



## Integrated Supports: Citizenship & Advocacy

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This star will help families and individuals think about how to work in partnership to support their vision for a good life.

### Technology

- Ipad advocacy apps
- Communication devices
- Online service group sites

### Personal Strengths & Assets

- Registered to vote, has voter ID, and understands how to vote
- Knowledge of and membership in advocacy groups or organizations
  - Political awareness and advocacy
  - Has had leadership training and/or experience
  - Understands right/wrong, importance of doing the right thing and being a law-abiding citizen
  - Is able to speak up for self- parents modeling, social experiences, group participation
    - Volunteers

### Relationships

- Parents, siblings, grandparents, other family members
- Self-advocate peers
  - Friends
  - Neighbors
- Legislators or representatives



- Voting
- Neighborhood group or organization
- Visiting your legislator
- Scouting/Camp Fire/Optimist Club
- City council

### Community Based

- Paid advocate
  - Self Advocacy Groups
- Disability Rights Day at the Capitol
  - Consumer Advisory Councils
  - Self Advocacy Training

### Eligibility Specific

Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)