



SUYOG 2021

National Forum on
Self Advocacy for Adults with
Developmental Disabilities
and their Family Members

20th - 22nd
January -2022
at
NIEPMD
CHENNAI-TN

IDPD 2021 theme: "Leadership and Participation of Persons with Disabilities toward an Inclusive, Accessible and Sustainable Post-COVID-19 World"

SELF - ADVOCACY

ENTITLEMENT

HIGHER
EDUCATION

EMPLOYMENT
&
WORKPLACE

WELL BEING

LEISURE & SPORTS

LEGAL

RIGHTS



About Chennai:

Chennai, the capital city of Tamil Nadu is situated on the Bay of Bengal. It has played a very crucial role in the traditional, historical and academic growth of the country, representing the different elements of the highest variety of the Dravidian civilization. Today, Chennai, the capital city is the 4th largest city of India and is also the leading commercial centre of South India. Also Chennai, being an important metropolitan city is very well-connected to all the major cities of India as well as with the countries overseas. It is also considered as the cultural hub of South India which is famous for its affluent heritage in classical dance, music, architecture, sculpture, crafts, etc.



About NIEPMD:

National Institute of Empowerment of persons with Multiple Disabilities (NIEMPD) was established in the year 2005, under the Ministry of Social Justice and Empowerment, Department of Empowerment of persons with Disabilities, Government of India at Chennai. The main objective of this institute is to serve as a national resource center for the Empowerment of persons with Multiple Disabilities and their families. One such activities initiated by NIEMPD's - department of Adult Independent Living (DIAL) is enhancing "Quality of Life" for individual with Multiple Disabilities and their family members.

About NFSA:

Over the past 25 years a change in the field of disability rehabilitation is being shaped by the self - Advocacy movement. Social - ecological models on disability management have led to an expansion of research on self - advocacy. With the inherent capacity and fundamental right of all including

Adult with Developmental Disabilities, the civil rights and self-advocacy movements have played a critical role in shifting power to persons with Developmental disabilities. This process enables them for a self-centered approach and self-centered support to promote self-determination.

Self-advocacy movement has played a significant role and change in the disability domain, articulating the need to shift power to persons with developmental disabilities, subsequently to facilitate an inclusive and accessible social environment in the society. The opportunity to live a self-determined life has been identified as a right of persons with disabilities in national Acts and Policies. Researchers have documented that self-advocacy skills predicts valued life outcomes, Including employment and community participation.

Researches have also documented that creating opportunities for the expression of self-determination leads to enhanced self-advocacy skills. However, despite the sustained work by self-advocates, as well as advances in research, persons with developmental disabilities continue to experience significant barriers in developing and expressing self-advocacy skills.

Individual with developmental disabilities have the capacity to acquire self-awareness, self knowledge, make choices, express preferences, solve problems, engage in decision making, set and attain goals, self-manage and self-regulate actions, known as self-advocacy skills, across the lifespan. Value of developing these skills is endorsed in public policies concerning education, health, employment, and community living for persons with developmental disabilities. However, research is necessary to assure that existing practices and interventions, support optimal skill in developing self advocacy skills.

In this view, a self-advocacy forum is scheduled for Adult with developmental disabilities (AwDD'S) to exercise their rights - as citizens - in accordance with the United Nation Convention on the Rights of Persons with Disabilities and also as emphasized in Sustainable Developmental Goal (SDG) 2030. Vision of this programme is to discuss, deliver a range of strategies to empower them and their family member for a dignified life.



Aim and Objectives of the forum:

- ▶ Enhanced leadership skills and self-transformation (self-perspective) for Adult with Developmental Disabilities (AwDD'S).
- ▶ Strengthening and promoting self-determination among Individual with developmental disabilities.
- ▶ Building the capacity to ascertain and exercise independency.
- ▶ Supporting IwDD'S and their family member as equal citizens in their chosen communities.
- ▶ Identifying career paths and personal growth as workplace.
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What is Self-Advocacy:

"Self-Advocacy is the ability to speak-up for themselves that are important to them, ask for what they need, require and communicate with people about thoughts and feelings in their own way. Thus Self-advocacy for IwDD's is to know their rights and to make choices decisions that effect facilitate daily living."

Importance of Self-Advocacy:



For many individuals with developmental disabilities, lack of self advocacy skills limits their development in their daily walks of life.

