



Raising Awareness of Self Advocacy

Speaking up

- Self advocacy is speaking up for your self and having your say about things that are important to you
- It doesn't feel to me that it's really happening for people with intellectual disabilities in their services

What happened

- In 2022 I tried to raise the awareness of self advocacy
- I organised 2 self advocacy webinars for people with an intellectual disability to have their say

How I set up the webinars

- I contacted a manager of a service and the manager arranged for a group of people in their services to take part in the self advocacy webinars and have their say

First webinar

- The first webinar went well
- We had a group of people attending from different services
- This is what they told us

Key Messages

- People told us they wanted to have their own key to their house
- They wanted to know how they were going to get to work
- One person wanted to change her room around

After the first webinar

- I found a booklet called “what you can expect from your services”
- It had the answers to the questions from the first webinar in it that the people asked

Communication between staff

- The second webinar didn't go as well as we relied on the staff to support the people with intellectual disability to be prepared for the webinar
- The people weren't prepared or organised for it due to a lack of staff support and organising things

Second webinar

- We had to re-schedule this webinar and hold it again
- When we had the second webinar again it went well and everyone was pleased with it and they wanted more webinars
- Some people wanted to start their own self-advocacy group

What I found out at the webinars

- All of the things people wanted at the webinars are part of their human rights
- People shouldn't have to wait until a self advocacy webinar or forum is going to happen to have their say on things that are important to them
- Think about how you're getting feed back from people you support

Support

- I found out that to have self advocacy webinars it takes a lot of organising and planning to prepare them
- We also needed to rely on staff to support and help and prepare the people to take part in them

Staffs role

- Its important for the staff to support people to have a say at webinars as part of their job
- It is not the staffs place to have a say at the webinars as they were self advocacy webinars not staff webinars

Support not control

- I picked up that some staff liked to control people rather than support them to make decisions
- An example was when a staff person gave an answer straight away without talking to the person they were supporting about it first
- There were many times people were left on mute by staff as well

Support staff

- Staff need to be trained how to help and support people to participate in webinars or forums so they know what their role is
- It is helpful for the people supported to know what part of the different services they use so the staff can support them and they know what they are entitled to
- (for example residential, supported living)

The future of self advocacy events

- A decision was made to have more self advocacy forums face-to-face rather than webinars where more people could have their opportunity to have their say

Any Questions?

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