



**People First of Missouri Priorities
Training Resources**
[Home - SARTAC \(selfadvocacyinfo.org\)](http://selfadvocacyinfo.org)

The “WeSaid” is a Speaker’s Bureau, Training and Technical Assistance Center for People with lived experience in developmental disabilities. WeSaid at the UCEDD at UMKC-IHD is gather training resources to assist its People First Chapters to learn about the different topics within each of the 5 People First Priorities. Members can complete the “Tool Kit Questions” and send to missouripeoplefirst@gmail.com The "WeSaid" will send a Certificate of Completion to the member. People First of Missouri will track which Chapter have completed trainings. The resources and training have been taken from [Home - SARTAC \(selfadvocacyinfo.org\)](http://selfadvocacyinfo.org)

People First Priority: Transportation

Topic	Links to STARAC Training Resources	Tool Kit Questions
Using Public Transportation and Your Rights under Americans with Disabilities Act (ADA)	Right2Ride – Peer to Peer Training on Taking Public Transit, Transportation Advocacy Right 2 Ride is a video based, peer-to-peer training about Taking Public Transit, Transportation Advocacy, and the Americans with Disabilities Act as it relates to transportation.	This training consists of 3 Parts:
	Part 1 – The Americans with Disabilities Act (ADA) and how it applies to transit. SANYS - ADA - FINAL English Captions 4-23-21 on Vimeo	Right To Ride Part 1 Questions
	Part 2 – Transportation Advocacy, how to speak up for yourself and others about transit issues. SANYS - ADA - Final - Spanish Open Captions wDisclaimer 02-11-21 on Vimeo	Right To Ride Part 2 Questions
	Part 3 – Trip Planning, what you need to know about taking public transportation and how to plan a trip. SANYS - ADA FINAL wASL SpltScrn - English Captions - Disclaimer on Vimeo	Right To Ride Part 3 Questions
Creating a Transportation Needs Assessment	“A Ride Away Project.” A Transportation Needs Guide for persons with disabilities. Policy recommendations for self-advocates, educators, and community members. Danielle McGill is a self-advocate from Florida and is a 2017-2018 SARTAC Fellow. Danielle’s project was creating materials for the “A Ride Away Project.” YouTube Link to PowerPoint: A-Ride-Away-Project-SABE-Conference-Presentation-Danielle-McGill.pptx (live.com)	A Ride Away Project Questions
Planning Vacations	Travel Tips SARTAC presents tips for planning vacations, flying and hotel accessibility. We describe many of the accessibility rules and laws. Watch short videos about dealing with challenges when flying. Learn how to ask for accommodations and file a complaint.	Travel Tips for People With Disabilities Questions
Air Travel	Air Travel - SARTAC (selfadvocacyinfo.org) Flying is a challenge for many people with disabilities. Learn about a new Bill introduced in Congress that would explore ways for people to use their own wheelchairs to get on a plane. SARTAC did a Zoom session with self-advocates about this important topic. Get travel tips to reduce problems.	Air Travel Questions

People First Priority: Housing *(Living in a community that you choose, owning your own home)*

Topic	Links to STARAC Training Resources	Tool Kit Questions
Shared Living arrangements	<p>Shared Living Arrangements - SARTAC (selfadvocacyinfo.org) Self-advocates in Rhode Island asked self-advocates in Vermont to answer their questions about Shared Living Arrangements. This type of residential services was new in Rhode Island. It has been used in Vermont since the 80s. This resource is a booklet with their questions and answers. It also includes guidelines to use when thinking about what kind of residential services and supports are the right match for you.</p>	Shared Living Arrangement Questions
Safety Tips	<p>Autism and Safety Tool kit – Some of the topics shared may be triggering for some, so please take care and keep this in mind.</p> <p>Everyone wants to be safe and to live independently in their community. Autistic people want this too. However, lots of autistic people and other people with disabilities may have extra challenges when it comes to staying safe. We created this guide to give safety tips to autistic people. This guide gives you tips on:</p> <ul style="list-style-type: none"> • How to recognize and report abuse and neglect • What to do if you have been abused • What to do when someone you know is thinking about suicide • What to do when you feel suicidal • How to avoid interacting with the police • How to make changes in your community so that police will be needed less often • What to do if you get lost and don't know where you are 	Autism and Safety Toolkit for Self-Advocates Questions
Housing Advocacy	<p>Housing Advocacy – A Resource guide to help discover housing choices and opportunities. The journey to appropriate and affordable housing for people with intellectual and developmental disabilities can be long and difficult. Darcy McCann, through a SARTAC Fellowship, shares her passion to provide a resource for other advocates to use to encourage individuals with disability to discover their own housing choices and opportunities.</p>	Housing Advocacy Questions
Kitchen Safety Skills	<p>Kitchen Safety Skills SARTAC presents resources on how to teach others to be safe in your kitchen while cooking. Watch short videos of people with disabilities demonstrating safety skills to use in the kitchen. Consider making your own videos about cooking and kitchen safety.</p>	Kitchen Safety Questions

