



**New Vision Advocates**

look beyond the label & see the person

# New Vision Advocates Resource Guide

190 Adelaide Street South

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# Acknowledgements

The New Vision Advocates would like to thank the readers for taking the time to learn more about New Vision Advocates. We are happy that you are deciding to better educate yourself to learn more about self-advocacy and our wonderful group.

Our hope is to inform more people to become self advocates and be a strong voice for themselves.

As well we would like to express our deepest appreciation to all of our amazing volunteers who support us and help to make our voice stronger by believing in all of our abilities. Without your hard work and support, our group wouldn't be nearly as strong. It's your dedication that makes NVA such a great group to be apart of.

Finally, we would also like to give an extra special thank you to Vicky Pearson our coordinator of NVA who has put in countless hours and dedication into making sure that we have the best advocacy group possible. It is your continued support that makes being a New Vision Advocate possible. We will be forever grateful for the amount of work you have put in, and for being our voice when we couldn't be!

*Thank You*

# **All About New Vision Advocates**



The New Vision Advocates is a local self-advocacy group that was started in London, Ontario. The first group meeting was held on March 20th, 2000. There were 8 members and 3 support staff in attendance. The New Vision Advocates came together to learn about their rights and to develop new advocacy skills. Since then the group has grown greatly. There are 20 plus members and many support staff who attend the meetings!

Our meetings are held on the 2nd and 4th Tuesday evening of every month from 6-8pm at 190 Adelaide Street South, at Community Living London's main office.

# **Benefits of being an**

## **NVA Member**

- ◇ Being involved in things that I may never had the opportunity to be involved in.
- ◇ Being educated about advocacy issues that effect people with disabilities
- ◇ Being part of a voice that is heard
- ◇ Attending meetings and meet new people
- ◇ Being informed about what is going on with the issues that have to do with our lives
- ◇ Opportunity to share stories and talk about our lives
- ◇ Learning new skills—public speaking, leadership
- ◇ Being taught about my rights and responsibilities
- ◇ Having a voice in educating others
- ◇ Gaining confidence to have a voice and speak up
- ◇ Learn from each other

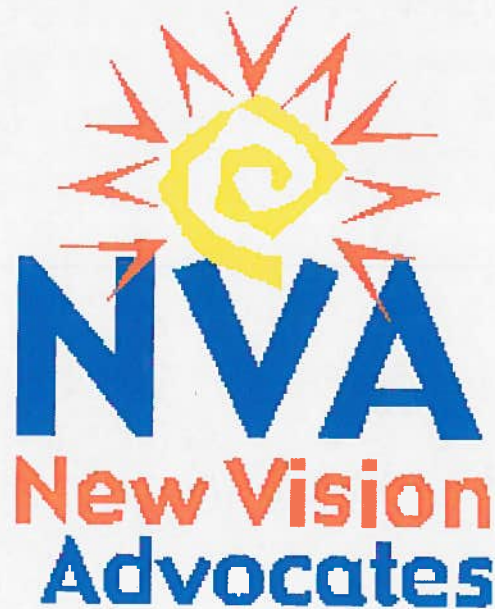


## **New Vision Advocates Mission**

“ We believe that ***ALL*** people regardless of their abilities have the right to be treated as equal citizens within our communities.”



# **New Vision Advocates Vision**



**“Building an effective voice and presence in the community for people with intellectual disabilities through:**

- Leadership**
- Understanding**
  - Education**
  - Friendship**
  - Acceptance**
  - Belonging**

# **New Vision Advocates Values**

Our values include:

- Education
- Opportunity
- Friendship
- Having a voice
- Friendly and welcoming
- Positive influence
- Confidence
- Advocacy
- Ensuring people with Disabilities know their rights and responsibilities and how to exercise their rights
- Acceptance



# **Terms of Reference**



## **Primary Purpose:**

The New Vision advocates is an advocacy group for people with developmental disabilities who believe that all people regardless of their abilities have the right to be treated with dignity and respect. Members of this group inform and advise members of Community Living London and the community of issues and challenge that people with disabilities face.

## **Priorities:**

To advocate with and on behalf of people with developmental disabilities.

- To educate the staff of Community Living London and community members about the issues and challenges that people with developmental disabilities face and how to create change
- To partner with Community Living London's Advocacy committee to ensure that people with lived experiences have a voice in advocating on issues that are important to them.

