

Transition BOOTCAMP



BOOSTER SESSIONS
Journey into a Meaningful Life

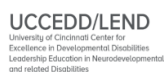
SELF-ADVOCACY

Training and Opportunities

Where can your loved one with a disability receive help and training to be an advocate for his/her own wishes? To build leadership skills? What opportunities do they have to gather with other self-advocates to share experiences and continue learning from one another?

Central Ohio
Transition Bootcamp

April 2020



April 2020

Dear Transition Bootcamp attendee:

Since our training this month was canceled due to COVID-19, I compiled information from the organizations which I had invited to speak to you about **Self-Advocacy Training and Opportunities**. In the pages that follow, you will find information about programs in which your loved one with a disability can participate in order to build their self-advocacy and leadership skills. Also featured are groups which your loved one can join to enjoy peer support and encouragement in developing their own identity and practicing self-advocacy.

I hope you will find the information helpful. There are names and contact info included if you have any questions or need more information about any of the programs or groups mentioned. Feel free to contact me, as well, and I would appreciate your input as to the usefulness of the information included. If you have suggestions of other organizations or opportunities in Central Ohio that should be included, I welcome those and will pass them along to attendee mailing list.

Thank you,

Lynne Fogel

Ohio F2F, Family Support Specialist, Central Ohio

CCHMC

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<http://www.ohiof2f.org>

The Center for Disability Empowerment

Hello!

My name is Jamie Lahrmer and I am the Youth Coordinator with The Center for Disability Empowerment. We are a non-profit organization that supports anyone with a disability of any age. We do this through specialized programs and grants but also through 5 core services. Those five core services would be Information and Referral, Peer Support, Independent Living Skills Training, Advocacy and Transition Services. My specific program within the organization, which falls under Transition Services, helps youth with disabilities ages 14-24. I provide several trainings such as Online Safety, Healthy Relationships and an OOD contracted Self Advocacy Training. I have also listed below a few other exciting things going on with the Empower YOUTH program, as well as, a little bit about the Central Ohio Family Network which is one of our new grants to be able to help families of people with I/DD. For more information please call us at (614) 575-8055 or via email at jlahrmer@disabilityempowerment.net

❖ Empower YOUTH Leadership Forum

- One of five regional leadership and advocacy seminars for youth with disabilities in 11th and 12th grade. The Columbus Regional YLF, otherwise known as “Empower YOUTH Leadership Forum” will be held on August 3-6, 2020 at Embassy Suites Airport. 9:00 AM to 4:00 PM with no overnight stays. We will be open to Franklin, Delaware, Licking and Union counties.
- More information can be found at the website listed below.

- <http://www.empoweryouthohio.org/empower-youth-leadership-forum.html>

❖ Facebook

- Especially in this time of social distancing, we are working towards connecting with our consumers virtually. On facebook we share current events along with daily topical posts that encourage discussion amongst one another.

- Please see the links below for our main facebook page and the facebook page geared towards youth

- <https://www.facebook.com/CtrforDisabilityEmpowerment/>
- <https://www.facebook.com/EmpowerYOUTHOhio/>

❖ Teens 'N Transition

- Long term, we plan on using curriculum we currently have to create either facebook live videos or zoom trainings specifically for youth on varying transition related topics. Be sure to stay tuned by liking us on facebook!

The Center for Disability Empowerment (cont.)

❖ Central Ohio Family Network

- The Ohio Family Network connects people with disabilities and their families to local information and resources within their communities. With a focus on the local level, the Ohio Family Network, or OFN, provides tools and support resources to help grow people's leadership and social skills, as well as offers opportunities for families to make connections with other local families. As OFN members, these organizations will provide resources for people with any disability throughout 17 counties. OFN members will be identifying the needs of local families so they can connect them with helpful resources based on those needs. Members will also leverage the knowledge, diversity, and current strengths of their communities. DODD has invested in strategy-based learning sessions to educate the Ohio Family Network about navigating stress, building social networks to reduce social isolation, engaging people in local projects, and empowering people to develop a vision for a good life. Additionally, DODD expects local community partners will report an increased desire and ability to welcome and support people with disabilities, as well as their families and siblings. See us on FaceBook for future online trainings/conversations and press like. Even better, share and post what is going on in your community. Central Ohio Family Network
- Franklin, Delaware, Union and Licking Counties contact Deb Petermann at 614-575-8055 or dpetermann@disabilityempowerment.net
 - Like us on facebook!
 - <https://www.facebook.com/CentralOhioFN/>

Best,
Jamie Lahrmer
Youth Coordinator



The Center for Disability Empowerment
510 E. North Broadway, 4th Floor
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614-575-8055
www.disabilityempowerment.net

OSDA/Project STIR

The Ohio Self-Determination Association is another organization that provides training and resources for individuals with disabilities in self-advocacy. They hold an annual statewide conference (Synergy) for members to attend, and they host Project STIR (Steps Toward Independence and Responsibility) training events around the state.

Here is a link to their website: <https://osdaohio.org/>

There you will find more information about the organization, a brochure that can be printed for reference, and a link to join.

CONTACT INFO

6155 Huntley Road, Suite i

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osdaohio2017@gmail.com

Franklin County Self-Advocate Advisory Council

Individuals served by the Franklin County Board of Developmental Disabilities (FCBDD) have the opportunity to serve on an advisory council and make their views and their voices heard by the Superintendent and the Board. Here is a link to a page of the FCBDD website outlining this and other self-advocacy opportunities supported by the county board (including some opportunities already mentioned in this handout).

<https://fcbdd.org/families/advocacy/>

VOTING

Individuals with disabilities have the right to vote like every other American. It doesn't matter if they have a guardian (unless the guardianship specifically states otherwise). Exercising the right to vote is an important way to advocate for one's own best interests. **Disability Rights Ohio (DRO)** is an important organization supporting Ohioans with disabilities in many ways. One key focus of DRO is voting advocacy. Here is a link to the page on their website devoted to voting issues, with resources about accessibility and how to get the help you need in order to cast your vote on election day.

<https://www.disabilityrightsohio.org/voting>

Here is contact information for DRO if you need to call them with questions about voting or other legal rights in Ohio:

Disability Rights Ohio
200 Civic Center Drive, Suite 300
Columbus, OH 43215
614-466-7264
800-282-9181

Another helpful site for questions about voting in Ohio with a disability is the Ohio Secretary of State's office. They debunk some common myths about persons with disabilities and their voting rights.

<https://www.ohiosos.gov/elections/voters/voters-with-disabilities/>