

SAPNA is

- a project funded by the PA Office of Developmental Programs (ODP) through the Tuscarora Intermediate Unit
- staffed by people with disabilities and allies
- charged with providing empowerment events
- managed by Self Advocates United as 1 (SAU1)



SAU1

- is a PA non profit organization
- is directed by its Board of people with developmental disabilities
- has a mission to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives
- advocated successfully with ODP for peer empowerment events

Why both SAPNA and SAU1?

- SAPNA is a project, not an organization
- SAU1's advocacy and other work is kept distinct and clear
- Each informs the work of the other



Who does SAPNA's work?

SAPNA Power Teams

- Can provide events in every county
- work in groups of 2 or 3
- learn presentation and facilitation skills
- focus on the strength of each team member

SAPNA Power Teams include

- coaches – people with developmental disabilities who engage with the audience.
- coordinators– family members and allies who arrange and facilitate events.
- behind the scenes – administrative coordinators and assistants who do all the very important and very boring stuff.

What Empowering Things do SAPNA teams talk about?

- Let's Speak Up – Self Advocacy
- Let's Get to Work – Competitive Employment
- Let's Power Up – Starting and Strengthening a Self Advocacy Group
- Let's Talk About Your Vision – Everyday Lives using LifeCourse Tools.
- Sexual Abuse Awareness for Self Advocates

SAPNA's materials are written by Self Advocates.

They research their topic and draw upon their own experiences.

Subject matter experts are consulted for information.

Facilitators help organize and create materials.

SAPNA offers in person, onsite events.

Events are guided conversations with the audience.

They are very interactive, fun, lively, and educational.

“Let’s Speak Up” guides a conversation about

- Self Advocacy
- Self Advocates
- Everyone’s Rights
- Personal Responsibility
- How You can be a Self Advocate
- Advocates
- The Right Way to Advocate
- The Power of Groups

“Let’s Get to Work” guides a conversation about

- Your rights
- Planning to work
- How to find a job
- Where you can get help
- Work and your benefits

“Let’s Power Up” guides a conversation about

- Starting or strengthening a self advocacy group
- What “self advocacy group” really means
- Who, why, when, and how
- Setting ground rules
- What consensus means
- Differences between support and control

“Let’s Talk about YOUR Vision” guides a conversation about

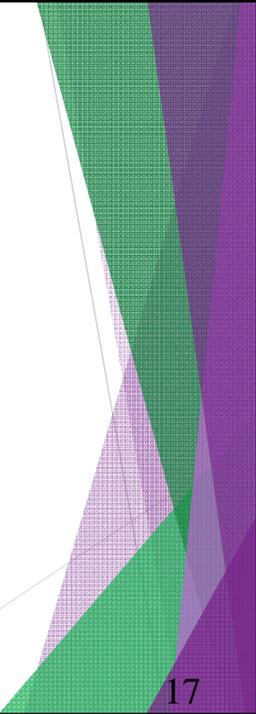
- Everyday Lives
- Your vision
- Supports to reach YOUR vision
- Waivers and services
- Fun new tools, called the LifeCourse Framework, to help you think about supports in a new way

“Sexual Abuse Awareness for Self Advocates” is a talk about

- Human body parts
- Sexual acts
- Your rights
- Sexual abuse
- Ways to say NO and TELL
- What reporting is
- Survivors

“Sexual Abuse Awareness for Self Advocates” includes

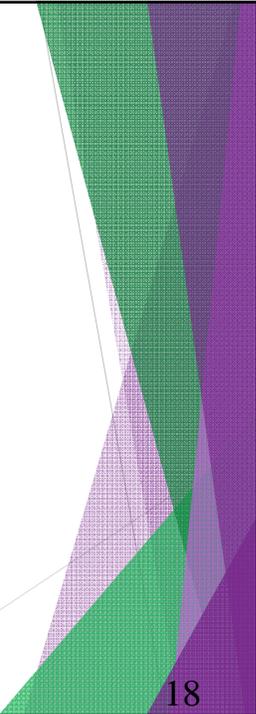
- A counselor from the local rape or violence crisis center
- Privacy for the self advocates in the audience
- A limited number of participants
- A Comfort Room with snacks, drinks, and space to get away from the conversation.



In 11 months, nearly one thousand people have taken part in our events.

Self Advocacy group technical assistance includes groups in 3 of the 4 ODP regions at this time including rural and urban areas.

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In August, we are presenting at a National Conference.

We will present our Sexual Abuse Awareness for Self Advocates presentation at the National Sexual Assault Conference in Philly.

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How can YOU empower others to speak up with SAPNA?

- Email info@sau1.org to start a conversation about setting up an event especially in the northern part of PA
- Advertise and build a primary audience of people with developmental disabilities
- Welcome allies and supporters to attend as observers and learners to help them support self advocacy

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Who has a question or comment?

We are glad you learned about SAPNA.



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SAU1 Thanks

the thousands of self advocates
and families in the past who
paved the way for self advocacy.

The people of the former
PA Training Partnership
whose hard work and dedication
created the foundation
for some of our presentations.

And the PA Office of Developmental
Programs for the
opportunity to empower others.

Contact Us:

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