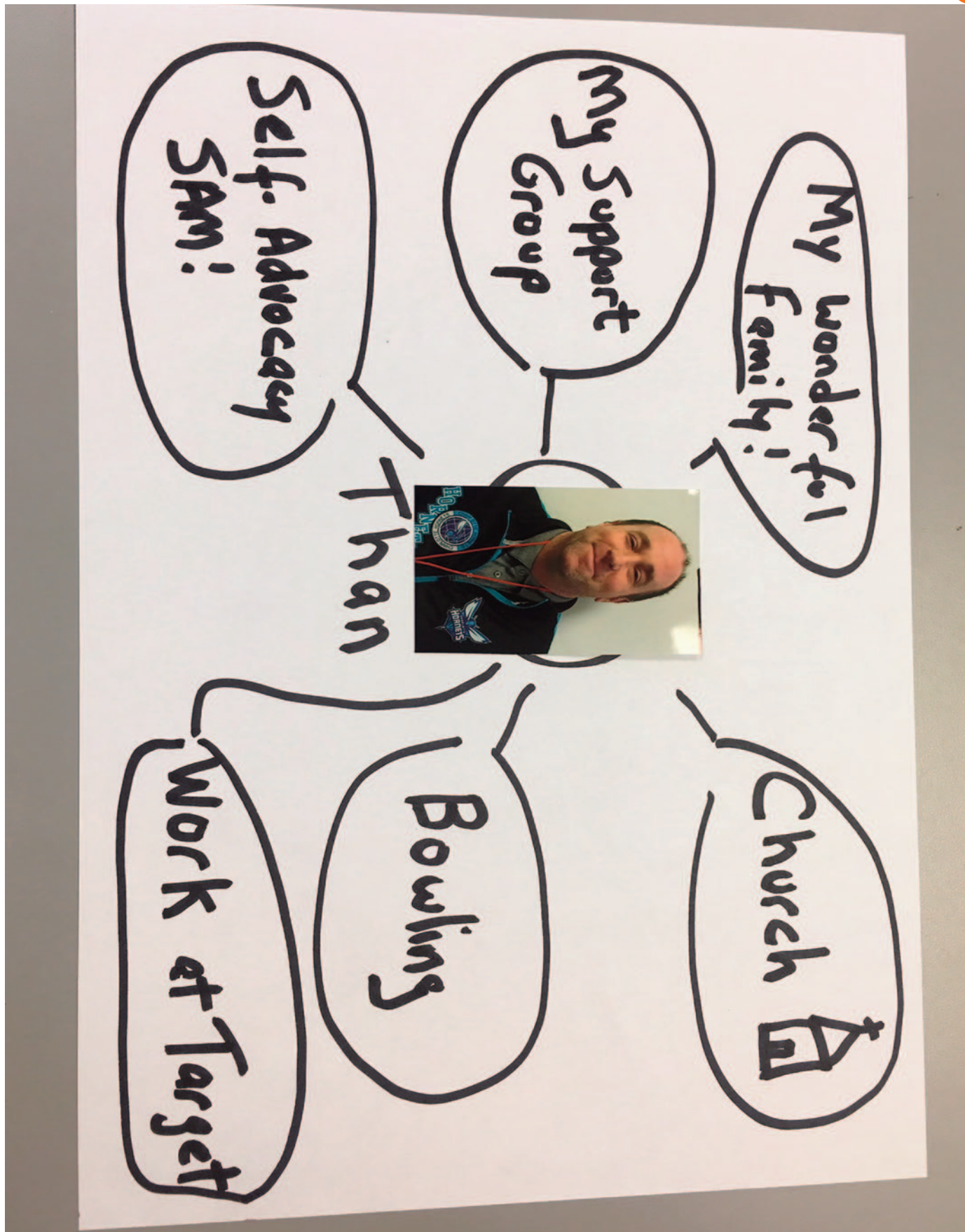
**Virtual Parks - Virtual Team** <http://www.virtualteam.com/>

**Virtual Tour of Minnesota State Parks** [http://www.dnr.state.mn.us/virtual\\_tour/](http://www.dnr.state.mn.us/virtual_tour/)

**PubQuiz** <http://www.pubquiz.com/>

**Audio Books** <http://www.audiobooks.com/>

Disability Action Center | Distance Learning Course: 101 Self-Advocacy Basics, Session 9b | ©2021 Advocating Change Together selfadvocacy.org | Title: Who are We Connected To



# Bubble Diagram

# Community Connections Ideas

Minnesota-based. If using in another state, you are welcome to join new friends in Minnesota!

