

NAME OF ACTIVITY: Top Ten List for a Strong Self-Advocacy Group

Possible Uses: Internal training for members of a self-advocacy group and the group ally/advisor

Target Audience: Self-Advocates, self-advocacy group ally/advisor

Time: 60 minutes, including preparation

Objectives: Upon completion of this activity, participants will be able to:

- Speak up for the things that are important
- Identify strengths and areas of opportunity for their self-advocacy group
- Develop a plan to keep the group strong

Key Terms & Concepts: Self-Advocacy

Equipment or Materials Needed: **Space** for discussion; **Handout:** Top Ten List for a Strong Self-Advocacy Group; large post-it paper; markers

Preparation Needed: Facilitator should be familiar with the Top Ten List for a Strong Self-Advocacy Group handout

Instructions Option 1:

1. In a large group, ask participants to read out loud the Internal Focus and the External Focus items one at a time.
2. After each focus item, discuss if the self-advocacy group is doing or has done the item in the past year and check either "Yes" or "No".
3. After all items are reviewed and checked, go back through and identify the items that were checked "No". For each "No" item, brainstorm ideas to turn it into a "Yes" and record the ideas on large post-it paper.
4. As a group, select 1 – 2 "No" items for which to develop a plan to turn into a "Yes", and use brainstormed ideas to bring about the change.

NOTE: Completing the Top Ten List for a Strong Self-Advocacy Group **once a year** allows the group to determine how strong it is, identify any areas of opportunity, and develop a plan to strengthen the group. The Top Ten List can be compared from year to year. Save brainstormed ideas to help start conversations as needed.

The Alliance's Top Ten List for a Strong Self-Advocacy Group



Group Name _____ Date _____

GOAL	YES	NO	COMMENTS
Internal Focus			
The group has a leadership structure (president/chairperson, vice-president/vice-chair, secretary, treasurer)			
There are scheduled meeting dates/times/locations			
An agenda is used at the meeting			
Self-Advocates lead the meeting			
Minutes of the meeting are documented			
Advisor(s) provide assistance, support, guidance			
External Focus			
The self-advocacy group has engaged in agency advocacy			
The self-advocacy group has given a community presentation			
The self-advocacy has done a community advocacy event			
The self-advocacy group meets with district legislators annually			
The self-advocacy group participates in state action activities			
Additional Comments:			