People First Priority: Financial Wellness

(Getting or keeping a job, Gaining Wealth, managing your own money, Marriage Equity, understanding Benefits)

Topic	Links to STARAC Training Resources	Tool Kit Questions
Employment First Policy	<p>Real Work For Real Pay: A Self-Advocate's Guide to Employment Policy - SARTAC (selfadvocacyinfo.org)</p> <p>This toolkit is about Employment First. Employment First means that:</p> <ul style="list-style-type: none"> • people with disabilities should be able to get the same kind of jobs as people without disabilities. • workers with disabilities should get paid the same for the same work as workers without disabilities. <p>This toolkit will explain:</p> <ol style="list-style-type: none"> 1. What Employment First is 2. Why Employment First happened 3. What sheltered workshops are 4. Why it is hard to get rid of sheltered workshops 5. How we can solve problems people with disabilities have with employment 6. Why work requirements are a bad idea 	Employment First Questions
Able Savings Accounts	<p>Introduction to Able and Able Savings Accounts</p> <p>Chris Blake lives in Connecticut and completed a SARTAC Fellowship in 2021. Chris believes having an ABLE account gives you more freedom and independence, and increases your ability to learn, grow and be your own person. Connecticut created booklets that explain how to choose, set up, and use an ABLE account in your state.</p>	ABLE Account Questions
SSI and Work Questions	<p>Supplemental Security Income and Work (SSI) benefits</p> <p>Supplemental Security Income and Work: (A Griffin-Hammis production.)</p> <p>Do you receive SSI? Have you ever wondered what would happen if you worked? Well, We are here to tell you there are three great things that can happen when you work.</p> <ol style="list-style-type: none"> 1. You'll have more money. 2. You can stay connected to SSI. 3. You can keep Medicaid. 	SSI and Work Questions
Getting Rid of your SSI Payee	<p>Getting Rid of Your SSI Payee - SARTAC (selfadvocacyinfo.org)</p> <p>A payee is a person or organization who gets your monthly social Security or SSI check. They are responsible to pay your bills and help you buy things. Max Barrows, Outreach Director of Green Mountain Self-Advocates, interviews Lehana Guyette from Vermont. Lehana shares her story about how she became her own payee for her SSI benefits.</p>	Getting Rid of Your SSI Payee Questions
Introduction to Medicaid Access questions	<p>An Introduction to Medicaid Access and its Rules</p> <p>Access Rules-There are new rules for our services. Medicaid calls them Access Rules. Government staff and providers are talking about the Access Rules. We believe self-advocates need to know what is happening.</p> <p>We made this booklet to tell you about the Access Rules. This is not a plain language translation of the rules. This is a basic introduction.</p>	Introduction to Medicaid Access Questions

Ending Subminimum Wage	Ending Subminimum Wage – SARTAC’s update and resource to help persons with disabilities move out of sheltered workshops to working real jobs with real pay. Fifteen states have passed laws to eliminate subminimum wages for people with disabilities. SARTAC provided an update on efforts to move people out of sheltered workshops to working real jobs for real pay.	Ending Subminimum Wage
Employment Workbook Questions	Employment Workbook – resource guide for gaining employment and starting a job. TABLE OF CONTENTS: <ol style="list-style-type: none"> 1. About Me 2. Who Can Help You 3. Benefits Planning 4. Skills and Strengths Skills 5. Applications 6. Interviews 7. Starting Your New Job 8. Paycheck and Paystubs 9. Who Can Help Me, After I am Hired? 10. Yay you have a job! Time to Celebrate 	Employment Workbook Questions
Get a Job Questions	https://selfadvocacyinfo.org/resource/your-employment-workbook-putting-the-pieces-together/ – A Resource guide developed by self-advocates on their experiences and tips and support to make it happen.	Get a Job Questions