### **Priorities Continued:**

- A member of the NVA will be elected to sit on Community Living London's Board of directors and have a member sit on CLL board committees to ensure agency decisions are in line with the core values of NVA and people with developmental disabilities.
- To continue to network and establish relationships with other self-advocate groups within the London area and across the province.
- To continue to work with the Council of Community Living
- To continue to foster the development of a self-advocacy movement at CLL that will enable people with developmental disabilities to speak on their own behalf.
- The New Vision advocates group determines their group focus and work; this is shared with the Board of Directors of Community Living London, but is not required to be approved by the Board.
- Membership is open to all people with a developmental disability, not only those who use the supports and services of Community Living London.

# **The New Vision Advocate Bill of Rights**

- We have the right to spend time the way we wish
- We have the right to choose our own activities
- We have the right to have a say in how we are supported to live our lives
- We have the right to be alone
- We have the right to speak for ourselves
- We have the right to choose the people in our lives
- We have the right to control our own bodies
- We have the right to our own opinions, thoughts and feelings
- We have the right to know our rights as Canadians
- We have the right to make our own choices and mistakes
- We have the right to choose how to live our lives
- We have the right to know what is going on in our lives
- We have the right to go after our own dreams and goals
- We have the right to participate in our communities



# **NVA Executive Board**

The role of the Executive Board is to be the decision makers for the group in the event a decision needs to be made before the full group is able to vote. This includes setting the agenda for meetings, how funds are used from our bank account, advocacy issues and more. Elections take place every 2 years. Members interested in a position on the Executive Board are given the opportunity to put their name forward. Positions are then voted by the members of NVA.

## **Current NVA Executive Board Members:**

**Chair:** Mark Anderson

**Co Chair:** David Hill

**Secretary:** Anne Angell

**Director:** Adam Vigar

**Treasurer:** Daniel Beemers



**The next Executive Board Election will be in November 2016!**

# **NVA Executive Board Positions**

## **Chair**

*Duties:* Open and chair meetings , assists with planning activities, organizes meetings, sets meeting agendas with the assistance of other executive board members, ensures communication happens.

## **Co-Chair**

*Duties:* Takes to Chair's place if they are unable to attend a meeting or other function, assists with any tasks the Chair requires assistance with.

## **Secretary**

*Duties:* Take minutes (notes) at each meeting, make copies of minutes and provide a copy to each member, complete filing as needed, respond to all correspondence as requested by Chair, do not hesitate to ask for assistance with any task.

## **Treasurer**

*Duties:* Reviews bank statements and approves ledger. Responsible for keeping other members up to date on group finances.

## **Executive Director**

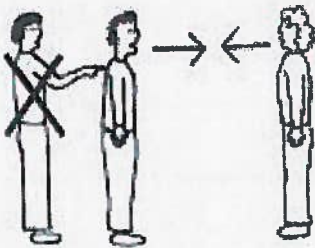
*Duties:* As the 5th voting member of the Executive Board, the Executive Director plays an important role in decision making.

# **Guidelines to an Effective Meeting**

The members of NVA developed these guidelines to help the meetings run effectively.

1) Wait your turn to speak

2) Don't interrupt when others are speaking



3) No side conversations



4) Be on time



5) Raise your hand when you have something to say

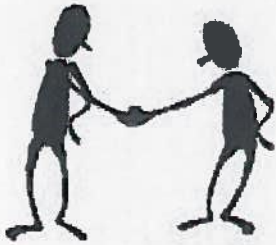


# Guidelines to an Effective Meeting

6) Respect ALL opinions



7) Respect EVERYONE



8) Turn cell phones off or to vibrate and take calls outside



9) If you don't understand, ASK questions



10) Excuse yourself quietly



# New Vision Advocate Task Groups



**Fundraising Group**— Plan and host fundraising events to raise money to help cover costs of sending members to conferences and training events.

