

**408-P-3 Community Resources and Training Opportunities for Self-Advocacy, Self Determination, and Peer Mentoring**

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Purpose:

Keep a list of community resources and training opportunities to pass along to ProAct participants.

Scope:

All ProAct employees and participants.

Procedure:SELF-ADVOCACY

<http://www.selfadvocacyonline.org/>

- *For self-advocacy group listing by state, online lessons, research translation that you can understand and use, and will show you self-advocates commenting on topics of interest.*

<http://selfadvocacy.org/>

- *Advocating Change Together (ACT) does great training and also oversees Self-Advocates Minnesota (SAM).*

<http://www.sabeusa.org/>

- *Self Advocates Becoming Empowered (SABE).*

<http://www.theriotrocks.org/>

- They offer a newsletter, a blog where self-advocates can share opinions, an online art gallery, toolkits, games and services to help individuals become stronger self-advocates.

<https://arcminnesota.org/self-advocacy-page/>

- Self-advocacy is about speaking up for yourself and the things that matter to you. If you want to grow as a self-advocate, The Arc can help. We have lots of ways for you to get involved!

<https://www.pacer.org/transition/learning-center/employment/self-advocacy.asp>

- Discussing the impact of disability with an employer, and advocating for what they need to be successful at work.

<https://explore-work.com/video-self-advocacy/>

- How to advocate for yourself in an employment setting.

<https://disabilityhubmn.org/>

- Many topics including self advocacy, independent living, decision making, etc.

<https://www.payingforseniorcare.com/medicare/minnesota>

- Help seniors understand Medicare plans in Minnesota. Discusses benefits and eligibility as well as how to get help in Minnesota.

SELF-DETERMINATION

<http://www.theriotrocks.org/>

- Can facilitate meetings of people with developmental disabilities and provide training or technical assistance on self-determination.

<https://www.imdetermined.org/resources/documents/>

- *Tools and resources to support yourself and others with self-determination.*

PEER MENTORING

<http://www.theriotrocks.org/>

- Will facilitate meetings of people with developmental disabilities and provide training or technical assistance on setting up peer support networks.

<http://www.mcil-mn.org>



ProAct, Inc.

- *The Peer Mentoring program is a main service of the Metropolitan Center for Independent Living (MCIL). Volunteer mentors will share their time and experience with a consumer to overcome particular barriers in their life in learning to live more independently.*

In addition to above, ProAct provides information regarding self-advocacy, self-determination, and peer mentoring to individuals on an annual basis.