

# SPEAK LOUD BE PROUD

*SELF ADVOCACY IN A DIVISIVE ERA*



Kathy Hoell, Executive Director, NE Statewide Independent Living Council  
Dea Henke. Member, NE Statewide Independent Living Council  
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# What is Independent Living?

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- Independent Living is a philosophy and a movement of people with disabilities.
- Independent Living means control over one's life based on the choice of options that minimize reliance on others in making decisions and in performing everyday activities. This includes managing one's affairs, participating in day to day activities in the community, fulfilling a range of social roles, and making decisions that lead to self-determination and the minimization of physical and psychological dependence upon others.





Who is included in the  
movement and what is  
included:

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- People of ALL disabilities
  - self help
  - peer support
  - self help
  - peer support
  - equal access to society

# Statewide Independent Living Council (SILC)

Established under the Rehab Act of 1973 as amended in 1992, amended in the WOIA of 2014.

Sec. 705. each State shall establish a Statewide Independent Living Council

The Council shall not be established as an entity within a State agency.

Our State Agency that we work with is the University Center of Excellence for Developmental Disabilities at Munroe Meyer Institute

# SILC Duties

1

Jointly develop and sign the State plan on Independent Living (SPIL) with Centers for Independent Living.

2

Monitor, review, and evaluate the implementation of the SPIL

3

Coordinate activities with the State Rehabilitation Advisory Council and other organizations that address the needs of specific disability populations and issues

# SILC Duties

01

Ensure that all regularly scheduled meetings of the Council are open to the public and sufficient advance notice is provided

02

Submit to the Commissioner such periodic reports as the Commissioner may reasonably request, and keep such records, and afford such access to such records, as the Commissioner finds necessary to verify such reports



# SILC Composition

The Council shall be composed of members--

- (i) who provide statewide representation;
- (ii) who represent a broad range of individuals with disabilities from diverse backgrounds;
- (iii) who are knowledgeable about centers for independent living and independent living services; and
- (iv) a majority of whom are persons with disabilities described in section 7(20)(B); and
- (v) not employed by any State agency or independent living center

# Centers For Independent Living (CIL)

## League of Human Dignity

Lincoln, Omaha and Norfolk  
Provide services for eastern part of state  
Expanding to cover North Central Region

## Independence Rising

Grand Island  
Provide services to 39 central counties  
Expanding to cover the Panhandle Region  
Satellite office in Gehring, NE



## Core Services for CIL's:

Information & Referral

Independent Living Skills Training

Peer Support

System & Individual Advocacy

Transition

- Nursing Home to Home of Your Own
- High School to Adult Life
- Diversion from Nursing Home

# What Is Advocacy?

- Advocacy is:
  - getting what we need and want to achieve our independent living goals
- Self-Advocacy
- Group Advocacy



# How Can We Be Advocates?

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- Two ways to advocate:
  - Persuasive Writing
  - Personal Testimony





# When Should I Advocate?

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- 4 Step Advocacy Checklist
  - 1. Gut Check
  - 2. Passion Level
  - 3. What do you know about it?
  - 4. Check in with someone you trust (if you can)



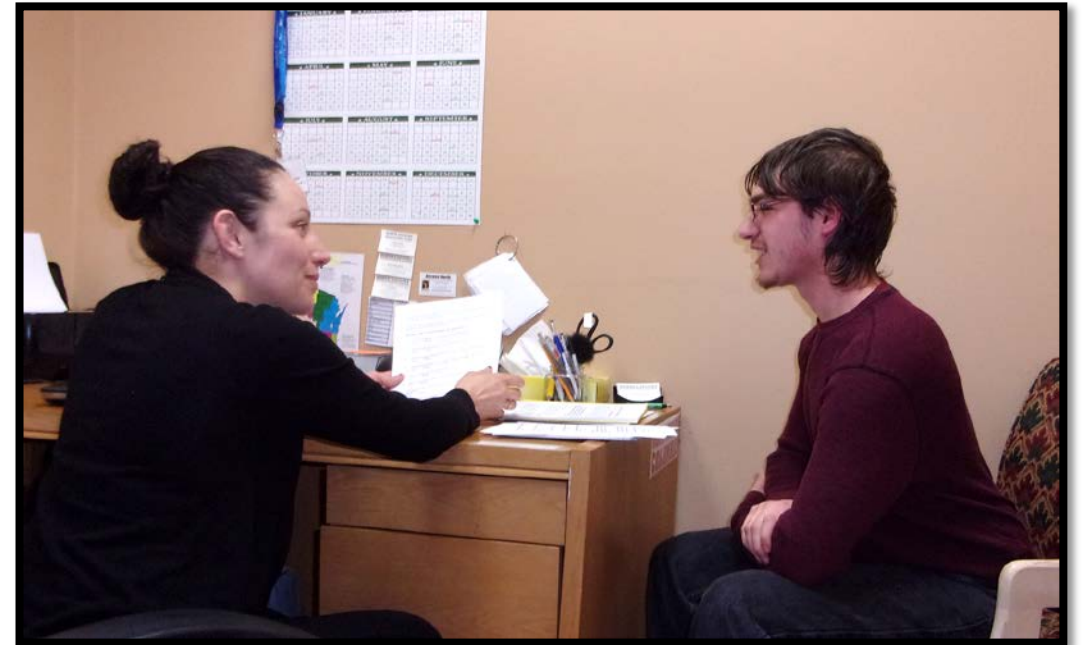
# Getting Started: Identifying Advocacy Issues