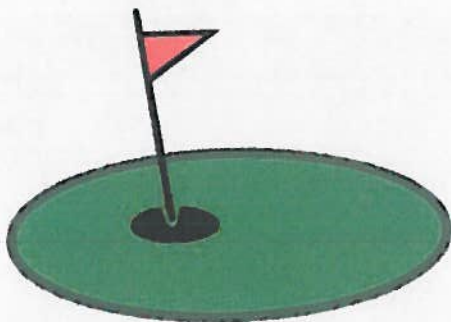
## **The Bowling Fundraiser**



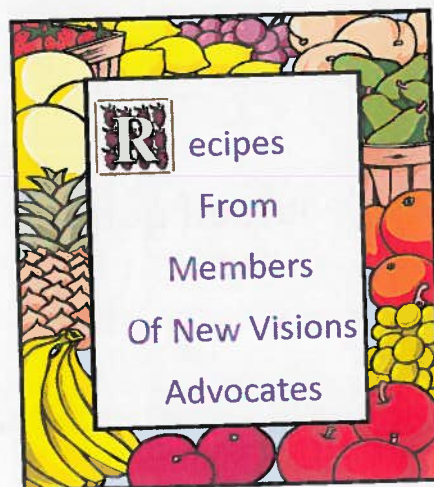
## **Note and Noodles Fundraiser**



## **Speaking Out Mini Golf Tournament**

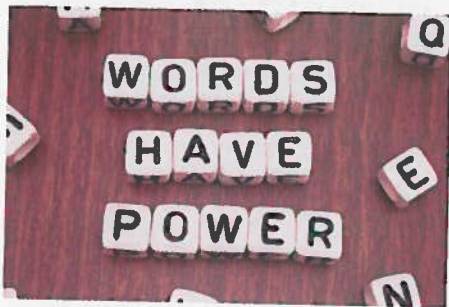


## **Cookbook Fundraiser**





**Community Education Group**— members give presentations to various community groups, at conferences, local schools, to DSW students at Fanshawe College, to our local MPP's , to City council as well as to staff and stakeholders of Community Living London.



- The Power of Words and Labels



• We are all the same



- Respectful Supports

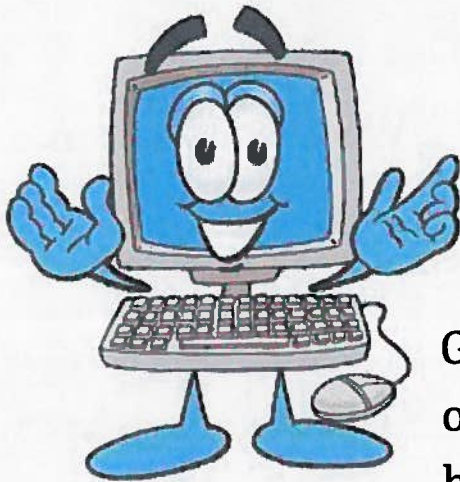
- Removing the Barriers Through Education



# Update

COMMUNITY LIVING  
London  
*Inspiring Possibilities*

**Planning and Communication Group–** this group plan and schedule guest speakers to come to our meetings to present on topics of interest to members. This group submit quarterly articles to Community Living London's news



Guests speakers are chosen by members based on their interests. Some of the speakers we have had include:

- Jeff Preston
- Fire Department
- Police Departments
- London and Middlesex Health Unit
- Fitness Instructor

## **Positive Moments**

**“Successfully planning and hosting  
the Speaking Out Conference”**

**“Making new friends and meeting new people.”**

**“Doing Presentations at Fanshawe and Western”**

**“Attending the Speaking Out Conference”**

**“Creating an Abuse Awareness Information Book”**

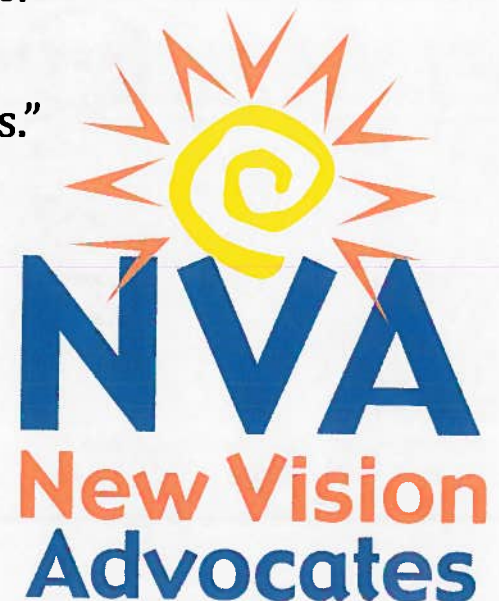
**“Talking to elementary school children  
and educating them about disabilities ”**

**“Going to the Human Library, and becoming a book  
to tell my story about living with a disability ”**

**“Attending and presenting at the Community Living Ontario  
Conference and the OADD Conference.”**

**“Networking with other Self-Advocate Groups.”**

**“Going to the Speaking Out Mini Golf  
Fundraiser, the Notes and Noodles  
Fundraiser and the Bowling Night  
Fundraiser!”**



## Contact Information

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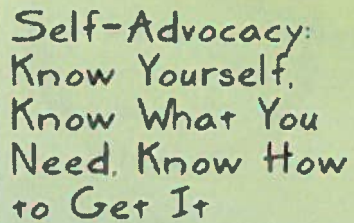
<http://www.ccl.on.ca/new-vision-advocates/>

Check us out on Facebook—The New Vision Advocates



# What is Self – Advocacy ?

*Self- Advocacy* is speaking up for yourself.