People First Priority: Self-Determination

Topic	Links to STARAC Training Resources	Tool Kit Questions
Sexuality and People with Disabilities	<p>Sexual Self-Advocacy – Sexuality and People with Developmental Disabilities Sexuality and People with Developmental Disabilities In this video, people with developmental disabilities talk about why it's important to have open conversations and share information about Sexual Self-Advocacy. This helps us to have meaningful relationships and speak up for ourselves about our sexuality.</p>	<p>Sexual Self-Advocate Questions</p>
Keep your Choice and Control	<p>Self-direction exists when you have choice and control. With choice and control, you have self-determination! Keep Your Choice and Control</p>	<p>Choice and Control - Self Direction Questions</p>
Human Rights	<p>Human Rights for persons with disabilities – Knowing what you want to say, expressing yourself, and understanding how to protect your rights.</p> <p>People with disabilities have the same human rights as everyone else. In this video Emily, Ginger, and Priscilla talk about your right to say what you want and express yourself. Learn what you can do to protect this right and how those who support you can help. Hear why Emily, Ginger, and Priscilla feel this right is important to them.</p>	<p>Human Right Determination Questions</p>

People First Priority: Guardianship and Supported Decision Making

Topic	Links to STARAC Training Resources	Tool Kit Questions
Alternatives to Guardianship	<p>A Resource Guide Comparing Supportive Decision Making and Alternatives to Guardianship. Supported Decision Making: How is it the same or different than Alternatives to Guardianship?</p> <ul style="list-style-type: none"> • Why Guardianship Should Be The Last Resort • Supported Decision Making • Alternatives To Guardianship 	Alternatives to Guardianship Questions
My Voice Counts	<p>My Voice Counts This guide will give you ideas in 5 different areas of Supported Decision Making:</p> <ol style="list-style-type: none"> 1. Understanding Supported Decision Making as an Alternative to Guardianship 2. How to Organize Your Ideas About What You Would Like to Do and What You Might Need 3. How to Choose the Right People to Be a Part of Your Support Team 4. How to Create Your Own Supported Decision-Making Agreement 5. Awareness of Legal Forms and Resources that Might Be Helpful in Your Life 	My Voice Counts Questions
Guardianship and Supported Decision-making Laws	<p>Guardianship and Decision-Making Laws This guide will help self-advocates, policymakers, providers, and families understand how laws can make it easier or more difficult for people with disabilities to exercise the right to manage their own lives. This guide helps people with disabilities understand decision-making laws. You will learn about different kinds of support you can use to make choices.</p>	Guardianship and Supported Decision-Making Laws
Supported Decision Making and Guardianship Termination	<p>Supported Decision Making and Guardianship Termination John McCarty is a self-advocate from Georgia and a 2019-2020 SARTAC Fellow. John's project focused on educating people about supported decision making and creating resources to help self-advocates get started. On October 26, 2020, John did a presentation describing his resources.</p> <ul style="list-style-type: none"> • October 26, 2020 Click Here to review a recording of John's presentation • October 26, 2020 Click Here to get a copy of his presentation <p>During his fellowship work, John used supported decision making to terminate his own guardianship and developed resources from that experience to guide others who seek to do the same. John worked in partnership with Creative Consulting Services, the Georgia Advocacy Office and Self-Advocacy Resource and Technical Assistance Center.</p>	Guardianship Termination Questions
A Parents Perspective Supported Decision making	<p>A Parent Perspective – Supported Decision Making Supported Decision Making is a process that leads to self-determination for people with disabilities. Joan McCarty is the parent of John McCarty. Michael Kendrick is the director of initiatives on supported decision-making for Center for Public Representation. Joan and Michael discuss the considerations and issues related to Supported Decision Making for people with disabilities.</p>	Supported Decision Making Questions