As a Self Advocate IwDD's need to refine skills for, practising strategies and to acquire increased control over their own lives. Thus IwDD'S are engaged in their life-long journey to make choices and to have full participation in the community.

Why is Self-Advocacy Important:

- When you want to be listened.
- When you are being assessed.
- When you are making an appeal or complaint as a consumer.
- When you are developing or reviewing a individualized plan.
- When you have to ascertain rights and, inclusion for various equal life opportunities.

Where is Self-Advocacy Useful:

There are many places that IwDD'S might want to speak up for themselves or ask for what they want such as:

- At home
- At work
- At College
- At the hospital
- With Professionals
- At the shops
- At workplace
- During Transport / Travel and many more places.



When to Self-Advocate:

- We can say what we think and feel.
- We can communicate things we believe in.
- We understand their rights and responsibilities.
- We take responsibility for their action and life.
- We make decisions that affect their life activities.
- We are supported to improve the life conditions.
- We try to change the way things are done.

Who is a Self-Advocate:



When,

- You need to decide what you want to communicate.
- You need to advocate how the thought and action are to be communicated.
- You need to speak-up for yourself,
- You need freedom and the authority to make decisions which affect others.
- You need the necessary support to achieve your goals and support from others.
- You need to be responsible for your decisions and try to make the best choices to finish that work.
- You need to believe you are able to do things that are important to them.

What Self-Advocates do:

- Acquire knowledge and use information that makes sense to be self-advocate.
- Make sure that they are the controllers for the actions in their own life.

- Involve everyone in decision making on social issues and individuals goals.
- Take time to make decisions.



Advantages of being a Self-Advocate:

- Identify concerns and problems in their homes work place and community.
- Know whom to communicate to and how, and when to work.
- Be confident enough to handle and be responsible for the actions.
- Enhance Self confidence and self esteem.
- Have independent control over their own life.
- Have dignity and self respect.
- Have the strength to guard against exploitation and abuse.
- Have power as an individual with rights and grow as a leader,



How can people Support Self Advocates:

- Listening to what IwDD'S say as self advocates have to say.
- Making sure that their goals and project policies supports self advocates.
- Supporting self advocates to become leaders handling issues pertaining to promoting inclusive us our country.

Self-advocacy, is having a voice of their own. Fundamentally to ascertain and explore themselves. This is important because it is directly linked to building confidence and self-esteem on life. It is important to take responsibilities in life and experiences daily activities of living. In this way have a voice of their own to construct their identity as IwDD'S.



Outcome of the forum:

- Promoting Self Advocacy Skills for Adult with Developmental Disabilities (AWDD's)
- Strategy for enhancing quality of Life among IwDD's
- Avenues for community and social inclusion in work place.
- Practice professional networking in skill development employment.
- Developing life skills on critical thinking, decision making, problem solving and coping skills.
- Knowledge acquisition for family members having IwDD's in special reference to RPwD Act 2016.
- Information sharing on independent living, skilling opportunities & women safety measures of IwDD's
- Linkages to stakeholders working in employment services, entrepreneurship and legal support services.
- Networking with parents support group regionally. Building the inbuilt abilities of IwDD's on Co-curriculum (arts / music / sports etc.)

- Documentation of best practices and research in skill development, employment and self advocacy models of IwDD's.
- A compendium on Successful Entrepreneurs working for developmental disabilities.
- Future, research on needs of adults with developmental disabilities.

Events:

- Self Advocacy / Life Skill Training Workshop for Parents
- Sports
- Creative Arts
- Songs & Drama
- Film / Talent Show
- Debate
- Field Visit



NIEMPD Provides

TRAVEL (Concession fare by 3rd AC Train) for IwDD and Escort
Food & Refreshment
Accommodation from 19th AN to 22nd AN January 2022
• Delegate kit

Important Dates

20th to 22nd January 2022
Last Date of Registration : 31st December, 2021

Venue

NIEPMD, ECR, Muttukadu, Kovalam,
Chennai, Tamil nadu - 603 112.

Online Registration

<https://forms.gle/p7tZWZ4LaE32W5Q8>
812 486 2799 / 861 042 7491 / 978 697 8145

Organizing Committee

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Participating States



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ORGANIZED BY



KNOWLEDGE PARTNER



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Organised by

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