



# Curriculum for Empowering Self-Advocates

Volume 3

## Expanded Table of Contents for Facilitators

1. Introduction
  - 1-1 Meeting One Another (*introductions and warm-up activities*)
  - 1-2 Class Agreements (*ground rules for conduct in the class*)
  - 1-3 Our Priorities (*topics the participants consider most important*)
  - 1-4 Everyone Teaches, Everyone Learns (*Popular Education model*)
  
2. Being Empowered
  - 2-1 Our Experiences (*having power or feeling powerless*)
  - 2-2 Feeling Good About Ourselves (*self-esteem and confidence*)
  - 2-3 Celebrating Who We Are (*more on self-esteem and confidence*)
  
3. Starting to Take Charge
  - 3-1 Choices in Our Lives (*day-to-day choices and life decisions*)
  - 3-2 Supply and Demand (*service needs and how monies are allocated*)
  - 3-3 Exercising Our Rights Responsibly (*human, civil, and service recipient rights, and associated responsibilities*)
  - 3-4 Telling Others What We Want (*assertive communication skills*)
  
4. Being on the Team
  - 4-1 What is Teamwork? (*factors that contribute to successful teams*)
  - 4-2 Communicating with the Team
  - 4-3 Teamwork in Solving Problems (*problem-solving techniques*)
  - 4-4 Leading the Team (*leadership traits and skills*)
  
5. In the Driver's Seat
  - 5-1 Things We Want to Do, Places We Want to Go (*futures planning*)
  - 5-2 Managing the Individual Planning Process (*asserting leadership in the planning process*)
  - 5-3 Choosing People to Help (*self-directed hiring and training of staff*)
  - 5-4 What If Someone Disagrees? (*resolving conflicts and moving forward*)
  - 5-5 Changing the Way the System Works (*systems advocacy*)



6. Other Issues to Cover (*additional issues of priority to the participants*)