Self-Advocacy:  
Know Yourself,  
Know What You  
Need, Know How  
to Get It

It is when you know your own strengths, likes, interests, needs and rights as a person. Self-advocacy means that you stand up for yourself, by educating others about your needs and desires in an appropriate manor.

“Proving to others that people with disabilities can do things.”

“Educating the community and giving a voice to those who don’t have a voice or cannot speak up for themselves.”

“Giving presentations to teach others.”

“It is about making change.”

“Educating others about things like the Power of Words and Labels.”

# Advocating Takes Practice !

Advocating takes practice – speaking up for oneself is easier for some people than others.

It takes time to develop good self-advocacy skills



Practicing self-advocacy skills will help give you the confidence you will need to advocate for yourself in the future



## REMEMBER

No one knows you better than yourself

Be your own voice

Be assertive – but watch your attitude



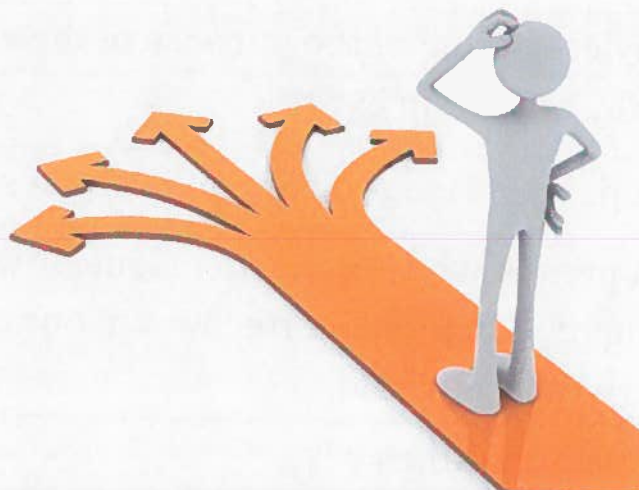
# **Making a Decision as a Group**

It's not always easy for the whole group to agree on a decision . All groups go through this. Some tips we like to use when making a decision are:

- Have a discussion that everyone gets to participate in

Make sure everyone is on the “same page” which means:

- Everyone understands what the group is talking about
- Everyone understands what the options are
- Everyone understands what will happen if they choose one option or the other
- Vote on decisions



# Glossary of Terms

<u>Term</u>	<u>Definition</u>
<b>Advisor</b>	A person who over see and help with the group
<b>Agenda</b>	A list of things to talk about or do during the meetings
<b>Agreement</b>	Saying “yes” to another person’s idea
<b>Announcement</b>	A message that gives you details about something you need to know about.
<b>Committee</b>	A smaller group of people working on a set task
<b>Confidentiality</b>	When something is not to be told to anyone outside of the group. Something confidential is considered to be private
<b>Decision</b>	Pick a certain choice after thinking about all your options
<b>Fundraiser</b>	Something you do to raise money for a cause
<b>Goal</b>	What you would like to achieve or accomplish
<b>Minutes</b>	Notes about what happens at a meeting. That are written down and can be shared with other members.
<b>Mission Statement</b>	A description of the purpose of the group. It tells you why the group exists.
<b>Opinions</b>	A person’s ideas or thoughts about something.
<b>Self-Advocate</b>	A person who speaks up– alone or with others—for their rights, equality and freedom in our communities and around the world.
<b>Unanimous</b>	Everyone votes yes.

# **New Vision Advocates Common Short Forms**

## **Short Forms**

## **Expanded**

**NVA**

New Vision Advocates

**CLL**

Community Living London

**CLO**

Community Living Ontario

**OADD**

Ontario Association of  
Developmental Disabilities

**MCSS**

Ministry of Community and

**ODSP**

Ontario Disability Support Plan

**OW**

Ontario Works



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Check us out on Facebook—The New Vision Advocates

# In memory of JP Regan & Kim Sparling



