



Up and Running

Starting a Self Advocacy Group

Part one: WHAT ARE SELF ADVOCACY GROUPS?

What are Self Advocacy Groups?

Self Advocacy groups are civic groups for adults with developmental disabilities

What do local self advocacy groups do?

- **Community involvement**
- **Leadership training**
- **Personal and Systems advocacy**
- **Social activities**

What do state Self Advocacy groups do?

- **Leadership training**
- **Systems advocacy**
- **Technical assistance**

Part two: STARTING AND RUNNING A GROUP

Self Advocate Coalition of Kansas

Tips for Starting a Group:

- **Make your contacts**
- **Pick a Regular Meeting Place**
- **Set a Regular Meeting Time**

Tips for Attendance

- **Transportation**
(Make sure people can get there!)
- **Make your meetings FUN!**
- **Be Flexible!**

How Groups Work

- **General Membership-** Made up of all group members
- **Executive Board-** Made up of the groups officers.
- **Officers-** All groups have a **President, Vice President, Secretary and Treasurer**

Part three: WHAT DO ADVISORS DO?

What Advisors Do:

- **Educate members about running the group**
- **Educate officers in their duties**
- **Facilitate the development of group goals and objectives**
- **Facilitate member participation in community groups**

Selecting an Advisor

The number one rule for advisors:

Facilitate, don't dictate

Selecting an Advisor

- **Group members should interview and hire their own advisor**
- **The group should negotiate a contract with the advisor**

Selecting an Advisor

Remember, the advisor works for the
self advocacy group
not the other way around

Part four: TOP TEN WAYS TO SUPPORT YOUR SELF ADVOCACY GROUP

Self Advocate Coalition of Kansas

**1. Make sure everyone knows when
and where the meetings are.**

2. Make sure the advisor knows what their role is and what they are supposed to do.

3. Always have officer's meetings

4. Find ways to get everyone involved.

5. Make sure everyone understands what goes on in meetings and what is being talked about.

6. Make sure the discussions are REAL and IMPORTANT.



7. Make a six month plan and set goals for your group.

8. Make your meetings FUN!

9. Face any problems your group is having head on.

**10. Keep in contact with the state self
advocacy group.
(SACK)**