

# ALL UNITED VOICES SELF ADVOCATES: EQUAL RIGHTS FOR ALL

Inclusion West Niagara

2025-2026



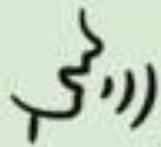
# ALL UNITED VOICES SELF ADVOCATES

## Who we are

The Self Advocates are a group of people that receive services from Inclusion West Niagara that are working towards becoming better leaders and advocates, promote inclusiveness and to use our voice to have an impact on matters that impact us, our friends, our organization and our community.



# What is Self-Advocacy?



Speaking up for yourself.



Staying informed and knowing how to get information



Knowing your rights and responsibilities



Finding people who will support you



Solving problems



Reaching out to others when you need help



Taking control of your own life = self determination

@carlameyrink

# ALL UNITED VOICE'S: MISSION

- Promote equality for people of all abilities
- Educate the community about what people who have a developmental disability can accomplish, their strengths, rights and how to enhance inclusion
- Learn to be better advocates for ourselves and for others
- Be active members in the community and at Inclusion West Niagara



# GOALS FOR 2025 - 2026

- Recruit 3 to 5 new members
- Host 1 to 2 events ( Christmas and end of year )
- Raise \$300
- Begin working on a “ How to interview potential new staff” workshop



**JOIN THE ALL UNITED VOICES SELF ADVOCATES**

The Community Living Grimsby Lincoln and West Lincoln All United Voices Self Advocates are looking for people who receive services from CLGWL to join our committee.

- ✓ **\*\*DO YOU WANT EQUALITY FOR ALL AND TO HELP TEACH THE COMMUNITY ABOUT THE STRENGTHS AND SKILLS OF PEOPLE WHO HAVE A DEVELOPMENTAL DISABILITY?\***
- ✓ **\*\*DO YOU WANT A SAY IN THE MATTERS THAT IMPACT YOU?\***
- ✓ **\*\*ARE YOU INTERESTED IN ACCESSING MORE INFORMATION?\***
- ✓ **\*\*DO YOU WANT TO HELP PLAN SPECIAL EVENTS?\***
- ✓ **\*\*ARE YOU LOOKING TO MAKE NEW FRIENDS AND HAVE FUN?\***

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THIS COMMITTEE IS FOR YOU!

Meetings are held twice a month, every other Monday, over zoom (some meetings may be in person) from 2pm – 3pm. All abilities are welcome.

Two types of ways to be a member:  
**Regular Membership:** Intend to attend every meeting  
**Passive Membership:** Intend to attend meetings periodically or never, however would like to receive information about work the committee is doing

For more information please contact  
**Candice Keem** at:  
Ckeem@cl-grimsbylincoln.ca

BE YOUR OWN BIGGEST ADVOCATE!

# PEOPLE WHO HAVE A DEVELOPMENTAL DISABILITY CAN ....

- We can do so much and sometimes we may need help like everyone else.
- We enjoy learning new things, although it might take us longer to learn. So what!
- We want to try things even if it means we might make a mistake or 2 or more...
- Our opinions matter – please listen and respect what we have to say.
- We know we have a developmental disability and we are proud of what we can do and what we have accomplished.
- We can offer great suggestions too! Ask for our opinion.
- We will support you too – we are thankful for what you do for us.
- Treat us fairly – we are adults.



# WHAT WE DESERVE IN A DIRECT SUPPORT WORKER

- Treat us with respect: be on time, don't ignore us, don't take advantage of us, don't be on your phone, don't assume we can't do something or we won't like something
- Be fun! Have a sense of humour
- Help us get to places that matter to us
- Help us participate in activities when we need it
- Get back to us with answers
- Don't talk about us like we're not there
- Think about what YOU would want in a direct support worker and be that person for us



# HOW TO BE AN ALLY



- Tell people you are supporting about the Self Advocates and help us recruit new members.
- Invite us to be a part of Inclusion West Niagara committees and/or have a say in matters that impact our agency.
- Help spread information about our committee and what we are doing.
- Help support the people you are giving services too during meetings ( if they request it or require it) .
- Keep us informed about changes that impact us so we can make choices about our lives.



# THANK YOU!

- Thank you for everything you do for us.
- We appreciate everything you do and teach us.
- <https://www.youtube.com/watch?v=uwDvkinIIDw&t=116s>
- Any questions
- Please think about: How will you be an ally?

Thank you to the Self Advocates who contributed to this presentation:

Heather, Jodi, Clem, Angela, Cheryl, Ken, Amanda, Ashely, Joey, Chris and Pauline

