



# STATE OF TENNESSEE

Self-Advocate  
Mentors

05/26/2016

“Self Advocacy isn’t just about rights for people with intellectual disabilities.



It is about **human rights**.  
It is about our **civil rights**.  
**Everyone** should care about this.”

- Ashley  
*TN Advocate*



# Meet the Advocate Mentors



# I prepare for a focus group by...



# The best part of leading a focus group is...



# What is the hardest part of leading focus groups?



# What I do with the information I learned:



# Good things/changes I've seen.



**I support people to advocate for themselves by...**



**It is important for Providers to use focus groups because...**



“In order for people

to have a

**good life,**

staff need to know  
what is **important** to them.

It is easy to find out...

**JUST ASK!”**

- Doris  
*TN Advocate*



“People want



**JOBS,**

not to just  
**SIT AROUND**

and be bored

**ALL DAY”**

- Chelsea  
*TN Advocate*



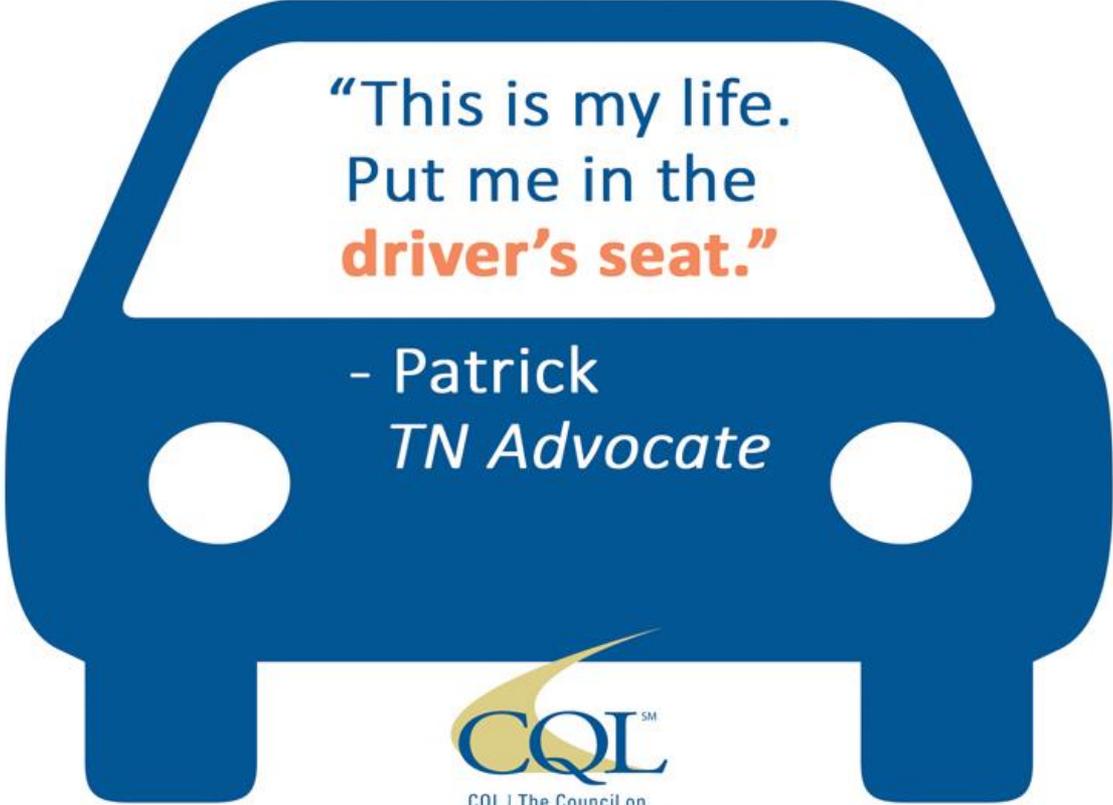
CQL | The Council on  
Quality and Leadership



“How can people  
**exercise**  
**their rights**  
if they don't know  
**WHAT** they are?”

- Patrick  
*TN Advocate*





“This is my life.  
Put me in the  
**driver’s seat.**”

- Patrick  
*TN Advocate*



Please act with

**URGENCY** 

when making decisions.

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When the system

gets in the way of action,

it is **MY LIFE** that ends up

**ON HOLD.** 

- Anthony  
*TN Advocate*



# Questions???





Department of  
**Intellectual &  
Developmental Disabilities**

**THANK YOU**