- Problems vs Issues
  - Problems
    - Personal want or need
  - Issues
    - Overall barrier that needs to be changed to solve the problem



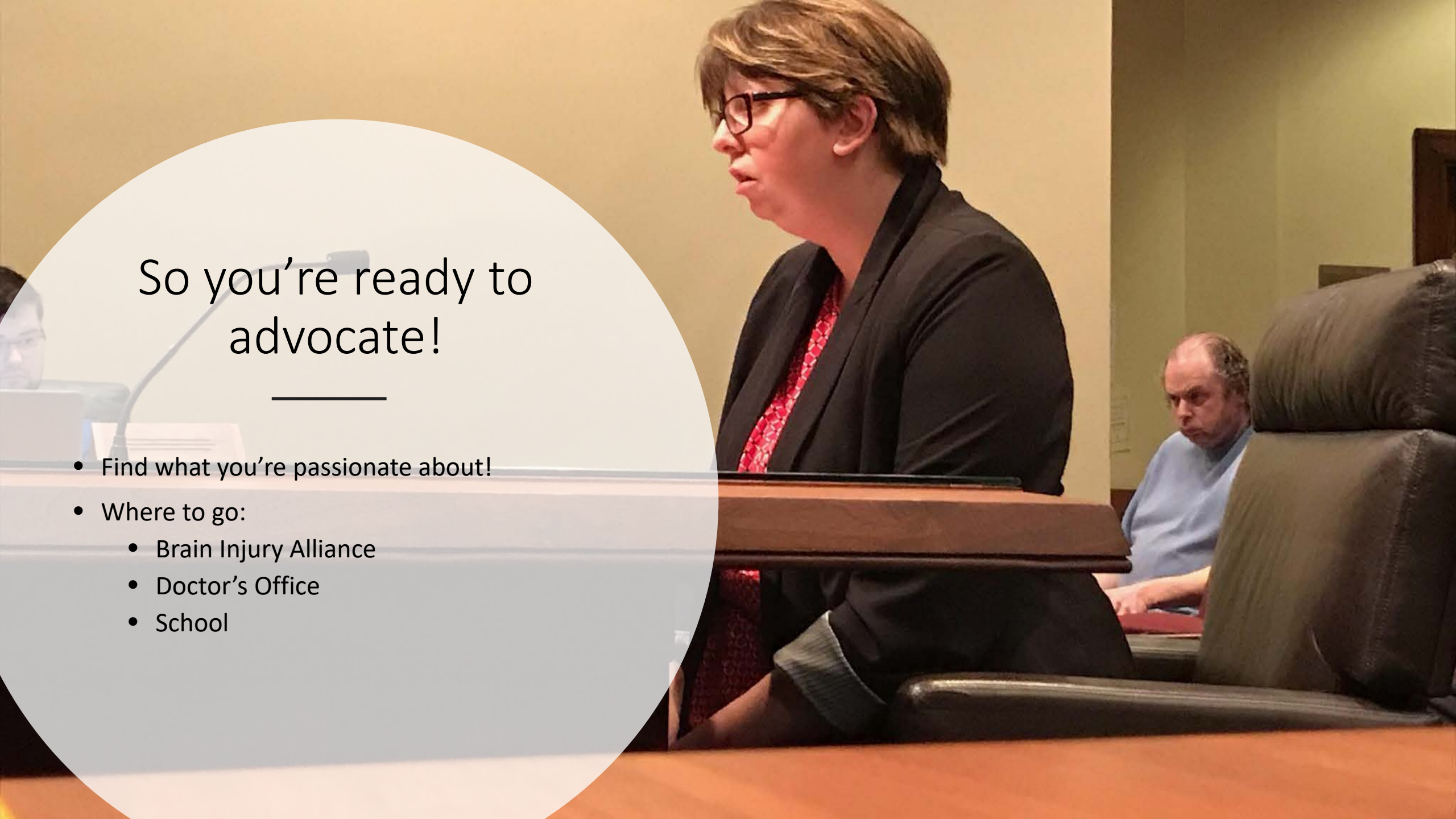
# What Is Being Persuasive?

- **Being persuasive** is trying to convince somebody to:
  - Think a certain way
  - Do something
  - Not do something
- A **decision maker** is a person who decides things





WHAT YOU WANT  
+  
WHY YOU WANT IT  
+  
SUPPORTING FACTS  
=  
**BEING  
PERSUASIVE**

A woman with short brown hair and glasses, wearing a black blazer over a red patterned top, is speaking at a wooden podium in a courtroom. In the background, a man in a light blue shirt is seated at a desk. The scene is dimly lit, with the focus on the speaker.

## So you're ready to advocate!

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- Find what you're passionate about!
- Where to go:
  - Brain Injury Alliance
  - Doctor's Office
  - School



# Contact Information

**Kathy Hoell, Executive Director**

**215 Centennial Mall South**

**Suite 519**

**Lincoln, NE 68508**

**Voice- (402) 438-7979**

**Fax- (855)225-0606**

**[kathy@nesilc.org](mailto:kathy@nesilc.org)**

**<http://www.nesilc.org>**