**Advocating Change Together** Self-advocacy trainings, singing group, socializing, clubs and more!  
<https://www.selfadvocacy.org/>

**Cow Tipping Press** Creative Writing and Poetry  
<http://cowntippingpress.org/take-our-classes/>

**Disability Zoom Support Network** Connect with other disability service professionals from around the U.S., learn about zoom <http://disabilityzoom.com/>

**Green Mountain Self-Advocates** National Self-Advocacy Zoom Meetings, self-advocacy resources and plain language COVID guides  
<http://www.gmsavt.org/>

**Highland Friendship Club** Book clubs, Karaoke, Arts and crafts, trivia, fitness and more!  
<https://www.highlandfriendshipclub.org/programs/august-online-programs-catalog>

## Make new connections by learning something new:

**Learn a New Hobby** <https://www.skillshare.com/browse/hobby>

**Cooking Classes** <https://blog.cooksofcrocushill.com/>

**Dance and Meditation** <https://www.facebook.com/events/the-cowles-center-for-dance-the-performing-arts/gut-bones-ground-virtual-class-series/214629179846879/>

**Make Something** <https://thebakken.org/online-learning/>

**Minnesota Historical Society Learning Ideas** <https://www.mnhs.org/historyathome>

## Make new connections by being an active citizen:

**Attend city council meetings and local government events**  
Go to your cities website and look for city council meetings or an events calendar  
<https://mn.gov/portal/government/local/cities/>

**Rev Up MN** Get involved with a coalition of Disability Advocates looking to get out the vote  
<https://www.facebook.com/REVUPMN/>

**Minnesota DFL Online Events** <https://www.mobilize.us/mncoordinatedcampaign/>

**Minnesota SD 35 Republicans Monthly Meeting - online**  
<https://www.sd35gop.com/event/SD35RepublicansMonthlyMeeting/5ec1efae1c8eb0004a273cf>

## Other Virtual Experiences

**Citi Pages Online events** <http://www.citypages.com/search?contentType=All&q=online+events&sectionType=calendar>

**Hennepin County Library Online events** <https://hclib.bibliocommons.com/events/search/index>

**Twin Cities Virtual Experiences** <https://www.minneapolis.org/experience-from-home/virtual-experiences/>

**Virtual Museums, Zoos and Theme Parks** <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

**National Parks – Virtual Tours** <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

**Virtual Tours of Minnesota State Parks** [https://www.dnr.state.mn.us/state\\_parks/virtual\\_tours.html](https://www.dnr.state.mn.us/state_parks/virtual_tours.html)

**Podcasts** <http://www.openculture.com/great-podcasts>

**Audio Books** <http://www.openculture.com/freeaudiobooks>

# Community connections notes







**Likes  
People  
and  
Makes  
Friends Easily**

**Empowers  
Others to  
Empower  
Themselves**

**Good  
Listener**

**TRUSTWORTHY  
Do What You  
Say  
You Will Do**

**Speaks  
Clearly**  
Uses Understandable  
Language to Convey  
Ideas

**Shares  
in the  
Work  
With Others**

**Asks  
Questions**  
“What if...?”  
“What do you think?”  
“How do you feel?”

**FLEXIBLE**  
Will Give  
and Take  
as Situation  
Changes

**Role  
Model**

**Shares  
Credit**  
Giving Credit When  
Credit is Due

**Real,  
Not  
Phony**

**Keeps Our  
Vision in  
Front of Us**

**Sense of  
Humor**

**Inspires  
People**

**HONEST**

**Can Say ‘No‘No’  
Does Not  
Try to Do  
Everything**

**Will Take  
Action**  
—————  
**Even  
if Afraid**

**Seeks Out  
Needed  
Information**  
**Will Get Information  
Before  
Speaking or Acting**

**Helps  
Other  
People  
Lead**

**GENEROUS**  
**Always  
Ready  
to Share**

**Asks for  
Help When  
Needed**

**Takes  
Responsibility  
for Own Feelings  
and Emotions**  
—————  
**Don’t Blame Others  
for How I Feel**

**Inspires  
Others**  
**Helps Others Feel  
Good About  
Working Together**

**OPTIMISTIC**  
**Shares a  
“Can Do”  
Attitude**

# SESSION 11

# Make Connections

**Conversation starter # 1**

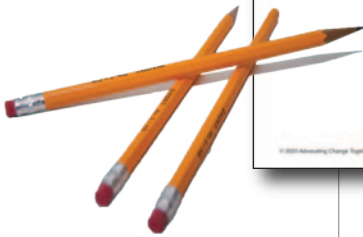
What does disability inclusion look like?

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**Conversation starter # 2**

Why does disability inclusion matter?

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## Conversation starter # 1

What does disability inclusion look like?



## Conversation starter #2

Why does disability inclusion matter?

# SESSION 12

# Review and Celebrate Our Achievement



**ACT**  
**CENTER for DISABILITY LEADERSHIP**  
**on intellectual and developmental disabilities**

Advocating Change Together, 1821 University Ave W # S306, St Paul MN 55104  
(651) 641-0297  
www.selfadvocacy.org

Dear Graduate

Enclosed find your I Am A Leader poster to affirm your successful completion of a Disability Equality Distance Learning Training Series. Congratulations!

Thank you for your commitment to making the world a better place for people with disabilities, and for your hard work during the 12 sessions in this program. We invite you to continue your work with the next program in this series.

We wish you the best as you put your new knowledge into action. Remember to look to ACT (Advocating Change Together) as your resource for continuing to build a better world for people with disabilities.

Again, congratulations on completing this rigorous courses. You are a disability rights leader!

Sincerely,

May Kay Kennedy  
Executive Director  
Advocating Change Together

# I AM A LEADER

In recognition or successful completion of a

**ACT**  
Disability  
EQUALITY  
TRAINING SERIES

*Distance  
Learning*

**COURSE 101:**  
Self-Advocacy  
Basics

Congratulations Graduate!